



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

4
Noon to 2 pm
Mahjong
Calling all players, beginner and experienced! - Lounge
1:15-2 pm
Seated Tap Dancing: Beginner Level - Group Exercise Studio

5
9:30-10:30 am
Chiropractic Presentation: Aging Upright - The Secrets to Better Posture, Balance and Mobility - Conference Room
10-11 am
Poker with Vinny - Lounge
10:30-11:30 am
Toast Tuesday - Lounge

6
12:15-1:45 pm
Rummikub - Lounge
Noon to 1 pm
Seated Tap Dancing: Intermediate Level - Gym

7
Noon to 2 pm
Euchre - Lounge
11:15-12:45 pm
Mappina Club: Homemade Fettuccini Alfredo - Kitchen
1:15-2 pm
Let's Dance: Learn Basic Dance Routines - Group Exercise Studio

8
9:30-11 am
May Flowers Mini-Brunch - Lounge
1-1:45 pm
Pickleball Basics for New Players - Gym

11
1:15-2 pm
Let's Dance: Learn Basic Dance Routines - Group Exercise Studio

12
10-11:30 am
Hiking Group: Mertensia Park
10:30-11:30 am
Toast Tuesday - Lounge
12-1:30 pm
Mappina Club: Homemade Fettuccini Alfredo - Kitchen
2-3 pm
Gates Fire District Presents: Fire Prevention - Conference Room

13
9-10:30 am
Craft: Spring/Summer Fabric Wreath - Lounge
12:15-1:45 pm
Rummikub - Lounge

14
10:30-11:30 am
Book Club - Conference Room
12:30-2 pm
Lunch & Learn: Real Estate - Conversation Around Downsizing & Selling Your Home - Lounge

15
10-11:30 am
Sourdough Bread Intermediate: Learn how to do Inclusions - Kitchen
1:15-2 pm
Let's Dance: Learn Basic Dance Routines - Group Exercise Studio

18
Noon to 2 pm
Mahjong
Calling all players, beginner and experienced! - Lounge
12:30-1:30 pm
Somatic Qi - Group Ex Studio
1:15-2 pm
Seated Tap Dancing: Beginner Level - Gym

19
9-10 am
URMC Presentation: Heart Health - Conference Room
10-11 am
Poker with Vinny - Lounge
10:30-11:30 am
Toast Tuesday - Lounge
10-11:30 am
Mappina Club: Homemade Fettuccini Alfredo - Kitchen
1:15-2:15 pm
MVPT Presents: Injury Prevention for Pickleball & Everyday Athletes - Conference Room

20
12:15-1:45 pm
Rummikub - Lounge
Noon to 1 pm
Seated Tap Dancing: Intermediate Level - Gym

21
United Way
Day of Caring!
10-11:30 am
Mappina Club: Homemade Fettuccini Alfredo - Kitchen
Noon to 2 pm
Euchre - Lounge
1-3 pm
Bowling at ABC Gates Bowl

22
12:15 pm
Lunch Bunch: Monte Alban (2200 Buffalo Road)

25
Happy Memorial Day!
Branch Hours: 8 am to Noon

26
10:30-11:30 am
Toast Tuesday - Lounge

27
9:45-10:45 am
Alzheimer's Association: 10 Warning Signs of Alzheimers - Conference Room
12:15-1:45 pm
Rummikub - Lounge

28
1:15-2 pm
Let's Dance: Learn Basic Dance Routines - Group Exercise Studio

29
1-2:30 pm
Hiking Group: Highland Park

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:





Programs in **Blue** 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! 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. Registration is required.

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! Family and friends are welcome to attend, as well!

Special Events & Guest Speakers:

MVPT Presentation

In May, the topic is Move Better, Play Longer: Injury Prevention for Pickleball and Everyday Athletes.

Chiropractor Presentation

Join us for a great presentation on maintaining balance and mobility!

Alzheimer's Association Presentation

presenting The 10 Warning Signs of Alzheimer's. These are great presentations!

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. Bring cash payment to the event.

NEW: Let's Dance

Come and learn choreographed dance routines to your favorite songs.

Somatic Qi

This is a mind-body approach to cultivate internal awareness and release tension and connect with bodily sensations.