



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1:20-2:05 pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	2 10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club - Making Bignolatti di Sasizza (Sausage Rolls)	3 12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	4	5
8	9 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	10 12:15-1:45 pm Rummikub - Lounge	11 9:30 - 11 am *Mappina Club - Making Bignolatti di Sasizza (Sausage Rolls) 12:30-2 pm *Lunch & Learn Topic: Gates Police Dep. Presenting: Scams and Community Safety	12 12:15 - 1 pm Line Dancing - Gym
15	16 10:30-11:30 am Toast Tuesday - Lounge 1:15-2:15 pm *MVPT Presents: Osteoporosis - Conference Room	17 12:15-1:45 pm Rummikub - Lounge 12:20-1:10 pm Seated Tap Dancing: Intermediate Level - Group Exercise Studio	18 10:30-11:30 am Book Club - Conference Room Noon to 2 pm Euchre - Lounge Noon to 1:30 pm *Mappina Club - Making Bignolatti di Sasizza (Sausage Rolls)	19 12:30-2 pm *Mappina Club - Making Bignolatti di Sasizza (Sausage Rolls)
22 1:30-3 pm *Pop-Up Kitchen Class: French Cooking with Sara	23 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	24 Christmas Eve Branch Hours 5 am-2 pm 12:15-1:45 pm Rummikub - Lounge	25 MERRY CHRISTMAS! Branch Closed	26
29	30 10:30-11:30 am Toast Tuesday - Lounge	31 New Years Eve! Branch Hours: 5 am-2 pm 12:15-1:45 pm Rummikub - 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

Bite-Sized Learning:

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)

***Lunch & Learn**

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

Games and Social Clubs:

Poker with Vinny

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

Euchre

Calling all Euchre players! Join us in the lounge for a couple hours of Euchre fun!

Book Club

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

Community Connections:

***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.