



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-11 am Adult Quarterback Club 2</p> <p>10-11 am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Yoga</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>3</p> <p>11 am to Noon Silver Sneakers Virtual Chair Zumba</p> <p>Noon to 2 pm Board Games/Activities and Eating with Friends Congregate Meals</p>	<p>10 am-2 pm Sewing Club 4</p> <p>10-11 am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p> <p>1-2pm Line Dancing</p>	<p>5</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>9-11 am Adult Quarterback Club 6</p> <p>9 am-3 pm U of R: Mobile Mammography Van</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals</p>
<p>9-11 am Adult Quarterback Club 9</p> <p>10-11am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Yoga</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>10</p> <p>11 am to Noon Silver Sneakers Virtual Chair Zumba</p> <p>Noon to 2 pm Board Games/Activities and Eating with Friends Congregate Meals</p>	<p>10 am-2 pm Sewing Club 11</p> <p>10-11am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p> <p>1-2pm Line Dancing</p>	<p>12</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>9-11 am Adult Quarterback Club 13</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals</p>
<p>9-11 am Adult Quarterback Club 16</p> <p>10-11 am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Yoga</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>17</p> <p>11 am to Noon Silver Sneakers Virtual Chair Zumba</p> <p>Noon to 2 pm Board Games/Activities and Eating with Friends Congregate Meals</p>	<p>10 am-2 pm Sewing Club 18</p> <p>10-11am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p> <p>1-2pm Line Dancing</p>	<p>19</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>9-11 am Adult Quarterback Club 20</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals</p>
<p>9-11 am Adult Quarterback Club 23</p> <p>10-11 am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Yoga</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>24</p> <p>11 am to Noon Silver Sneakers Virtual Chair Zumba</p> <p>Noon to 2 pm Board Games/Activities and Eating with Friends Congregate Meals</p>	<p>10 am-2 pm Sewing Club 25</p> <p>10-11 am Beginners Basic Computer Skills</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p> <p>1-2pm Line Dancing</p>	<p>26</p> <p>10 am-2 pm Sewing Club</p> <p>Noon to 1 pm Eating with Friends Congregate Meals</p>	<p>9-11 am Adult Quarterback Club 27</p> <p>11 am to Noon Silver Sneakers Virtual Chair Exercise</p> <p>Noon to 1 pm U of R Presents: Obesity Medication with Dr. Sara Rosa Macleod</p> <p>Noon to 2 pm Pastor Mike: Devine Listening - connecting with friends. Fun games/activities and Eating with friends - Congregate Meals</p>

Please email bridgetg@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:

