



# ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | NOVEMBER 2025

| MONDAY | TUESDAY                                                                                                                                                    | WEDNESDAY                                                                                                                  | THURSDAY                                                                                                                                                                               | FRIDAY                                                                                                                                        |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 3      | 4<br>10-11 am<br>Poker with Vinny - Lounge<br>10:30-11:30 am<br>Toast Tuesday - Lounge<br>Noon to 1:30 pm<br>*Mappina Club: Baking Pumpkin Bread - Kitchen | 5<br>12:15-1:45 pm<br>Rummikub - Lounge<br>12:20-1:10 pm<br>Seated Tap Dancing Intermediate Level - Group Exercise Studio  | 6<br>9-10:30 am<br>*Mappina Club: Baking Pumpkin Bread - Kitchen<br>11 am-1 pm<br>*Bowling at AMF Gates Bowl<br>1:15-2 pm<br>Seated Tap Dancing Beginner Level - Group Exercise Studio | 7<br>9:30-10:30 am<br>Thankful Mini-Brunch - Lounge                                                                                           |
| 10     | 11<br>10:30-11:30 am<br>Toast Tuesday - Lounge<br>1:15-2:15 pm<br>*MVPT Presents: Shoulder Pain - Conference Room                                          | 12<br>12:15-1:45 pm<br>Rummikub - Lounge                                                                                   | 13<br>12:30-2 pm<br>*Lunch & Learn: Gates Police presenting on scams and community safety- Lounge                                                                                      | 14<br>12:15-1:15 pm<br>*Pickleball Basics for New Players - Gym                                                                               |
| 17     | 18<br>10-11 am<br>Poker with Vinny - Lounge<br>10:30-11:30 am<br>Toast Tuesday - Lounge                                                                    | 19<br>12:15-1:45 pm<br>Rummikub - Lounge<br>12:20-1:10 pm<br>Seated Tap Dancing Intermediate Level - Group Exercise Studio | 20<br>10:30-11:30 am<br>Book Club - Conference Room<br>Noon to 1:30 pm<br>*Mappina Club: Baking Pumpkin Bread - Kitchen                                                                | 21<br>9-10:30 am<br>*Learn how to make Sour Dough Bread - Kitchen<br>12:20 pm<br>*Lunch Bunch: Papa Joe's Italian Eatery (485 Spencerport Rd) |
| 24     | 25<br>10:30-11:30 am<br>Toast Tuesday - Lounge<br>Noon to 1:30 pm<br>*Mappina Club: Baking Pumpkin Bread - Kitchen                                         | 26<br>12:15-1:45 pm<br>Rummikub - Lounge<br>12:15-1:15 pm<br>Line Dancing - Gym                                            | 27<br>HAPPY THANKSGIVING!<br>Branch hours 8 am to Noon                                                                                                                                 | 28                                                                                                                                            |
|        |                                                                                                                                                            |                                                                                                                            |                                                                                                                                                                                        |                                                                                                                                               |

Please email [Maria.Tette@RochesterYMCA.org](mailto: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!

### **\*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.

### **\*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.

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

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

### **\*Lunch and Learn**

Each month, we partner with Episcopal Senior Living and offer healthy lunch for \$8 and an enjoyable presentation.

### **\*Learn to make Sour Dough Bread**

From start to finish! Come learn how to feed a starter and prepare sour dough bread, and you will even take home a starter.