ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	1 **10:30-11:30 am** SilverSneakers **1-2 pm** Senior Seminar: Estate Planning Basics	2 **1:10-2:10 pm** Zumba Gold	3 **10:30-11:30 am** SilverSneakers	4 **1:10-2:10 pm** Zumba Gold
7 **1:10-2:10 pm** Feeling Fit	8 **10:30-11:30 am** SilverSneakers	9 **Noon to 1 pm** AOA Senior Craft **1:10-2:10 pm** Zumba Gold	10 **10:30-11:30 am** SilverSneakers	11 **1:10-2:10 pm** Zumba Gold
14 **1:10-2:10 pm** Feeling Fit **2:15-3 pm** AOA Board Games	15 **10:30-11:30 am** SilverSneakers	16 **1:10-2:10 pm** Zumba Gold	17 **10:30-11:30 am** SilverSneakers	18 **1:10-2:10 pm** Zumba Gold
21 **1:10-2:10 pm** Feeling Fit	22 **10:30-11:30 am** SilverSneakers	23 **Noon to 1 pm** AOA Senior Craft **1:10-2:10 pm** Zumba Gold	24 **Branch Hours** 5:30 am-3 pm	25 **Merry Christmas!!** Branch Closed
28 **1:10-2:10 pm** Feeling Fit	29 **10:30-11:30 am** SilverSneakers	30 **1:10-2:10 pm** Zumba Gold	31 **Branch Hours** 5:30 am-5 pm	

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: