



ACTIVE OLDER ADULT PROGRAMMING

EASTSIDE FAMILY YMCA | FEBRUARY 2026

MONDAY

2

10-11:30 am
Crafting with
Preschoolers

Noon to 1:30 pm
AOA Committee
Meeting -
Conference Room

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

16

10:30 am-12:30 pm
*Acrylic Painting with
Jim

12:30-2:30 pm
Open Art -
Art Studio

23

Noon to 12:30 pm
February Birthday
Celebration

Noon to 1 pm
*New Member
Social

TUESDAY

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

10

10-11 am
Toaster Tuesday

11:30 am-12:30 pm
*Crafting with
Heather and Bev:
Hearts

1:30-3:30 pm
Bridge

17

10 am-2 pm
Sewing Love:
Dresses and Dolls
- Lunch provided

1:30-3:30 pm
Bridge

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

WEDNESDAY

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

11

9 am to Noon
Mahjong

11 am-12:30 pm
*Tiny Art: Steam Punk
Art

1-4 pm
Mahjong -
Village Room

18

9 am to Noon
Mahjong

1-4 pm
Mahjong

25

9 am to Noon
Mahjong

1-4 pm
Mahjong

THURSDAY

5

10:30-11:30 am
Presentation: Wrist
and Hand Health -
Wellness 360

1-4 pm
Mahjong

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

19

Noon to 1 pm
Hiking Group
Planning Meeting -
Conference Room

1-4 pm
Mahjong

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

FRIDAY

6

11 am-1 pm
Souper Bowl!
Bring in your
favorite soup to
share and wear
your football attire!

Noon to 4 pm
Euchre

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

20

9:30 am-12:30 pm
Watercolor Group -
Conference Room

Noon to 4 pm
Euchre

27

12:30-2 pm
*Lunch Bunch:
Busy Bean Cafe
in Penfield

Noon to 4 pm
Euchre

Please email 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.