



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 10:30-11:30 am Toast Tuesday - Lounge	5 12:15-1:45 pm Rummikub - Lounge	6	7 10-11:30 am Sourdough Bread Beginner: Learn how to make - Kitchen 1:15-2 pm Let's Dance: Learn Basic Dance Routines - Group Exercise Studio
10 Noon to 2 pm Mahjong Calling all players, beginner and experienced! - Lounge	11 9:30-10:30 am MVPT Presentation: Lower Back Pain - Conference Room 10-11 am Poker with Vinny - Lounge 10-11:30 am Hiking Group: Mendon Ponds Park Birdsong Fairy Trail 10:30-11:30 am Toast Tuesday - Lounge	12 12:15-1:45 pm Rummikub - Lounge	13 Noon to 2 pm Euchre - Lounge	14 9-10:30 am Mappina Club: Maria's Sicilian Pizza - Kitchen 1-1:45 pm Pickleball Basics for New Players - Gym
17 1:15-2 pm Let's Dance: Learn Basic Dance Routines - Group Exercise Studio	18 10:30-11:30 am Toast Tuesday - Lounge 9:30-11 am Mappina Club: Maria's Sicilian Pizza - Kitchen	19 9-10:30 am Pop Up Kitchen: Learn to make Eggrolls with Phan and Xous! 12:15-1:45 pm Rummikub - Lounge Noon to 1 pm Seated Tap Dancing: Intermediate Level - Gym	20 10:30-11:30 am Book Club - Conference Room Noon to 1:30 pm Mappina Club: Maria's Sicilian Pizza - Kitchen	21 10-11:30 am Sourdough Bread Intermediate: Learn how to do Inclusions - Kitchen 10-2 pm Salute to Seniors - Ontario Beach Park 12:15 pm Lunch Bunch: Canton Eatery (2351 Buffalo Road)
24 Noon to 2 pm Mahjong Calling all players, beginner and experienced! - Lounge 1:15-2 pm Seated Tap Dancing: Beginner Level - Gym	25 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	26 12:15-1:45 pm Rummikub - Lounge Noon to 1 pm Seated Tap Dancing: Intermediate Level - Gym	27 9:45-11:15 am Mappina Club: Maria's Sicilian Pizza - Kitchen 11:30 am-1 pm Mappina Club: Maria's Sicilian Pizza - Kitchen 1:30-3 pm Bowling at ABC Gates Bowl	28 1-2:30 pm Hiking Group: Channing Philbrick Park
31 1:15-2 pm Let's Dance: Learn Basic Dance Routines - Group Exercise Studio				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.

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

WESTISDE FAMILY YMCA | AUGUST 2026

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!

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:

Bowling at ABC Gates Bowl

Join us at ABC Gates Bowl (645 Spencerport Road). Each game is \$4.25 and shoe rental, if needed, is \$4. Bring cash payment to the event.

Let's Dance

Come and learn choreographed dance routines to your favorite songs.