

Webster Recreation Center

55+NEWSLETTER

FEBRUARY 2026

The Webster Recreation Center is dedicated to supporting and enhancing the lives of adults 55 years and older by providing programs and services that promote active, independent, and healthy lifestyles.

Highlights

[please see our activities pages for details and program guide for more!]

- Mon., Tues., & Thurs. RIDE OUR NEW SHUTTLE BUS!**
585-872-7103 x7385 to schedule your ride to/from the Rec Center
- Tuesdays TALKS ON TUESDAYS**
10:30am FREE—see schedule of topics for more information
- Wednesdays SILVER & FIT CHAIR VERSION**
11:15am FREE for Premier Members
- Fri. Feb 6th CARDIO DRUM FITNESS**
11:30am 4 weeks for \$35
- Mon. Feb 9th CRAFT CO: PINECONE FLORAL ARRANGEMENT**
11:00am \$12
- Tues. Feb 10th WORLD OF PODCASTS TECH WORKSHOP**
9:00am FREE
- Fri. Feb 13th VALENTINE'S DAY PARTY**
12:00pm \$10—Lunch, Live Entertainment, & a Brown Bag Auction
- Mon. Feb 16th PRESIDENT'S DAY - NO LUNCH**



55+ COORDINATOR
Daphne Geoca
585-872-7103 x7105
dgeoca@websterny.gov

Program offerings are available for everyone in our community from youth to 55+ and are offered for the benefit of the Town's residents. The Town of Webster does not endorse any of the positions, information or opinions given.

- Webster Parks & Recreation has a number of programs for all ages currently available to enjoy, too many to show here! Please check out our adult programming as well.
- Please note that prior to attending, all programs require registration so that we can plan accordingly.
- You can register online at <https://nywebsterweb.myvscloud.com/webtrac/web/splash.html> or call 872-7103.
- Transportation is available upon request to/from the Recreation Center Mon, Tue, & Thu by calling 872-7103 x7385. (See details.)
- We are continually adding to our programming so be sure to check our website at:
www.websterny.gov/702/parks-recreation or call 872-7103
- If you would like to receive a copy of this newsletter in the mail or via email please call 872-7103 and we will be happy to place you on our monthly mailing list.
- These program offerings are for 55+ adults in our community and are offered for the benefit of the Town's residents. The Town of Webster does not endorse any of the positions, information or opinions given.

Talks on Tuesdays



WEBSTER
PARKS & RECREATION

We are excited to offer a variety of lectures and presentations to enrich and inspire adult learners over age 55. With our **TALKS ON TUESDAYS** program we bring older adults a wide range of topics to help keep our minds sharp and alert while meeting new and interesting people along the way. Please check back often as we add to our schedule of presenters.

Tuesdays at 10:30 at the Webster Recreation Center
FREE registration required

2/3

MEDICARE

by: Jon Jordan.....Activity# 146940-E
Do you still have questions about Medicare? We will cover a wide range of information and cover questions and topics participants will like to cover.

2/10

CHOCOLATE, A TASTY HISTORY

by: Kate Ross, LecturerActivity# 146940-F
Follow the evolution of this food from its Native American origins to one of the most sought after European treasures to its use as fundamental parts of the modern diet today.

2/17

STOCKS, BONDS, & YOUR PORTFOLIO

by: Troy Gribnau, Financial Advisor, Edward JonesActivity# 146940-G
We will focus on navigating the Stock and Bond Markets and Positioning Your Portfolio Toward Your Goals. With so much uncertainty in the markets, it's important for pre- and post-retirees to have a clear plan in place. This seminar will focus on strategies to help you feel confident about retirement—covering not only the stock and bond markets but also broader areas of financial planning that can impact your long-term security. My goal is to provide a perspective that goes beyond the headlines and helps bring peace of mind as you navigate retirement.

2/24

COLD WEATHER & ARTHRITIS: Movement Strategies for Stiff Joints

by: Beth Parry, PTA, LMT, Wellness 360Activity# 146940-H
Cold weather can increase joint stiffness and pain, especially for people with osteoarthritis. Join Beth Parry, co-owner of Wellness 360, to cover why winter makes joints feel worse and we will teach simple, safe movement strategies, warm-ups, and daily habits to reduce stiffness, improve mobility, and stay active all season.

