



ACTIVE OLDER ADULT PROGRAMMING

OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

UPCOMING PROGRAMS:

AOA Health Fair - Fri, Nov 6
Senior Portraits - Tues, Nov 17
Erie Philharmonic - Sun, Dec 6

ABBREVIATION KEY

CTY - County YMCA
DTY - Downtown YMCA
ESY - Eastside YMCA
GLY - Glenwood YMCA

1

2

5

MEDICARE OPEN
ENROLLMENT KICKOFF
with Aetna 9am GLY

6

Mahjong at GLY
11am - 1pm

Fall Terrarium
Workshop 6pm ESY

7

LIFE NWPA
10am - ESY

LIFE NWPA
Noon - GLY

1pm Parkinson's
Support Group ESY

8

Erie Cancer Wellness
Center 10:30am ESY
Mahjong Instruction at
ESY 1pm
Healing Vibrations
2pm GLY

9

Blood Mobile
8am - 1pm ESY

Lunch & Learn
West. PA Archaeology
interactive webinar
Noon - 1pm ESY

12

Waterfront
Walking Tour 10am
Lunch at Flagship
Food Hall Noon

13

UPMC Neighborhood
Center. Happier
Healthier Holidays
1pm "Fresh Flavorful
Fall"

14

MEDICARE OPEN
ENROLLMENT KICKOFF
with Aetna 10am ESY

15

MEDICARE OPEN
ENROLLMENT KICKOFF
with Aetna 11am CTY

16

12pm - 2pm
Rosco's Meet & Greet

19

Aetna - Medicare
Appointments GLY
Time: TBA

20

21

22

Chrysal Healing
Workshop
Noon GLY

23

Brushstrokes &
Sound Healing
5:30pm - 7pm ESY

26

27

28

Aetna - Medicare
Appointments ESY
Time: TBA
National Senior
Health & Fitness
Day GLY 9am -
Noon

29

Aetna - Medicare
Appointments CTY
Time: TBA

30

Intuitive Readings
by Appointment
5pm - 8pm ESY