



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | FEBRUARY 2026

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

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

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:

