



# ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>10 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> Mexican Dominos - Community Room	3 <b>Noon</b> Euchre - Community Room	4 <b>Noon</b> Mahjong - Community Room	5 <b>Noon</b> Euchre - Community Room	6 <b>12:30-2 pm</b> *First Friday Senior Bingo  <b>2 pm</b> Pitch - Community Room
9 <b>10 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> *Craft: Seed Paper Hearts	10 <b>10-11:30 am</b> AOA Open Art - Innovation Station  <b>Noon</b> Euchre - Community Room	11 <b>10 am</b> Beginner Euchre- Community Room  <b>Noon</b> Mahjong - Community Room	12 <b>10 am</b> *Craft: Macrame Plant Holder - Community Room  <b>Noon</b> Euchre - Community Room	13 <b>12:30 pm</b> Line Dancing - Studio C  <b>2 pm</b> Pitch Community Room
16 <b>10 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> Book Club: The Joy Luck Club by Amy Tan	17 <b>Noon</b> Euchre - Community Room	18 <b>Noon</b> AOA Mahjong Group's Lunar New Year Celebration & Open Play - Community Room	19 <b>10 am</b> *Dan the Tech Man Presents: What is AI?  <b>Noon</b> Euchre - Community Room	20 <b>12:30 pm</b> *12 month Home Project: "March"  <b>2 pm</b> Pitch - Community Room
23 <b>10 am</b> Beginner Mahjong - Community Room  <b>12:30 pm</b> AOA Knitting, Crochet & Handcrafts Club	24 <b>10-11:30 am</b> AOA Open Art - Innovation Station  <b>Noon</b> Euchre - Community Room	25 <b>10 am</b> Beginner Euchre - Community Room  <b>Noon</b> Mahjong - Community Room	26 <b>10 am</b> *Alzheimer's Association Presents: Supporting Independence  <b>Noon</b> Euchre - Community Room	27 <b>12:30 pm</b> AOA Ballet Barre  <b>2 pm</b> Pitch - Community Room

Please email [Sandi.Heacock@RochesterYMCA.org](mailto:Sandi.Heacock@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:**

#### **\*Craft: 12 month Home Project - "March"**

This is a 12 month project to create a "HOME" sign with an interchangeable "O" for each month. We will be meeting once a month to create the "next month". Registration required by Monday, February 16.

#### **\*Craft: Seed Paper Hearts**

We will be creating paper hearts from recycled paper and wildflower seeds for Valentines Day. Registration Required by Friday, February 6.

#### **\*Craft: Macrame Plant Holder**

Come learn how to create a beaded macrame plant holder. Registration required by Monday, February 9.

#### **AOA Open Art**

The Innovation Station will be open Tuesday, February 10 for AOA Open Art. Use this time to explore your creative side by learning a new craft/skill or working on a craft that you love.

### **Games and Social Clubs:**

#### **\*First Friday Event: AOA Bingo Party**

Come for the fun with food and prizes. Everyone is welcome! This activity will always be scheduled for the first Friday of each month. Registration required for bingo by Wednesday, February 4.

#### **AOA Knitting, Crochet & Handcrafts Club**

Come join us in the Community Room for some crafting time on your current project and enjoy time with fellow members and staff. If you are interested in learning to knit or crochet, please email Sandi at [sandi.heacock@rochesterymca.org](mailto:sandi.heacock@rochesterymca.org).

#### **AOA Book Club**

February's book is "The Joy Luck Club" by Amy Tan

#### **AOA Ballet Barre**

Come to Studio C and explore the benefits of ballet barre. Each month we will explore how basic ballet barre routines can help with posture, strength and flexibility. Everyone is welcome. This class will be scheduled one Friday per month.

#### **AOA Mahjong Group's Lunar New Year Celebration**

Come and play some Mahjong while we celebrate the Lunar New Year. A sign-up sheet will be available to bring a snack to share.

### **Special Events and Guest Speakers:**

#### **\*Alzheimer's Association Presents: Supporting Independence**

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. Registration required by Wednesday, February 25.

#### **\*What is AI? Presented by Dan the Tech Man**

Daniel will be presenting an overview of all things AI. Registration required by Wednesday, February 18.