



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | FEBRUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

10-11am 4

*Poker with Vinny

10:30-11:30am
Toast Tuesday

12:15-1:45pm 5

Rummikub

10:30am to Noon 6

*Mappina Club:
Biscotti from scratch!

12:30-2pm
*Bowling at Gates
Bowl!

12:15-1:30pm 7

*Craft: Valentine's Day
Fabric Wreath

8:45-9:30am 10

New Member
Orientation -
Meet in the Lounge!

1:20-2:05pm
Seated Tap Dancing:
Beginner Level -
Group Exercise
Studio

10:30-11:30am 11

Toast Tuesday

Noon to 12:45pm
New Member
Orientation -
Meet in the Lounge!

10-10:45am 12

New Member
Orientation -
Meet in the Lounge!

12:15-1:45pm
Rummikub

12:20-1:05pm
Seated Tap Dancing:
Intermediate Level -
Group Exercise Studio

8-8:45am 13

New Member
Orientation -
Meet in the Lounge!

10 am to Noon Euchre

10:30am to Noon
*Mappina Club:
Biscotti from scratch!

12:30-2pm
*Lunch & Learn: How the
Cold Weather affects your
Body and its Functions

10-10:45am 14

Valentine's Day Mini
Brunch

1:30-2:15pm
New Member Orientation
- Meet in the Lounge!

12:15-1:15pm
*Pickleball basics for new
players - Meet in the Gym

17

10-11am 18

*Poker with Vinny

10:30-11:30am
Toast Tuesday

12:15-1:45pm 19

Rummikub

10:30am to Noon 20

*Mappina Club:
Biscotti from scratch!

1:15-2:15pm
*Alzheimer's Assoc.
Presents: 10 Warning
Signs of Alzheimer's -
Conference Room

12:20-1:05pm 21

Line Dancing -
Group Exercise Studio

9:40-10:40am 24

*Alzheimer's Assoc.
Presents: 10 Warning
Signs of Alzheimer's -
Conference Room

10:30-11:30am 25

Toast Tuesday

Noon
*Lunch Bunch:
Rohrbach Brewing
Company

12:15-1:45pm 26

Rummikub

12:20-1:05pm
Seated Tap Dancing:
Intermediate Level -
Group Exercise Studio

10 am to Noon 27

Euchre

10:30-11:30am
Book Club

12:15-1:15pm 28

*Pickleball basics for
new players - Meet in
the Gym



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 biscotti from scratch.

***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.

Euchre

Open play! 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.

New Member Orientation

Discover all the opportunities available for Active Older Adults at the Westside Family YMCA during our New Member Orientation! Learn about our AOA programs, meet staff, and explore how we can support your health, wellness, and social connections.

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

