



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1:15-2 pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	3 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	4 12:15-1:45 pm Rummikub - Lounge 12:15-1 pm Seated Tap Dancing Intermediate Level - Gym	5 10:30 am - 12 pm *Mappina Club: Making Chicken Parmesan - Kitchen 1:15-2 pm *NEW! Let's Dance: Learn Basic Dance Routines 3-week sign-up - Group Exercise Studio	6
9 Noon to 2 pm Mahjong Calling all players, beginner and experienced! - Lounge	10 10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Chicken Parmesan - Kitchen	11 12:15-1:45 pm Rummikub - Lounge 12:15-1 pm Line Dancing - The Gym	12 11 am-1 pm *Bowling at ABC Gates Bowl Noon to 2 pm Euchre - Lounge 12:30-2 pm *Lunch & Learn: Intro to Plant- Based Eating - Lounge 1:15-2 pm *NEW! Let's Dance: Learn Basic Dance Routines 3-week sign-up - Group Exercise Studio	13 10-11:30 am *Sourdough Bread Beginner: Learn how to make - Kitchen 1-1:45 pm *Pickleball Basics for New Players - Gym
16 1:15 - 2 pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	17 10-11 am Poker with Vinny -Lounge 10:30-11:30 am Toast Tuesday -Lounge 10:30 am Fat Tuesday: Come enjoy King Cake with Meghan in the Lounge!	18 12:15-1:45 pm Rummikub - Lounge 12:15-1 pm Seated Tap Dancing Intermediate Level - Gym	19 11:15 - 12:45 pm *Mappina Club: Making Chicken Parmesan - Kitchen Noon to 1 pm Hiking Group Planning Meeting - Eastside YMCA Conference Room 1:15-2 pm *NEW! Let's Dance: Learn Basic Dance Routines 3-week sign-up - Group Exercise Studio	20 10-11:30 am *Sourdough Bread Intermediate: Learn how to do inclusions - Kitchen 12:15 pm *Lunch Bunch: MacGregor's 2205 Buffalo Road
23 Noon to 2 pm Mahjong Calling all players, beginner and experienced! - Lounge	24 10:30-11:30 am Toast Tuesday - Lounge Noon to 1:30 pm *Mappina Club: Making Chicken Parmesan - Kitchen 1:15-2:15 pm *MVPT Presents: Morning Stretch Routine - Conference Room	25 12:15-1:45 pm Rummikub - Lounge 12:15- 1 pm Line Dancing - The Gym	26 10:30-11:30 am Book Club - Conference Room Noon to 2 pm Euchre - Lounge	27

Note: February 19 AOA Hiking Group Planning Meeting will be held at the Eastside Family YMCA!

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. Registration is required. (\$5 contribution)

***Lunch & Learn**

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

***Sourdough Bread Class: Beginner - Make the Bread**

Have you been wanting to learn how to make Sourdough bread at home?! Join us and you will take an active starter home with you, and be on your way! Registration is required.

***Sourdough Bread Class: Intermediate - Inclusions**

This session is for those who have already learned how to make Sourdough bread, and are actively baking it. We will work with 2 different inclusions in this session. Registration is required.

Games & 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 and Mahjong

Calling all euchre and mahjong players! Join us for a couple hours of fun and friendship!

Book Club

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

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!

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. Registration is required.

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**

Join us at MacGregor's (2205 Buffalo Road). We meet at a different restaurant each month! Family and friends are welcome to attend, as well! Registration is required.

Special Events & Guest Speakers:

***MVPT Presentation**

In February, the presentation is on Morning Stretch Routines. Registration is required for this event.

***Bowling at ABC Gates Bowl**

Join us at ABC Gates Bowl (645 Spencerport Road). Each game is \$4 and shoe rental, if needed, is \$4. Registration is Required in advance and bring cash payment to the event.

***NEW! Let's Dance**

Come and learn choreographed dance routines to your favorite songs.