



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30 am-12:30 pm Lecture: Non-negotiables of Health with Daphne	3	4	5	6 11:30 am-12:30 pm Game Day
9 11:30 am-1 pm Knit & Crochet with Friends	10 11:45 am-12:30 pm Seated Tap Dancing with Maria	11	12 11:30 am-12:30 pm MVPT Presents: Staying Safe in the Winter Weather	13
16 11:30 am-12:30 pm Craft: Fall Gnomes	17 11:30 am-12:30 pm Lecture: Staying on Track through the Holidays with Shane	18	19 11:30 am-1 pm Thanksgiving Luncheon, \$15 - Gym	20 11:30 am-12:30 pm Craft: Fall Leaves using Tissue Paper
23	24	25	26 Happy Thanksgiving!! Branch Hours 8 am to Noon	27
30 11:30 am-12:30 pm Musical Bingo				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 marianne@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:

