



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
Streusel 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

Please Note:
All programs in Red
require online
registration at
RochesterYMCA.org.
Registration opens
at 10 am on the
third Monday of the
prior month.

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:





ACTIVE OLDER ADULT DESCRIPTIONS

WESTSIDE FAMILY YMCA | MARCH 2025

Programs in **Red** require online registration at 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.