



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 11:30 am-12:30 pm *MVPT "Ask the Physical Therapist"	5	6 11 am-12:30 pm Game Day! Join us for cards and other games.
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 marianne@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:

