



ACTIVE OLDER ADULT PROGRAMMING

WESTSIDE FAMILY YMCA | OCTOBER 2026

MONDAY

PLEASE NOTE: All Programs in **Purple** require online registration at RochesterYMCA.org. Registration opens at 10 am on the Third Monday of the prior month

5

Noon to 2 pm
Mahjong: Calling all players beginner & experienced - Lounge

12

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

19

Noon to 2 pm
Mahjong: Calling all players, beginner & experienced - Lounge

26

TUESDAY

6

10-11 am
Poker with Vinny - Lounge

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

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

13

9:30-10:30 am
MVPT Presentation: Posture & Balance - Conference Room

10-11:30 am
Hiking Group: Genesee Greenway, Canawaugus Trail

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

9:30-10:30 am
Pace Family Chiropractic Presents: Boost Your Immune System Naturally - Conference Room
10-11 am
Poker with Vinny - Lounge
10:30-11:30 am
Toast Tuesday - Lounge
12:15-1:45 pm
Mappina Club: Making Pierogi - Kitchen

27

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

WEDNESDAY

7

Happy Healthy Aging Day!
9:30-9:50 am
Ruth Simmons Licensed Social Worker
9:55-10:15 am
Dr. Kristine Tenebruso Workshop
10:20-10:40 am
Sarah Pace from Pace Chiropractic
Noon to 1 pm
Seated Tap Dancing: Intermediate Level - Gym
Noon to 1:45 pm
Rummikub - Lounge

14

9-10:30 am
Try-it: Henna - Lounge

Noon to 1:45 pm
Rummikub - Lounge

21

Noon to 1:45 pm
Rummikub - Lounge

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

28

Noon to 1:45 pm
Rummikub - Lounge

12:15-1:45 pm
Mappina Club: Making Pierogi - Kitchen

THURSDAY

1

10-11:30 am
Mappina Club: Making Pierogi - Kitchen

Noon to 2 pm
Euchre - Lounge

8

10:30 am to Noon
Mappina Club: Making Pierogi - Kitchen

12:30-2 pm
Lunch & Learn: Storytelling Day - Lounge

15

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

Noon to 2 pm
Euchre - Lounge

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

22

10-11 am
Book Club - Conference Room

11:30 am-1 pm
Mappina Club: Making Pierogi - Kitchen

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

29

Noon to 2 pm
Euchre - Lounge

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

FRIDAY

2

10-11:30 am
Sourdough Bread Part 1: Learn how to make - Kitchen

1-2 pm
Pickleball for New Players - Gym

9

10-11:30 am
Sourdough Bread Part 1: Learn how to make - Kitchen

1-2 pm
Pickleball for New Players - Gym

16

10-11:30 am
Sourdough Bread Part 2: Inclusions - Kitchen

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

23

1-2:30 pm
Hiking Group: Durand Park - Log Cabin Road

30

SATURDAY

3

9-10:30 am
Let's Get Coffee: Meet at Winter Swan Coffee - Look for Maria (43 Russell Street)

1:30-2:30 pm
Seated Tap Dancing - Gym

10

9-10:30 am
Let's Get Coffee: Meet at Winter Swan Coffee - Look for Maria (43 Russell Street)

1:30-2:30 pm
Seated Tap Dancing - Gym

17

10-11:30 am
Sourdough Bread Part 2: Inclusions - Kitchen

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

24

1-2:30 pm
Hiking Group: Durand Park - Log Cabin Road

31



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: Making Pierogi

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: 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!

Sourdough Bread Class: Part 2 - Inclusions

This session is for those who have already learned how to make sour dough 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.

Let's Dance!

Do you love to dance? This is a class where we learn choreographed dance routines!

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!

Let's Get Coffee

We meet at a different cafe each month and enjoy good coffee, or tea! Family and friends are welcome to attend, as well!

Special Events & Guest Speakers:

MVPT and Pace Family Chiropractic Presentations

Each month we will have a different topic. Please register and walk-ins are welcome!

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.