



ACTIVE OLDER ADULT PROGRAMMING

LEWIS STREET YMCA NEIGHBORHOOD CENTER | FEBRUARY 2026

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

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:

