



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
12-1:30 pm
Rummikub - Lounge

Noon to 1 pm
Seated Tap Dancing: Intermediate Level - Gym

2
Noon to 2 pm
Euchre - Lounge

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

3
9:30-11 am
Easter Mini-Brunch - Lounge

6
Noon to 2 pm
Mahjong
Calling all players, beginner and experienced! - Lounge

1:15-2 pm
Seated Tap Dancing: Beginner Level - Group Exercise Studio

7
10-11 am
Poker with Vinny - Lounge

10-11:30 am
Pop-Up Kitchen Class: Learn to Bake Plant-Based Chocolate Chip Cookies - Kitchen

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

Noon to 1:30 pm
Mappina Club: Making Chicken Marsala - Kitchen

8
12-1:30 pm
Rummikub - Lounge

9-10:30 am
Craft Activity
Beaded Bracelets - Lounge

9
9-10:30 am
Mappina Club: Making Chicken Marsala - Kitchen

12:30-2 pm
Lunch & Learn: Nutrition for a Healthy Mind - Lounge

10
10-11:30 am
Sourdough Bread: Learn how to make sourdough bread - Kitchen

Noon to 1:30 pm
Meditative Watercolors - Lounge

1:15-2 pm
Pickleball for New Players - Gym

13
1:15-2 pm
Seated Tap Dancing: Beginner Level - Group Exercise Studio

14
10-11:30 am
Hiking Group: Sherwood Fields

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

2-3 pm
Gates Fire District Presents: Fall Safety in the Home and Distributing File of Life

15
Noon to 1:30 pm
Rummikub - Lounge

Noon to 1 pm
Seated Tap Dancing: Intermediate Level - Gym

16
10-11 am
Book Club - Conference Room

11:15 am-12:45 pm
Mappina Club: Making Chicken Marsala - Kitchen

Noon to 2 pm
Euchre - Lounge

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

17

20
Noon to 2 pm
Mahjong:
Calling all players, beginner and experienced! - Lounge

21
10-11 am
Poker with Vinny - Lounge

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

1:15-2:15 pm
MVPT Presentation: Tips & Tricks for Golfers to Have a Great Golf Season - Conference Room

22
Noon to 1:30 pm
Rummikub - Lounge

23

24
12:15 pm
Lunch Bunch: Johnny D's Family Restaurant (2139 N Union Street, Spencerport)

1-2:30 pm
Hiking Group: Powder Mill Park - Daffodil Meadow Trail

27
1:15-2 pm
Let's Dance! - Group Exercise Studio

28
10:30-11:30 am
Toast Tuesday - Lounge

29
9:45-10:45 am
Alzheimer's Association: Building Brain-Healthy Habits - Conference Room

Noon to 1:30 pm
Rummikub - Lounge

Noon to 1:30 pm
Mappina Club: Making Chicken Marsala - Kitchen

30
10-11 am
DePaul Presents: Understanding Addiction in the Senior Citizen Community & Medication Safety Resources - Conference Room

11:30 am-1:30 pm
Bowling at ABC Gates Bowl

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 **Purple** 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: Nutrition for a Healthy Mind

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: Part 1 - Make the Bread

Have you been wanting to learn how to make sour dough bread at home?! Join us and you will take an active starter home with you, and be on your way! If the class is full, please be sure to sign up on the wait list!

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 Johnny D's Family Restaurant at 2139 N Union St in Spencerport. We meet at a different restaurant each month! Family and friends are welcome to attend, as well!

Special Events & Guest Speakers:

MVPT Presentation

MVPT presents: Arthritis (Facts and Fiction).

Alzheimer's Association Presentation

Alzheimer's Association presents: Building Brain-Healthy Habits.

DePaul Presentation

Understanding Addiction Within the Senior Citizen Community and Medication Safety Resources.

Gates Fire District

Join us with the Gates Fire District for a Presentation on Fall Safety in the Home and distributing File of Life to all attendees.

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!