



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | FEBRUARY 2026

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

9
11:30 am-1 pm
*Craft:
Card Making

10

11
10-10:30 am
*Mindfulness
with Vicki

12

13

16
**COMMUNITY ROOM
CLOSED**
Schools Out Camp

17
**COMMUNITY ROOM
CLOSED**
Schools Out Camp

18
**COMMUNITY ROOM
CLOSED**
Schools Out Camp

19
Noon to 1 pm
Hiking Group
Planning Meeting -
Eastside YMCA
Conference Room

20
**COMMUNITY ROOM
CLOSED**
Schools Out Camp

23
**11:30 am-
12:30 pm**
*Dr. Jenny Krech
from UR Lecture:
"Aging Eye"

24
**11:30 am-
12:30 pm**
*Trainer Talk
with Shane
Posture tips

25
10-10:30 am
*Balance Exercises
with Vicki

26

27

Note: February 19 AOA Hiking Group Planning Meeting will be held at the Eastside Family YMCA!

Please email mariannea@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:

