



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | MARCH 2025

MONDAY

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

9-10am
Garden Club Meeting

10-11am
*Poker with Vinny

10:30-11:30am
Toast Tuesday

10:30-11:30am
Fat Tuesday Celebration -
Enjoy King Cake with us!

12:15-1:45pm
Rummikub

10:30am to Noon
*Mappina Club:
Create your
own quiche with
homemade crust

12:30-2pm
Crafty Friday:
Bring your own Craft-
Meet in the Lounge

12:20-1:05pm
Line Dancing -
Group Ex Studio

10

10:30-11:30am
Toast Tuesday

1:15-2pm
Seated Tap Dancing:
Beginner Level -
Group Ex Studio

12:15-1:45pm
Rummikub

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

10am to Noon
Euchre

12:30-2pm
*Lunch & Learn
Caring For Yourself
While Caring For
Others

12:15-1:15pm
*Pickleball Basics for
New Players -
Meet in the Gym

12:30-1:30pm
Crafty Friday

1:15-2pm
*St. Patrick's
Day Irish Dancer
Performance -
Meet in the Gym

17

10-11am
*Poker with Vinny

10:30-11:30am
Toast Tuesday

12:30-2pm
*Mappina Club: Create
your own quiche with
homemade crust

18

12:15-1:45pm
Rummikub

12:30pm
*Lunch Bunch: Monte
Alban Mexican Grill
(2200 Buffalo Road
Rochester, NY 14624)

19

10:30am to Noon
*Mappina Club:
Create your own quiche
with homemade crust

1:15-2:15pm
Alzheimer's Association
Presents: Understanding
Alzheimer's and Dementia

20

12:20-1:05pm
Line Dancing -
Group Ex Studio

12:30-1:30pm
Crafty Friday

21

9:40-10:40am
Alzheimer's
Association Presents:
Understanding
Alzheimer's and
Dementia

24

10:30-11:30am
Toast Tuesday

12:30-2pm
*Mappina Club: Create
your own quiche with
homemade crust

25

12:15-1:45pm
Rummikub

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

26

10am to Noon
Euchre

10:30-11:30am
Book Club

12:30-2pm
*Bowling at Gates
Bowl

27

12:15-1:15pm
*Pickleball Basics for
New Players -
Meet in the Gym

12:30-1:30pm
Crafty Friday

28

Join the Active Older Adults at the YMCA
of Greater Rochester Facebook Group!
Scan the QR code below!



* Notes registration is required.



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 quiche with homemade crust.

***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.