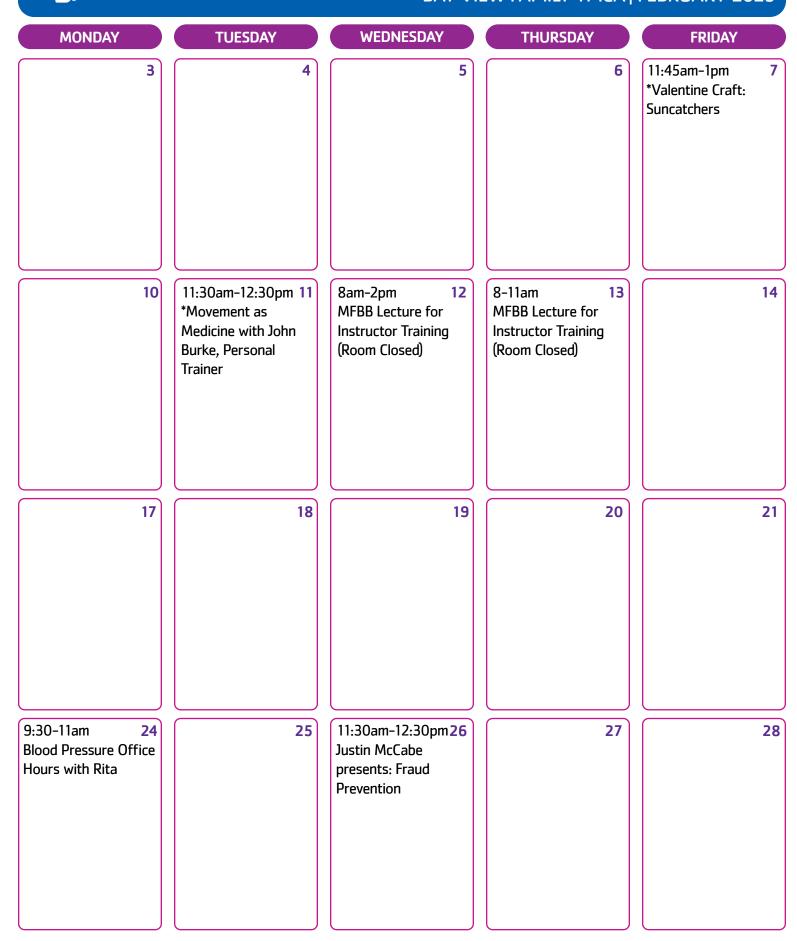
ACTIVE OLDER ADULT PROGRAMMING BAY VIEW FAMILY YMCA | FEBRUARY 2025





EVENT DESCRIPTIONS

Valentine Craft: Suncatchers

Create a beautiful Valentine-themed suncatcher to brighten up your home or give as a gift! All supplies are provided for this crafting session!

Movement as Medicine with Physical Therapist John Burke

Learn how movement can enhance your overall health and well-being in this interactive session led by Personal Trainer John Burke. Discover practical tips and exercises to incorporate into your daily routine.

Blood Pressure Office Hours with Rita

Stop by to have your blood pressure checked by Rita and receive tips for maintaining a healthy heart.

Join the YMCA AOA Facebook Group! Scan the QR code now and stay updated on all AOA programming.



Email mariannea@rochesterymca.org with any questions, interests, talents, or program requirements