



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	2 10:30 am to Noon *Mappina Club: Making Cranberry Chutney	3 9-10:30 am *Learn how to make Sourdough Bread - Kitchen 12:30-2 pm Crafty Friday: Bring your own Craft - Lounge
6 1:20-2:05 pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	7 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	8 12:15-1:45 pm Rummikub - Lounge	9 12:30-2 pm *Lunch & Learn The 5 "P"s of Productive Medical Appointments	10 12:15-1:15 pm *Pickleball Basics for New Players - Gym 12:30-2 pm Crafty Friday: Bring your own Craft! - Lounge
13	14 10:30-11:30 am Toast Tuesday - Lounge 1:15-2:15 pm *MVPT Presentation: Physical Therapy: Vertigo, Dizziness and Balance - Conference Room	15 12:15-1:45 pm Rummikub - Lounge	16	17 12:20 pm *Lunch Bunch: Monte Alban Mexican Grill (2200 Buffalo Road) 12:30-2 pm Crafty Friday: Bring your own Craft - Lounge
20	21 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	22 12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	23 10:30-11:30 am Book Club - Conference Room Noon - 1:30 pm *Mappina Club: Making Cranberry Chutney	24 12:30-2 pm Crafty Friday: Bring your own Craft - Lounge
27	28 10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Making Cranberry Chutney - Kitchen	29 12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Line Dancing - Gym	30 9:30 - 11 am *Mappina Club: Making Cranberry Chutney - Kitchen 11:30 am-1 pm *Pop-Up Kitchen Class: Making Spanish Rice - Kitchen	31 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. Registration is required for this event. (\$3 contribution)

Poker with Vinny

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

***Lunch & Learn**

Each month, we partner with Episcopal SeniorLife to provide a presentation and a delicious lunch! Please Register for this program and the cost for the lunch is \$8 cash payable at the front desk!

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. Registration is required for this event. Registration is required for this event.

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.

***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! Registration is required for this event.

Book Club

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

***Presentation: MVPT Physical Therapists**

Sessions will be monthly on the 3rd Tuesday of the Month. Registration is required for this event.

Rummikub

Every Wednesday we meet in the lounge to play Rummikub! Feel free to bring your lunch, and if you do not know how to play, we will teach you!

***Sour Dough Bread Class**

Have you been wanting to learn how to make sour dough bread at home?! Join us and you will take an active starter home with you, and be on your way! If the class is full, please be sure to sign up on the wait list! Registration is required for this event.

***Pop-Up Kitchen Class**

This month, our members Yvonne and Norma are going to demonstrate two different ways to make Spanish Rice! Registration is required for this event.