



# ACTIVE ADULT PROGRAMMING WESTSIDE FAMILY BRANCH JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b> Toast Tuesday 10:30 - 11:30 am	<b>3</b> Rummikub with Maria 12:15 - 1:45 pm	<b>4</b>	<b>5</b> Line Dancing - Group Ex Studio 12:15 - 1:15 pm
<b>8</b>	<b>9</b> Toast Tuesday 10:30-11:30 am  Poker with Vinny 10 - 11 am	<b>10</b> Rummikub with Maria 12:15 - 1:45 pm	<b>11</b> Garden Day - Meet in the Lounge 9 - 11 am  Mappina Club 10:30 - 11:30 am	<b>12</b> Beginner Pickleball - Meet in the gym & sign up required 12:15 - 1:15 pm
<b>15</b> Field Trip: Centerpointe Stables -Register online 1 - 2 pm	<b>16</b> Toast Tuesday 10:30-11:30 am	<b>17</b> Rummikub with Maria 12:15 - 1:45 pm  National Hot Dog Day! "Grab a Dog" Lunch Event in the Lounge 12:15 - 1:30 pm	<b>18</b> Garden Day - Meet in the Lounge 9 - 11 am  Mappina Club 10:30 - 11:30 am	<b>19</b>
<b>22</b>	<b>23</b> Toast Tuesday 10:30-11:30 am  Poker with Vinny 10-11 am  Monroe County's 20 <sup>th</sup> Annual Salute to Seniors at Ontario Beach Park - Register by 8/6, 10 am-2 pm	<b>24</b> No Rummikub today  Bank of America presents: Scam Prevention 12:15 - 1:30 pm	<b>25</b> Garden Day - Meet in the Lounge 9 - 11 am  Book Club 9:30 - 10:30 am	<b>26</b>
<b>29</b>	<b>30</b> Toast Tuesday 10:30-11:30 am  Presentation: The Process of Grieving - Conference room 11:30 am - 1 pm	<b>31</b> Rummikub with Maria 12:15 - 1:45 pm		



# EVENT DESCRIPTIONS

## **Toast Tuesday**

The Toast cart is back! Enjoy a light snack and fellowship on Tuesday

## **Rummikub with Maria**

If you know how to play Rummikub or would like to learn how to play, stop by for some fun

## **Mappina Club**

Fun fact: in an Italian kitchen, a "mappina" is a dish towel. Bring a mappina to trade

## **Beginner Pickleball**

Want to learn how to play America's number one growing sport but not sure where to start? Join us in the gymnasium to learn the basics and fundamentals. Paddles provided & beginners are welcomed

## **Poker with Vinny**

How does a friendly game of poker sound? Vinny, one of our members, has been dealing poker for 14 years. Join him to see how the chips may fall! \*Sign up required\*

## **Garden Day**

Stop in the Lounge and see what needs to be done in the AOA garden. We may be watering, weeding, or working with the kids to discuss gardening

## **Field Trip: Centerpointe Stables**

Join us for a trip to Centerpointe Stables! Meet the horses, learn about their care, & enjoy brushing them. Register online & space is limited to 25 participants maximum

## **Book Club**

We are always welcoming new members to our book club and discussion. Please join us for a great book, discussion, and friendship

## **Monroe County's 20<sup>th</sup> Annual Salute to Seniors at Ontario Beach Park**

All seniors are welcome to the annual Ontario Beach Park for a Salute to Seniors. Lunch will be provided with 2 options available, a traditional burger or a vegetarian burger. We also have 25 seats reserved in the Pavilion, the first 25 registered will have a seat in the pavilion and all other are encouraged to bring a lawn chair. This is a rain or shine event & register online

Scan the QR code and join our YMCA AOA  
Facebook group to stay updated  
on all AOA Programming!



If sign up is required, please sign up at the Member Services Desk!  
Email [maria.tette@rochesterymca.org](mailto:maria.tette@rochesterymca.org) with any questions, interests or talents