



# ACTIVE OLDER ADULT PROGRAMMING

## EASTSIDE FAMILY YMCA | FEBRUARY 2025

### MONDAY

9:30-11am **3**  
El Grupo de Español  
- Conference Room

9:30-11am **10**  
El Grupo de Español  
- Conference Room

Noon to 1:30pm  
AOA Committee  
Meeting

1:30-3pm  
Candy Bar Bingo

9:30-11am **17**  
El Grupo de Español  
- Conference Room

9:30-11am **24**  
El Grupo de Español  
- Conference Room

12:15-1pm  
February Birthday  
Celebration

### TUESDAY

1:30-3:30pm **4**  
Bridge

9:30-11:30am **11**  
\*Craft: Felt Hearts  
with Heather - \$5

1:30-3:30pm  
Bridge

10am to Noon **18**  
Sewing Love:  
Dresses & Dolls -  
Lunch included

1:30-3:30pm  
Bridge

9:30-11:30am **25**  
\*Craft: Fabric Star  
Potholders with  
Louise - \$5

1:30-3:30pm  
Bridge

### WEDNESDAY

12:30-3:30pm **5**  
Sewing Love: Power  
Pads

1-4pm  
Mah Jong -  
Village Room

11am to Noon **12**  
Food Demo:  
Valentine's Cookies  
with Samantha

1-4pm  
Mah Jong -  
Village Room

12:30-3:30pm **19**  
Wellness Presentation  
with Lilly: Sarcopenia

1-4pm  
Mah Jong -  
Community Room

10am to Noon **26**  
\*Painting with  
Pizzazz: Acrylic Girl  
and Cat with Jim

1-4pm  
Mah Jong -  
Village Room

### THURSDAY

12:30-1pm **6**  
Mindful Meditation  
with Jess - Mindbody  
Studio

10 am to Noon  
DIY Wine Core Heart -  
Community Room

1-4pm  
Mah Jong

12:30-1pm **13**  
Alzheimer's  
Association Presents:  
10 Warning Signs  
of Alzheimer's -  
Conference Room

1-4pm  
Mah Jong

9:30am-12:30pm **20**  
\*Painting with  
Untraditional Materials  
with Mary -\$5

1-4pm  
Mah Jong

11am to Noon **27**  
Book Club: Bury  
Your Dead by Louise  
Penny -  
Conference Room

1-4pm  
Mah Jong

### FRIDAY

11am-1pm **7**  
\*Souper Bowl: Bring  
Soup to share!

Noon to 4pm  
Euchre

11am-1pm **14**  
\*Valentine's Party:  
Bring a dish to share!

Noon to 4pm  
Euchre

9:30am-12:30pm **21**  
\*Watercolor Group -  
Conference Room

Noon to 4pm  
Euchre

Noon to 4pm **28**  
Euchre



### EVENT DESCRIPTIONS

#### **El Grupo de Español**

Practice your Spanish language skills in a welcoming environment. This weekly gathering encourages conversation, vocabulary building, and cultural discussions. Great for beginners and fluent speakers alike!

#### **AOA Committee Meeting**

Be part of shaping the future of AOA programming at this monthly meeting. Share your ideas, learn about upcoming events, and help plan activities that serve our active older adult community.

#### **Candy Bar Bingo**

Bingo with a sweet twist! Play for the chance to win delicious candy bars while enjoying a lively and social afternoon with friends?

#### **Mindful Meditation with Jess**

Join Jess in the Mind and Body Studio for a 45-minute session focused on mindfulness and relaxation. Discover simple techniques to reduce stress, enhance mental clarity, and achieve a sense of inner peace.

#### **Sewing Love: Power Pads**

Join a meaningful sewing project where we create reusable hygiene pads for communities in need. No sewing experience is necessary, and all supplies will be provided.

#### **Birthday Celebration**

Celebrate all February birthdays with a special gathering filled with fun and laughter. Enjoy a slice of cake, meet others, and join in the festivities.

#### **Food Demo: Valentine's Cookies with Samantha**

Whip up some festive fun with Samantha as she demonstrates how to make delicious Valentine's cookies. Learn simple decorating techniques and take home some sweet inspiration.

#### **Wellness Presentation with Lilly: Sarcopenia**

Join Lilly for an informative talk on sarcopenia, the age-related loss of muscle mass. Learn tips to maintain strength, improve mobility, and support overall wellness.

#### **Book Club: Bury Your Dead**

Dive into *Bury Your Dead* by Louise Penny with our monthly book club. Share your thoughts, explore the themes, and enjoy a lively discussion in the Conference Room.

#### **\*Souper Bowl Party**

Join us for a warm and welcoming gathering where members bring their favorite soups to share. It's the perfect way to enjoy good food and great company. Sign up in the Community Room.

#### **\*Valentine's Party**

Celebrate Valentine's Day with delicious food and fun. Bring a dish to share and enjoy a festive gathering with friends. Sign up in the Community Room.

#### **\*Craft: Felt Hearts with Heather**

Create charming felt hearts with Heather in this hands-on craft session. No experience is needed. \$5 fee; sign up at the Front Desk.

#### **\*Painting with Untraditional Materials with Mary**

Explore creativity in new ways as Mary teaches you to paint using untraditional materials. This unique session is open to all skill levels. \$5 fee; sign up in the Community Room.

#### **\*Craft: Fabric Star Potholders with Louise**

Learn how to craft beautiful fabric star potholders with Louise. Perfect for beginners and experienced crafters alike. \$5 fee; sign up at the Front Desk.

#### **\*Watercolor Group**

Explore the art of watercolor painting in a relaxed group setting. Whether you're an experienced artist or new to the medium, you'll enjoy guidance and creative camaraderie. Register with the Front Desk to participate.

#### **\*Painting with Pizzazz**

Join Jim to create an eye-catching acrylic painting featuring a girl and her cat. Let your creativity shine in this guided session. Sign up in the Community Room.

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

