



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30-11:30 am Toast Tuesday - Lounge	2 Noon to 2 pm Rummikub - Lounge 12:15-1:45 pm Mappina Club: Baking Apple Pie - Kitchen	3 10:30 am to Noon Mappina Club: Baking Apple Pie - Kitchen 1:15-2 pm Let's Dance - Group Exercise Studio	4
7 Happy Labor Day! Branch Closed	8 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	9 9-10:30 am Sourdough Bread Beginner: Learn how to make - Kitchen Noon to 2 pm Rummikub - Lounge Noon to 1 pm Seated Tap Dancing: Intermediate Level - Gym	10 10:30 am to Noon Mappina Club: Baking Apple Pie - Kitchen 12:30-2 pm Lunch & Learn: The Latest Information on Cognitive Health - Lounge	11 10-11:30 am Mappina Club: Baking Apple Pie - Kitchen 1-1:45 pm Beginner Pickleball: Learn How to Play - Gym
14	15 9:30-10:30 am MVPT Presentation: Arthritis Facts & Myths - Conference Room 10-11:30 am Hiking Group: Turning Point Park 10:30-11:30 am Toast Tuesday - Lounge	16 Noon to 2 pm Rummikub - Lounge	17	18
21 Noon to 2 pm Mahjong - All experience levels welcomed - Lounge	22 10-11 am Poker with Vinny - Lounge 10:30-11:30 am Toast Tuesday - Lounge	23 Noon to 2 pm Rummikub - Lounge	24 10-11 am Book Club - Conference Room 11:30 am-1 pm Mappina Club: Baking Apple Pie - Kitchen 1:30-3:30 pm Bowling at ABC Gates Bowl	25 12:15 pm Lunch Bunch: Johnny D's Family Restaurant 1-2:30 pm Hiking Group: Mt. Morris Dam Tour - \$1 per person
28 Noon to 2 pm Mahjong - All experience levels welcomed - Lounge 1:15-2 pm Seated Tap Dancing: Beginner Level - Group Exercise Studio	29 9:30-10:30 am Chiropractic Presentation: Treating Lower Back Pain Naturally - Conference Room 10:30-11:30 am Toast Tuesday - Lounge	30 Noon to 2 pm Rummikub - Lounge 1:15-2 pm Let's Dance - Group Exercise Studio		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

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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!

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.

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 September, the presentation is Arthritis Facts and Myths.

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. Registration is Required in advance and bring cash payment to the event.

Let's Dance

Come and learn choreographed dance routines to your favorite songs.