



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 11:45am-1pm *Valentine Craft: Suncatchers
10	11:30am-12:30pm 11 *Movement as Medicine with John Burke, Personal Trainer	12 8am-2pm MFBB Lecture for Instructor Training (Room Closed)	13 8-11am MFBB Lecture for Instructor Training (Room Closed)	14
17	18	19	20	21
24 9:30-11am Blood Pressure Office Hours with Rita	25	26 11:30am-12:30pm Justin McCabe presents: Fraud Prevention	27	28

*Notes that registration is required.



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.

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updated on all AOA programming.

