



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
				12:30 - 2 pm Crafty Friday: Bring Your Own Craft! - Lounge
4	5	6	7	8
1:20-2:10 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 Artichoke Hearts French - Kitchen	12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Seated Tap Dancing Intermediate Level - Group Exercise Studio	9:30-11 am *Mappina Club: Making Artichoke Hearts French Kitchen (Note Time Change)	12:15-1:15 pm *Pickleball Basics for New Players - Gym 12:30-2 pm Crafty Friday: Bring Your Own Craft! - Lounge
11	12	13	14	15
	10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Making Artichoke Hearts French - Kitchen	12:15-1:45 pm Rummikub - Lounge 12:15-1:15 pm *Planned Giving Seminar - Conference Room	10 am to Noon Euchre - Lounge 10:30 am to Noon *Mappina Club: Making Artichoke Hearts French - Kitchen	12:30-2 pm Crafty Friday: Bring Your Own Craft! - Lounge 12:30 pm *Lunch Bunch: Mangia Mangia 2273 S Union Street in Spencerport
18	19	20	21	22
	10-11 am Poker with Vinny -Lounge 10:30-11:30 am Toast Tuesday -Lounge 1:15-2:15 pm *Presentation from MVPT Physical Therapy: Aquatic Therapy - Lounge	12:15-1:45 pm Rummikub - Lounge		12:30-2 pm Crafty Friday: Bring Your Own Craft! - Lounge
25	26	27	28	29
9:30-10:30 am *Crossroads Chiropractic Presents: Chiropractic Care for Sciatic Nerve Pain - Conference Room	10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Making Artichoke Hearts French - Kitchen	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	12:20-1:05 pm Line Dancing - Group Exercise Studio 12:30-2 pm Crafty Friday: Bring Your Own Craft! - 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.

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!

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!

***MVPT Physical Therapy and Crossroads Chiropractic Presentations**

A monthly presentation on various topics, come learn about these options for care and wellness.