



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Happy New Year's Day! 10 am-2 pm Branch Hours		
6	10-11am Poker with Vinny	12:15-1:45pm Rummikub	12:30-2pm *Lunch & Learn: Habits for a Healthy Mind	12:15-1:15pm *Pickleball Basics for New Players - Meet in the Gym
13	10:30-11:30am Toast Tuesday 1:15-2pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	12:15-1:45pm Rummikub 12:20-1:05pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	10:30am to Noon *Mappina Club: Eggplant Parm 1:15-2:15pm Alzheimer's Association Presents: Healthy Living for your Brain & Body - Conference Room	12:20-1:05pm Line Dancing - Group Exercise Studio
20	10-11am Poker with Vinny 10:30-11:30am Toast Tuesday	12:15-1:45pm Rummikub 12:15-1:15pm Presentation: Quilting with Merrilee - Conference Room	10:30-11:30am Book Club - Conference Room 12:30-2pm *Mappina Club: Eggplant Parm	12:15-1:15pm *Pickleball Basics for New Players - Meet in the Gym
9:40-10:40am Alzheimer's Association Presents: Healthy Living for your Brain & Body - Conference Room	10:30-11:30am Toast Tuesday	12:15-1:45pm Rummikub 12:20-1:05pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	10:30 am to Noon *Mappina Club: Eggplant Parm 1:15-2:15pm M&T Bank presents: Budgeting in the Retirement Years - Conference Room	

*Notes that registration is required.

Email 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 eggplant parm.

***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!

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.

Join the YMCA AOA Facebook Group!
Scan the QR code now and stay
updated on all AOA programming.

