



ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | FEBRUARY 2026

MONDAY

2

12:45-2 pm
Recipe Exchange Group - Wegman Room

TUESDAY

3

WEDNESDAY

4

10 am-12:30 pm
Euchre - Wegman Room

THURSDAY

5

10 am to Noon
Knitting/Crocheting Handcrafting Group - Wegman Room

FRIDAY

6

1-2:30 pm
Mahjong - Wegman Room

9

10-11 am
Peanut Butter & Jelly Factory - Wegman Room

12:45-2 pm
Valentine's Bingo! - Wegman Room

10

11:15-12:45 pm
Valentine's Diamond Dots - Wegman Room

11

10 am-12:30 pm
Euchre - Wegman Room

12

10 am to Noon
Knitting/Crocheting Handcrafting Group - Wegman Room

16

17

11:30am-12:30pm
February Birthday Celebration Lounge

18

10 am-12:30 pm
Euchre - Wegman Room

19

10 am to Noon
Knitting/Crocheting Handcrafting Group - Wegman Room

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

20

11 am to Noon
ROC Dog Therapy Dogs - Lounge

1-2:30 pm
Mahjong - Wegman Room

23

24

1-2:30 pm
Book Club - Wegman Room

25

10 am-12:30 pm
Euchre - Wegman Room

26

10 am to Noon
Knitting/Crocheting Handcrafting Group - Wegman Room

27

1-2:30 pm
Mahjong - Wegman Room

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

Please email Michelle.Bileschi@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:

Valentine's Diamond Dots

Unleash your inner artist while building a keepsake, we will provide the supplies and instruction. Supplies are limited.

Knitting, Crocheting and Handcrafting Group

Join us Thursdays in the Wegman Room to work on your crocheting, knitting or handcraft projects and enjoy time with fellow members.

Bite-Sized Learning:

Recipe Exchange Group

Share your favorite recipes and discover new ones in this engaging group for food enthusiasts. Swap tips, ideas and stories about your favorite dishes. A perfect blend of inspiration and connection for all culinary levels.

Games and Social Clubs:

Euchre

Open play. Join us in the Wegman Room! Euchre is a trick-taking game typically played with four players in two partnerships. The game involves a trump suit and players work to win tricks and achieve the predetermined number of points needed for victory.

RocDog Therapy Dogs

Spend time with adorable and certified therapy dogs who bring comfort and joy. These furry friends are here to brighten your day and reduce stress. A paws-itively wonderful experience for all.

Book Club

We meet monthly to discuss our previous book and share our thoughts and takeaways. Please join us in the Wegman room, our book selection will be posted around the branch...

Mahjong

Mahjong is a game of skill, strategy and luck. Join us weekly for fun and companionship.

Valentine's BINGO Fun!

Join us as we play some BINGO and have the ability to win small prizes! We will be in the Wegman room gearing up for the competition.

Special Events and Guest Speakers:

Peanut Butter and Jelly Factory

Volunteer Opportunity: We will be working to assemble 100+ Peanut Butter and Jelly sandwiches to be delivered to the House of Mercy for general distribution to the area's homeless.