



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET NEIGHBORHOOD CENTER | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman	3 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect Together Noon to 2 pm Board Games/Art Activities	4 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman 1-2 pm Line Dancing w/ David Intetlicchia	5 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect Together	6 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Divine Listening with Pastor Mike Watson Noon to 2 pm Congregate Meals Eat & Connect Together Fun Games & Activities
9 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman	10 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect Together Noon to 2 pm Board Games/Art Activities	11 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman 1-2 pm Line Dancing w/ David Intetlicchia	12 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect Together	13 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Divine Listening with Pastor Mike Watson Noon to 2 pm Congregate Meals Eat & Connect Together Fun Games & Activities
16 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman	17 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect Together Noon to 2 pm Board Games/Art Activities	18 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman 1-2 pm Line Dancing w/ David Intetlicchia	19 10 am-2 pm Sewing Club 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Congregate Meals Eat & Connect Together	20 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Divine Listening with Pastor Mike Watson Noon to 2 pm Congregate Meals: Eat & Connect Together Fun Games & Activities 4-7 pm Operation Project Bundle-Up: Food and Coat Drive Give Away; Sponsored by MVP
23 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman	24 11 am to Noon SilverSneakers Virtual Chair Yoga Noon to 1 pm Congregate Meals Eat & Connect Together Noon to 2 pm Board Games/Art Activities	25 10-11 am Basic Computer Skills 10 am-2 pm Sewing Club 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman 1-2 pm Line Dancing w/ David Intetlicchia	26 Happy Thanksgiving!! Neighborhood Center Hours 8 am to Noon	27 11 am to Noon SilverSneakers Virtual Chair Exercise Noon to 1 pm Divine Listening with Pastor Mike Watson Noon to 2 pm Congregate Meals Eat & Connect Together Fun Games & Activities
30 10-11 am Basic Computer Skills 11:30 am to Noon Congregate Meals Eat & Connect Together 12:15-1 pm SilverSneakers Chair Exercise w/ Ruth Redman				Please Note: All programs in Purple require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.

Please email bridgetg@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:

