



# ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | MARCH 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  
  
Noon to 1:30 pm  
Mappina Club: Blueberry  
Muffins with Streusel  
Topping - Kitchen

4

12:15-1:45 pm  
Rummikub -  
Lounge  
  
Noon to 1 pm  
Seated Tap Dancing:  
Intermediate Level -  
Gym

5

11:15 am-12:45 pm  
Mappina Club: Blueberry  
Muffins with Streusel  
Topping - Kitchen  
  
Noon to 2 pm  
Euchre - Lounge  
  
1-3 pm  
Bowling at ABC Gates  
Bowl

6

10-11:30 am  
Sourdough Bread  
Beginner: Learn how  
to make - Kitchen  
  
1:15-2 pm  
Let's Dance -  
Group Exercise Studio

9

Noon to 2 pm  
Mahjong - All players  
welcomed (beginner and  
experienced) -  
Lounge  
  
1:15-2 pm  
Seated Tap Dancing:  
Beginner Level -  
Group Exercise Studio

10

9:30-11 am  
Mappina Club:  
Blueberry Muffins with  
Streusel Topping -  
Kitchen  
  
10:30-11:30 am  
Toast Tuesday -  
Lounge

11

12:15-1:45 pm  
Rummikub -  
Lounge  
  
Noon to 12:45 pm  
Let's Dance -  
Gym

12

9-10:30 am  
Mappina Club:  
Blueberry Muffins with  
Streusal Topping -  
Kitchen  
  
12:30-2 pm  
Lunch & Learn:  
Questions to Ask Your  
Financial Advisor -  
Lounge

13

10-11:30 am  
Sourdough Bread  
Intermediate: Learn how  
to do inclusions -  
Kitchen  
  
Noon to 1:30 pm  
Meditative Watercolors -  
Lounge  
  
1-1:45 pm  
Beginner Pickleball: Learn  
How to Play - Gym

16

1:15-2 pm  
Let's Dance -  
Group Exercise  
Studio

17

10-11 am  
Poker with Vinny -  
Lounge  
  
10:30-11:30 am  
Toast Tuesday -  
Lounge  
  
1:15-2:15 pm  
St. Patrick's Day:  
Irish Dance Performance!  
- Gym

18

9:30-10:30 am  
Book Club -  
Conference Room  
  
12:15-1:45 pm  
Rummikub - Lounge  
  
Noon to 1 pm  
Seated Tap Dancing:  
Intermediate Level -  
Group Exercise Studio

19

Noon to 2 pm  
Euchre -  
Lounge

20

12:15 pm  
Lunch Bunch -  
Fazool's Italian Bistro  
(120 Pixley Road)

23

Noon to 2 pm  
Mahjong - All  
players welcomed  
(beginner and  
experienced) -  
Lounge

24

10:30-11:30 am  
Toast Tuesday -  
Lounge  
  
1:15-2:15 pm  
MVPT Presentation:  
Arthritis Facts &  
Fiction -  
Conference Room

25

12:15-1:45 pm  
Rummikub -  
Lounge

26

1:30-2:30 pm  
Workshop on  
Somatic-Qi:  
Embodies Release &  
Energy Flow - Group  
Exercise Studio

27

30

10:30-11:30 am  
Toast Tuesday -  
Lounge

31

10:30-11:30 am  
Toast Tuesday -  
Lounge

**Please Note:**  
All programs in **Red**  
require online  
registration at  
[RochesterYMCA.org](http://RochesterYMCA.org).  
Registration opens  
at 10 am on the  
third Monday of the  
prior month.

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:





# ACTIVE OLDER ADULT DESCRIPTIONS

WESTSIDE FAMILY YMCA | MARCH 2025

Programs in **Red** require online registration at [RochesterYMCA.org](http://RochesterYMCA.org); registration opens at 10 am on the third Monday of the prior month.

## **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. (\$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!

### **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.

## **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.

### **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 Fazool's Italian Bistro (120 Pixley Road)! We meet at a different restaurant each month! Family and friends are welcome to attend, as well!

## **Special Events & Guest Speakers:**

### **MVPT Presentation**

In March, the presentation is on Morning Stretch Routines.

### **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.