



# ACTIVE ADULT PROGRAMMING WESTSIDE FAMILY BRANCH DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 *Poker with Vinny 10 - 11 am Toast Tuesday 10:30-11:30 am *Mappina Club: making homemade pasta Noon to 1:15 pm 1:30 - 2:45 pm	4 Rummikub 12:15 - 1:45 pm Seated Tap Dancing - Intermediate Level - Group Exercise Studio 12:20 - 1:05 pm	5 *Mappina Club: making homemade pasta 9 - 10:15 am 10:30 - 11:45 am Noon to 1:15 pm *Presentation: M&T Bank presents on Identity Theft 1:15 - 2 pm	6 Seated Tap Dancing - Beginner Level - Group Exercise Studio 12:20 - 1:05 pm
9	10 Toast Tuesday 10:30-11:30 am	11 Rummikub 12:15 - 1:45 pm	12	13 *Pickleball Basics for new players - meet in the Gym 12:15 - 1:15 pm
16	17 *Poker with Vinny 10 - 11 am Toast Tuesday 10:30-11:30 am *Mappina Club: making homemade pasta Noon to 1:15 pm 1:30 - 2:45 pm	18 Rummikub 12:15 - 1:45 pm Seated Tap Dancing - Intermediate Level - Group Exercise Studio 12:20 - 1:05 pm	19	20 Line Dancing - Group Exercise Studio 12:20 - 1:05 pm
23	24	25 Happy Holidays! Branch Closed	26	27 *Pickleball Basics for new players - meet in the Gym 12:15 - 1:15 pm
30	31 New Years Eve!			

An asterisk { \* } indicates that sign up is required  
Email [maria.tette@rochesterymca.org](mailto:maria.tette@rochesterymca.org) with any questions, interests or talents



# EVENT DESCRIPTIONS

## **Toast Tuesday**

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

## **Mappina Club**

Fun fact: in an Italian kitchen, a "mappina" is a dish towel. This month, we will make homemade pasta

\*Sign up required\*

## **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\*

## **Line Dancing**

Do you love to line dance? Dance on into the Group Exercise Studio for a little Cha Cha Slide, Electric Slide, Cupid Shuffle, and more

## **Seated Tap Dancing**

Grab your sneakers, dress shoes or tap shoes and join us for a fun tap dancing class! We will be seated for the entire class. No tap dancing experience necessary

## **Special Presentation: Identity Theft Education**

This session is presented by M&T Bank and will discuss information regarding identity theft. \*Sign up required\*

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