



# 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

Learn at Lunch: (BRING  
YOUR OWN LUNCH)  
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

Chrystal Healing  
Workshop  
Noon GLY

23

LIFE NWPA  
10am - CTY

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