



# ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | FEBRUARY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	10-11:30 am Crafting with Preschoolers  Noon to 1:30 pm AOA Committee Meeting - Conference Room
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3	10-11:30 am Crafting with Preschoolers  12:30-1:30 pm Food Demo: Appetizers- are you ready for Football?  1:30-3:30 pm Bridge
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4	9 am to Noon Mahjong  10 am to Noon Women Heart - Informational booth  12:30-3:30pm Sewing Love: Power Pads - Lunch provided  1-4 pm Mahjong - Village Room
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5	10:30-11:30 am Presentation: Wrist and Hand Health - Wellness 360  1-4 pm Mahjong
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6	11 am-1 pm Souper Bowl! Bring in your favorite soup to share and wear your football attire!  Noon to 4 pm Euchre
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9	10:30 am to Noon Game Day: Scrabble  12:30-2 pm Stronger Together: Cancer Support Group - Conference Room  1-2:30 pm Candy Bar Bingo - Village Room
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10	10-11 am Toaster Tuesday  11:30 am-12:30 pm *Crafting with Heather and Bev: Hearts  1:30-3:30 pm Bridge
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11	9 am to Noon Mahjong  11 am-12:30 pm *Tiny Art: Steam Punk Art  1-4 pm Mahjong - Village Room
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12	10-11:30 am *Sewing Class with Louise: learn the basics  12:30-1:30 pm *Alzheimer's Association: Healthy Living for Your Brain and Body  1-4 pm Mahjong - Village Room
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13	9:30-11:30 am *Art with Mary - Conference room  11 am-1 pm Valentine's Party - Sign up in the Blue Book to bring something to share.  Noon to 4 pm Euchre
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16	10:30 am-12:30 pm *Acrylic Painting with Jim  12:30-2:30 pm Open Art - Art Studio
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17	10 am-2 pm Sewing Love: Dresses and Dolls - Lunch provided  1:30-3:30 pm Bridge
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18	9 am to Noon Mahjong  1-4 pm Mahjong
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19	Noon to 1 pm Hiking Group Planning Meeting - Conference Room  1-4 pm Mahjong
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20	9:30 am-12:30 pm Watercolor Group - Conference Room  Noon to 4 pm Euchre
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23	Noon to 12:30 pm February Birthday Celebration  Noon to 1 pm *New Member Social
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24	10 am *UR Cardiology Presents: "5 Keys to a Healthy Heart" UR will be in branch from 9 am to Noon  1:30-3:30 pm Bridge
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25	9 am to Noon Mahjong  1-4 pm Mahjong
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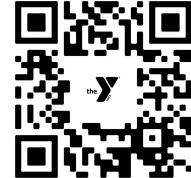
26	10:30 am to Noon Pop up Art: Sketching  11 am to Noon Book Club: The Frozen River by Ariel Lawhon  1-4 pm Mahjong
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27	12:30-2 pm *Lunch Bunch: Busy Bean Cafe in Penfield  Noon to 4 pm Euchre
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Please email [theresa.schliff@RochesterYMCA.org](mailto:theresa.schliff@RochesterYMCA.org) with any questions, concerns, or talents!

\*Notes registration is required.

Join the Active Older Adults at the YMCA of Greater Rochester Facebook Group! Scan the QR code:





## EVENT DESCRIPTIONS

### Arts and Creative Workshops:

#### Pop-up Art

Jim will continue to work with you on basic sketching skills, no requirement to have attend the previous session.

#### Art Studio

Ongoing group that meets every third Monday afternoon. Artists of all levels are encouraged to come and join. This group will be a place to celebrate and share creativity using different mediums. We will be meeting in the Community Room. We will have a craft ready to create or bring your own and work among other artists.

#### \*Crafting with Heather and Bev

Theme is hearts. So many ideas not enough time to do it in. Register and join the ladies in a fun day of making various hearts.

#### Tiny Art

This unique program is designed to think small- nothing larger than 3 in x 3 in. Each month will have a different medium with the end goal to have a Tiny Art Exhibit. This month is steam punk art.

#### Watercolor Group

Ongoing group that meets every third Friday morning. This group is open to all levels. Bring your brushes and paints and paint with others on project picked for that day and bring your work that completed challenges to share with others.

#### \*Art with Mary

Register for a creative session with Mary. Project is to be determined and this class will be held in the Conference room.

#### \*Sewing Class with Louise:

Louise will be teaching a monthly series on the basics of Sewing over the next three months. It is recommended you bring your own machine. There are a few machines available if needed. Contact Theresa with questions.

### Bite-Sized Learning:

#### Food Demo: Game Day Appetizers

Karen will be demonstrating different appetizers great for big gatherings.

#### Toaster Tuesdays

Stop by the Community Room for delicious combinations of toppings and breads during our Toaster Tuesdays! Twice a month will be something new to try.

### Community Connections:

#### AOA Committee Meeting

Be a part of shaping the future of AOA Programming at this monthly meeting. All are welcome to attend and help with planning our various programs and activities.

#### Souper Bowl party

Bring your favorite soup to share. Wear your Football apparel and game face!

#### Valentine fun

Register in the Blue book to bring an item to share. We will be celebrating the day of love and sweet treats.

#### Birthday Celebration

Celebrate all February birthdays with a special gathering filled with fun, laughter and a slice of cake!

#### \*New Member Social

Great opportunity for New and Current members to meet and learn what the Y and the AOA Community Room has to offer.

#### Crafting with Preschool

Spend quality time with our Eastside little ones and help them create a keepsake for mom and dad. We will be doing a Valentine's theme craft.

#### \*Lunch Bunch

Meet up at a restaurant each month, to enjoy conversation and good food. This month will be at Busy Bean Cafe (2157 Penfield Rd, Penfield, NY 14526).

#### Hiking Planning Meeting:

Hiking your thing, well it's ours too! Our hikes are twice a month May - October. We would appreciate your input to where we will hike this year. So please join us in the conference room to plan our 2026 hiking adventures. Can't make it in person, contact me for other options.

### Games and Social Clubs:

#### Bridge, Mahjong, Rummikub and Euchre

Great ways to meet new people and keep your mind stimulated. Players at all levels are welcomed. Interested in playing something not listed, talk with Theresa to coordinate.

#### Candy Bar Bingo

Bingo with a twist! Play for the chance to win delicious candy bars while enjoying a lively and social afternoon with friends. Please bring a candy bar to contribute to the pot.

#### Game Day

Scrabble - stop in and test your word skills.

### Special Events and Guest Speakers:

#### Wellness 360: Wrist and Hand Health

Learn how to prevent injury, improve strength and keep your hands and wrists healthy.

#### \*UR Cardiology group: "5 Keys to a Healthy Heart" presentation by Dr. Andrew Mathias

Nursing to have a table set up for CPR/AED demonstrations and blood pressure screening.

#### \*Alzheimer's Association: Healthy Living for Your Brain & Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for healthy aging.