



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | FEBRUARY 2025

MONDAY

6:30-9am **3**
12:45-2:30pm
Pickleball

12:45-2pm
Recipe Exchange
Group

6:30-9am **10**
12:45-2:30pm
Pickleball

6:30-9am **17**
12:45-2:30pm
Pickleball

6:30-9am **24**
12:45-2:30pm
Pickleball

10am
Peanut Butter & Jelly
Factory -
Strong Kids Room

TUESDAY

6:30-10am **4**
12:30-2:30pm
Pickleball

6:30-10am **11**
12:30-2:30pm
Pickleball

7:30-9:45am
(3 sessions,
45 minutes each)
Active Older Adult
Time with Sanjay in
the Wellness Center

6:30-10am **18**
12:30-2:30pm
Pickleball

7:30-9:45am
(3 sessions,
45 minutes each)
Active Older Adult
Time with Sanjay in
the Wellness Center

6:30-10am **25**
12:30-2:30pm
Pickleball

7:30-9:45am
(3 sessions,
45 minutes each)
Active Older Adult
Time with Sanjay in
the Wellness Center

WEDNESDAY

6-8am **5**
1-2:30pm
Pickleball

10am-12:30pm
Euchre

11am-1pm
Older Adult Basketball
- West Gym

6-8am **12**
1-2:30pm
Pickleball

10am-12:30pm
Euchre

11am-1pm
Older Adult Basketball
- West Gym

6-8am **19**
1-2:30pm
Pickleball

11am-1pm
Older Adult Basketball
- West Gym

6-8am **26**
1-2:30pm
Pickleball

10am-12:30pm
Euchre

11am-1pm
Older Adult Basketball
- West Gym

THURSDAY

6:30-10am **6**
12:30-2:30pm
Pickleball

10 am to Noon
Knitting/Crocheting/
Handcrafting Group

11:30am-12:15pm
Line Dancing in the
Gym

6:30-10am **13**
12:30-2:30pm
Pickleball

7:30-9:45am
(3 sessions, 45 minutes
each) Active Older Adult
Time with Sanjay in the
Wellness Center
10 am to Noon
Knitting/Crocheting/
Handcrafting Group
11:30am-12:15pm
Line Dancing in the Gym

6:30-10am **20**
12:30-2:30pm
Pickleball

7:30-9:45am
(3 sessions, 45 minutes
each) Active Older Adult
Time with Sanjay in the
Wellness Center

11:30am-12:15pm
Line Dancing in the Gym

6:30-10am **27**
12:30-2:30pm
Pickleball

7:30-9:45am
(3 sessions, 45 minutes
each) Active Older Adult
Time with Sanjay in the
Wellness Center
10 am to Noon
Knitting/Crocheting/
Handcrafting Group
11:30am-12:15pm
Line Dancing in the Gym

FRIDAY

6:30-9am **7**
12:45-2:30pm
Pickleball

12:45-1:45pm
*Scams 101 with
Justin McCabe -
Strong Kids Room

6:30-9am **14**
12:45-2:30pm
Pickleball

12:30-1:45pm
*Valentine's Day Bingo-
Strong Kids Room
Wear your favorite
shade of red! Bring in a
store bought dish/treat
to pass (optional)

6:30-9am **21**
12:45-2:30pm
Pickleball

12:45-1:45pm
RocDog Therapy Dogs
- Meet in the Lounge

6:30-9am **28**
12:45-2:30pm
Pickleball

12:45-1:45pm
*Sign Language Class
with Susan Duffy -
Strong Kids Room

*Notes that registration is required.



EVENT DESCRIPTIONS

Pickleball

Enjoy a fun paddle sport combining elements of tennis, badminton, and ping-pong. Perfect for players of all skill levels, it's a great way to stay active and socialize. Equipment is provided.

Recipe Exchange Group

Share your favorite recipes and discover new ones in this engaging group for food enthusiasts. Swap tips, ideas, and stories about your favorite dishes. A perfect blend of inspiration and connection for all culinary levels.

Active Older Adult Time with Sanjay

Join us in the Wellness Center for Active Older Adult Time with Sanjay, where you'll receive guidance and support in a welcoming environment. This session is perfect for all fitness levels! No registration is needed, just stop by!

Active Older Adult Basketball

Shoot hoops and enjoy a great workout in a fun, supportive environment. Whether you're playing for exercise or just love the game, this activity welcomes all ages and abilities. Bring your energy and enjoy some team spirit.

RocDog Therapy Dogs

Spend time with adorable and certified therapy dogs who bring comfort and joy. These furry friends are here to brighten your day and reduce stress. A paws-itively wonderful experience for all ages.

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

