ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **1:10-2:10 pm** Feeling Fit **2:15-3 pm** AOA Board Games	3 **10:30-11:30 am** SilverSneakers	4 **1:10-2:10 pm** Zumba Gold	5 **10:30-11:30 am** SilverSneakers	6 **1:10-2:10 pm** Zumba Gold
9 **1:10-2:10 pm** Feeling Fit	10 **10:30-11:30 am** SilverSneakers	11 **Noon to 1 pm** Senior Craft **1:10-2:10 pm** Zumba Gold	12 **10:30-11:30 am** SilverSneakers	13 **1:10-2:10 pm** Zumba Gold
16 **1:10-2:10 pm** Feeling Fit **2:15-3 pm** AOA Board Games	17 **10:30-11:30 am** SilverSneakers	18 **1:10-2:10 pm** Zumba Gold	19 **10:30-11:30 am** SilverSneakers **Noon to 1:30 pm** AOA Bingo	20 **1:10-2:10 pm** Zumba Gold
23 **1:10-2:10 pm** Feeling Fit	24 **10:30-11:30 am** SilverSneakers	25 **Noon to 1 pm** Senior Craft **1:10-2:10 pm** Zumba Gold	26 **Happy Thanksgiving!!** Branch Hours 8 am to Noon	27 **1:10-2:10 pm** Zumba Gold
30 **1:10-2:10 pm** Feeling Fit **2:15-3 pm** AOA Board Games				**Please Note:** All programs in Blue require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.

Please email Luke.Lynam@RochesterYMCA.org with any questions, concerns, or talents!
Notes registration is required.

Join the Active Older Adults at the YMCA of Greater Rochester Facebook Group!
Scan the QR code: