



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10 am Beginner Mahjong - Community Room 12:30 pm Mexican Dominos - Community Room	3 Noon Euchre - Community Room	4 Noon Mahjong - Community Room	5 Noon Euchre - Community Room	6 12:30-2 pm *First Friday Senior Bingo 2 pm Pitch - Community Room
9 10 am Beginner Mahjong - Community Room 12:30 pm *Craft: Seed Paper Hearts	10 10-11:30 am AOA Open Art - Innovation Station Noon Euchre - Community Room	11 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room	12 10 am *Craft: Macrame Plant Holder - Community Room Noon Euchre - Community Room	13 12:30 pm Line Dancing - Studio C 2 pm Pitch Community Room
16 10 am Beginner Mahjong - Community Room 12:30 pm Book Club: The Joy Luck Club by Amy Tan	17 Noon Euchre - Community Room	18 Noon AOA Mahjong Group's Lunar New Year Celebration & Open Play - Community Room	19 10 am *Dan the Tech Man Presents: What is AI? Noon Euchre - Community Room Noon to 1 pm Hiking Group Planning Meeting - Eastside YMCA Conference Room	20 12:30 pm *12 month Home Project: "March" 2 pm Pitch - Community Room
23 10 am Beginner Mahjong - Community Room 12:30 pm AOA Knitting, Crochet & Handcrafts Club	24 10-11:30 am AOA Open Art - Innovation Station Noon Euchre - Community Room	25 10 am Beginner Euchre - Community Room Noon Mahjong - Community Room	26 10 am *Alzheimer's Association Presents: Supporting Independence Noon Euchre - Community Room	27 12:30 pm AOA Ballet Barre 2 pm Pitch - Community Room

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

Please email Sandi.Heacock@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:

*Craft: 12 month Home Project - "March"

This is a 12 month project to create a "HOME" sign with an interchangeable "O" for each month. We will be meeting once a month to create the "next month". Registration required by Monday, February 16.

*Craft: Seed Paper Hearts

We will be creating paper hearts from recycled paper and wildflower seeds for Valentines Day. Registration Required by Friday, February 6.

*Craft: Macrame Plant Holder

Come learn how to create a beaded macrame plant holder. Registration required by Monday, February 9.

AOA Open Art

The Innovation Station will be open Tuesday, February 10 for AOA Open Art. Use this time to explore your creative side by learning a new craft/skill or working on a craft that you love.

Games and Social Clubs:

*First Friday Event: AOA Bingo Party

Come for the fun with food and prizes. Everyone is welcome! This activity will always be scheduled for the first Friday of each month. Registration required for bingo by Wednesday, February 4.

AOA Knitting, Crochet & Handcrafts Club

Come join us in the Community Room for some crafting time on your current project and enjoy time with fellow members and staff. If you are interested in learning to knit or crochet, please email Sandi at sandi.heacock@rochesterymca.org.

AOA Book Club

February's book is "The Joy Luck Club" by Amy Tan

AOA Ballet Barre

Come to Studio C and explore the benefits of ballet barre. Each month we will explore how basic ballet barre routines can help with posture, strength and flexibility. Everyone is welcome. This class will be scheduled one Friday per month.

AOA Mahjong Group's Lunar New Year Celebration

Come and play some Mahjong while we celebrate the Lunar New Year. A sign-up sheet will be available to bring a snack to share.

Special Events and Guest Speakers:

AOA Hiking Group: 2026 Planning Meeting:

Help us plan hikes for the 2026 season! Join us at the Eastside Family YMCA (1835 Fairport Nine Mile Point Rd) on Thursday, February 19 at Noon. We will share ideas for hiking locations in & around Monroe County. We will also choose our final hike of the season, which is traditional a full day hike.

*Alzheimer's Association Presents: Supporting Independence

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. Registration required by Wednesday, February 25.

*What is AI? Presented by Dan the Tech Man

Daniel will present an overview of all things AI. Registration required by Wednesday, February 18.