



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10 am to Noon Euchre	2 12:15-2 pm *Craft: Fabric Wreath - Meet in the Lounge
			10:30 am to Noon *Mappina Club - Baking mini chocolate cheesecakes	12:30-2 pm Crafty Friday, Bring your own craft - Meet in the Lounge
5 1:20-2:05 pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	6 10-11 am Poker with Vinny - Meet in the Lounge 10:30-11:30 am Toast Tuesday - Meet in the Lounge Noon to 1:30 pm *Mappina Club - Baking mini chocolate cheesecakes	7 12:15-1:45 pm Rummikub - Meet in the Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	8 10:30 am to Noon *Mappina Club - Baking mini chocolate cheesecakes 12:30-2 pm *Lunch & Learn Topic: Brain Health & Nutrition "Fuel for Thought: Eat Smart, Stay Sharp"	9 9:30-10:30 am May Flowers Mini Brunch - Meet in the Lounge 12:15-1:15 pm *Pickleball Basics for New Players - Meet in the Gym 12:30-2 pm Crafty Friday
12	13 10:30-11:30 am Toast Tuesday - Meet in the Lounge Noon to 1:30 pm *Mappina Club - Baking mini chocolate cheesecakes 1:15-2:15 pm *Presentation: Senior Helpers of Greece - Meet in the Conference Room	14 12:15-1:45 pm Rummikub - Meet in the Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio 9:30 - 10:30 am *Presentation: Whole Food Plant Based (WFPB) Recipes - Meet in the Conference Room	15 10 am to Noon Euchre 10:30 am to Noon *Mappina Club - Baking mini chocolate cheesecakes 12:30-1:30 pm Caregiver Coffee Hour - Meet in the Lounge	16 12:30-2 pm Crafty Friday, Bring your own craft - Meet in the Lounge
19 12:15-1:15 pm *Alzheimer Association Presents: 10 Warning Signs of Alzheimer's	20 10-11 am Poker with Vinny Meets in the lounge 10:30-11:30 am Toast Tuesday - Meet in the Lounge Noon *Lunch Bunch - MacGregor's	21 12:15-1:45 pm Rummikub - Meet in the Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	22 10:30-11:30 am Book Club - Meet in the Conference Room Noon to 1:30 pm *Bocce in the Garden	23 12:30-2 pm Crafty Friday, Bring your own craft - Meet in the Lounge 12:15-1 pm Line Dancing - Group Exercise Studio
26 Happy Memorial Day! No Activities Today	27 10:30-11:30 am Toast Tuesday - Meet in the Lounge	28 12:15-1:45 pm Rummikub - Meet in the Lounge	29 10 am to Noon Euchre - Meet in the Lounge 10:30 am to Noon *Whole Food Plant Based (WFPB) Movie Showing: Forks Over Knives - Meet in the Conference Room	30 12:30-2 pm Crafty Friday, Bring your own craft - Meet in the Lounge

Please email maria.tette@RochesterYMCA.org with any questions, concerns, or talents!

*Notes registration is required.

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





EVENT DESCRIPTIONS

Toast Tuesday

Come on by the lounge and enjoy fresh toast and wonderful fellowship.

***Mappina Club**

Each month we gather in the kitchen and either bake or cook up a delicious recipe. (\$3 contribution)

Poker with Vinny

How does a friendly game of poker sound? Join our dealer, Vinny, and see how the chips may fall!

Crafty Friday

Every Friday, we gather in the lounge to work on our own crafts alongside friends!

***Pickleball Basics for New Players**

Whether you are brand new to pickleball or working on your skills, meet us in the gym for the basics of pickleball and some great practice.

Line Dancing

Do you love to line dance? Dance on into the Group Exercise Studio for a variety of fun line dances!

Seated Tap Dancing

Grab your sneakers, dress shoes or tap shoes and join us for a fun tap dancing experience. We are seated the entire class. No experience necessary - we offer beginner and intermediate classes.

Euchre

Calling all Euchre players! Join us in the lounge for a couple hours of Euchre fun!

***Lunch Bunch**

We meet at a different restaurant each month and it's Dutch treat with some great friends! Family and friends are welcome to attend, as well! (MacGregor's Grill & Tap Room 2205 Buffalo Rd 14624)

***Lunch & Learn**

Each month we partner with Episcopal SeniorLife for a presentation and a healthy lunch for \$8.

Book Club

We meet monthly to discuss our previous book and share our thoughts and takeaways.

***Whole Food Plant Based (WFPB) Educational Series**

We are offering 2 sessions in May - a recipe-focused session and a movie showing.

***Bocce in the Garden**

We have a bocce court at Westside! Come on out and let's get the summer rolling with a game of bocce!

***Fabric Wreath Craft**

Create a colorful fabric wreath to welcome in the spring and summer! (\$6 contribution)

Caregiver Coffee Hour

Are you a caregiver? Let's take an hour and support one another with compassion and understanding.

***Presentation: Senior Helpers of Greece**

This company provides resources to help individuals remain in their homes.