



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Noon to 2 pm
Mahjong - Open to all experience levels - Lounge

2

10-11 am
Poker with Vinny - Lounge

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

3

10 am-2 pm
AOA Celebration - Camp Bay View
This event is full. We look forward to welcoming all registered participants! Lookout for details about next year's celebration.

12:15-1:45 pm
Rummikub - Lounge

4

10:30 am to Noon
Mappina Club: Baking Lemon Ricotta Cookies - Kitchen

Noon to 2 pm
Euchre - Lounge

5

8

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

9

9-10:30 am
Mappina Club: Baking Lemon Ricotta Cookies - Kitchen

10-11:30 am
Hiking Group: Gosnell Big Woods Preserve

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

10

12:15-1:45 pm
Rummikub - Lounge

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

11

12:30-2 pm
Lunch & Learn: A Conversation Around Addiction and How the Family is Affected - Lounge

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

12

1-1:45 pm
Beginner Pickleball: Learn How to Play - Gym

15

Noon to 2 pm
Mahjong - Open to all experience levels - Lounge

16

9:30-10:30 am
Chiropractic Presentation: Simple Habits for Energy, Strength and Longevity - Conference Room

10-11 am
Poker with Vinny - Lounge

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

17

12:15-1:45 pm
Rummikub - Lounge

18

Noon to 2 pm
Euchre - Lounge

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

19

9:45-10:45 am
Mayfair Travel Presents: Travel Inspirations in 2026 - Conference Room

12:15 pm
Lunch Bunch - Rohrbach Brewing Company (3859 Buffalo Road)

22

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

23

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

Noon to 1:30 pm
Mappina Club: Baking Lemon Ricotta Cookies - Kitchen

1:15-2:15 pm
MVPT Presentation: Shoulder Pain - Conference Room

24

9:45-10:45 am
Alzheimer's Association: Understanding Alzheimer's & Dementia - Conference Room

12:15-1:45 pm
Rummikub - Lounge

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

25

10-11 am
Book Club - Conference Room

11:30 am-1 pm
Mappina Club: Baking Lemon Ricotta Cookies - Kitchen

1:30-3:30 pm
Bowling at ABC Gates Bowl

26

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

1-2:30 pm
Seneca Park Zoo - Cascade & Falls Trial

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

29

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

30

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

10-11:30 am
Plant-Based Eating Kitchen Class: Burrito Bowls - Kitchen

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:





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 & 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

We meet at a different restaurant each month! Family and friends are welcome to attend, as well!

Special Events & Guest Speakers:

MVPT Presentation

In June, the presentation is on Shoulder Pain.

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.