



ACTIVE OLDER ADULT PROGRAMMING

THE WESTSIDE FAMILY YMCA | JUNE 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

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5

6

10-11 am
Poker with Vinny -
Lounge

10:30-11:30 am
Toast Tuesday -
Lounge

12:15-1:45 pm
Rummikub -
Lounge

Last Call!
AOA Celebration
Registration Closes
at Noon Today!

12:30-2 pm
Crafty Friday: Bring
your own craft -
Lounge

9

10

11

12

13

10:30-11:30 am
Toast Tuesday -
Lounge

Noon to 1:30 pm
*Mappina Club
Making Sicilian
Pizza!

9:30 am-2 pm
*AOA Celebration -
Bay View YMCA

12:15-1:45 pm
Rummikub -
Lounge

10 am to Noon
Euchre - Lounge

10:30 am to Noon
*Mappina Club:
Making Sicilian Pizza!

12:30-2 pm
*Lunch & Learn: Knee
Pain

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

12:15 - 1:45 pm
*Custom Card Making -
Lounge

12:30 - 2 pm
Crafty Friday - Lounge

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20

12:15-1:15 pm
*How To Navigate the
YMCA Website -
Conference Room

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

10-11 am
Poker with Vinny -
Lounge

10:30-11:30 am
Toast Tuesday -
Lounge

Noon to 1:30 pm
*Mappina Club
Making Sicilian Pizza!

9-10 am
New Member Orientation
- Lounge

12:15-1:45 pm
Rummikub - Lounge

12:20-1:10 pm
Seated Tap Dancing:
Intermediate Level -
Group Exercise Studio

10:30 am to Noon
*Mappina Club:
Making Sicilian Pizza!

12:30-1:30 pm
Caregiver Coffee Hour
- Lounge

12:30-2 pm
Crafty Friday -
Lounge

12:30 pm
*Lunch Bunch:
Rohrbach Brewing Co

23

24

25

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27

10:30-11:30 am
Toast Tuesday -
Lounge

Noon to 1:30 pm
*Mappina Club
Making Sicilian
Pizza!

12:15-1:45 pm
Rummikub -
Lounge

12:20-1:10 pm
Seated Tap Dancing:
Intermediate Level -
Group Exercise Studio

10 am to Noon
Euchre -
Lounge

10:30 - 11:30 am
Book Club -
Conference Room

Noon to 1:30 pm
*Bocce in the Garden

12:15-1 pm
Line Dancing -
Group Exercise
Studio

12:30-2 pm
Crafty Friday -
Lounge

30

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 its Dutch treat with some great friends! Family and friends are welcome to attend, as well!

***Lunch & Learn**

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

Book Club

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

***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!

Caregiver Coffee Hour

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

***Presentation: How To Navigate the YMCA Website**

Come learn your way around our YMCA website!

New Member Orientation

Come learn your way around our Y and all that is available to you! Open to all!

***Custom Card Making**

Please sign up to make 1, 2 or 3 cards. Each card is a \$5 cost!