



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 10:30-11:30 am Toast Tuesday - Lounge	3 12:15-1:45 pm Rummikub - Lounge	4 10:30 am to Noon *Learn how to make Sourdough Bread - Kitchen	5 12:30-2 pm Crafty Friday: Bring your own craft - Lounge
8 1:20-2:05 pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	9 10-11 am Poker with Vinny 10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Baking Carrot Cake Cupcakes - Kitchen	10 12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	11 10 am to Noon Euchre - Lounge 10:30 am to Noon *Mappina Club: Baking Carrot Cake Cupcakes - Kitchen 12:30-2 pm *Lunch & Learn: MVPT Presents: Hip Pain	12 12:15 - 1:15 pm Bocce in the Garden 12:30 - 2 pm Crafty Friday: Bring your own craft - Lounge
15	16 10:30-11:30 am Toast Tuesday - Lounge 1:15 - 2:15 pm *MVPT presents: Vertigo, Dizziness Balance	17 12:15-1:45 pm Rummikub - Lounge	18	19 12:15-1 pm Line Dancing - Group Exercise Studio 12:30-2 pm Crafty Friday: Bring your own craft - Lounge
22	23 10-11 am Poker with Vinny 10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Baking Carrot Cake Cupcakes - Kitchen	24 12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	25 10 am to Noon Euchre - Lounge 10:30 - 11:30 am Book Club - Conference Room Noon *Lunch Bunch: The Coterie Restaurant (777 Spencerport Road)	26 12:30-2 pm Crafty Friday: Bring your own craft - Lounge
29 9:30-10:30 am *Presentation: Crossroads Chiropractic Presents: The Value of Chiropractic Care for Migraines	30 10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Baking Carrot Cake Cupcakes - Kitchen	1	2	3

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. (\$5 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!

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.

Rummikub

Join us in the lounge every Wednesday from 12:15-1:45 pm to play Rummikub. If you don't know how to play, the others are happy to teach you! Feel free to bring your lunch, too!

***Learn How to Make Sour Dough Bread**

If you've always wanted to learn how to feed your starter and make a loaf of sour dough bread from start to finish, this is the session for you!

Bocce in the Garden

Step out into the garden to play a nice game of bocce on our bocce court. If you do not know how to play, we will teach you!

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

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