- FEBRUARY 2026 ACTIVITIES -

Webster 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
BUS RIDE AVAILABLE 8:45 Fit Over 50 9:00 Bingo 9:30 Competitive Scrabble 10:00 Zumba Gold 11:00 Exploring the Bible 11:30 Line Dancing	BUS RIDE AVAILABLE 9:00 Golden Curls 10:15 Silver & Fit 10:30 Talk on Tuesday 11:00 Senior Singers 12:30 Bridge 12:30 Mahjong 2:00 Active Aging	8:45 Fit Over 50 9:30 Rummikub 10:15 Visionaries 11:15 55+ Stretch 11:15 Silver & Fit: Chair 1:30 Balance in Motion	BUS RIDE AVAILABLE 9:00 Bingo 9:30 Flex & Flow Gold 10:00 Mahjong for Beginners 10:15 Silver & Fit 12:30 Mahjong 12:30 Euchre	9:00 Active Aging 10:15 Chair Yoga 11:30 Cardio Drum 12:30 Bingo w/Dave N
				
9	10	11	12	13
BUS RIDE AVAILABLE 8:45 Fit Over 50 9:00 Bingo 9:30 Competitive Scrabble 10:00 Zumba Gold 11:00 Craft Co. 11:00 Exploring the Bible 11:30 Line Dancing	BUS RIDE AVAILABLE 9:00 Golden Curls 9:00 Tech Workshop 10:15 Silver & Fit 10:30 Talk on Tuesday 11:00 Senior Singers 12:30 Bridge 12:30 Mahjong 2:00 Active Aging	8:45 Fit Over 50 9:30 Rummikub 11:15 55+ Stretch 11:15 Silver & Fit: Chair 1:30 Balance in Motion	BUS RIDE AVAILABLE 9:00 Bingo 9:30 Flex & Flow Gold 10:00 Mahjong for Beginners 10:15 Silver & Fit 11:00 Dog s & Donuts 12:30 Mahjong 12:30 Euchre	9:00 Active Aging 9:30 Book Club 10:15 Chair Yoga 11:30 Cardio Drum 12:00 VALENTINE'S DAY PARTY
				
16	17	18	19	20
BUS RIDE AVAILABLE 8:45 Fit Over 50 9:00 Bingo 9:30 Competitive Scrabble 10:00 Zumba Gold 11:00 Exploring the Bible 11:30 Line Dancing 12:00 NO LUNCH	BUS RIDE AVAILABLE 9:00 Golden Curls 10:15 Silver & Fit 10:30 Talk on Tuesday 11:00 Senior Singers 12:30 Bridge 12:30 Mahjong 2:00 Active Aging	8:45 Fit Over 50 9:30 Rummikub 11:15 55+ Stretch 11:15 Silver & Fit: Chair 1:30 Balance in Motion	BUS RIDE AVAILABLE 9:00 Bingo 9:00 AARP Smart Driving 9:30 Flex & Flow Gold 10:00 Mahjong for Beginners 10:15 Silver & Fit 12:30 Mahjong 12:30 Euchre	9:00 Active Aging 10:15 Chair Yoga 11:30 Cardio Drum 11:30 Tap Time 12:00 LUNCH BUNCH TO OLIVE GARDEN
				
23	24	25	26	27
BUS RIDE AVAILABLE 8:45 Fit Over 50 9:00 Bingo 9:30 Competitive Scrabble 10:00 Zumba Gold 11:00 Exploring the Bible 11:30 Line Dancing	BUS RIDE AVAILABLE 9:00 Golden Curls 9:30 Eldersource 10:15 Silver & Fit 10:30 Talk on Tuesday 11:00 Senior Singers 12:30 Bridge 12:30 Mahjong 2:00 Active Aging	8:45 Fit Over 50 9:30 Rummikub 10:15 55+ Stretch 11:15 Silver & Fit: Chair 1:30 Balance in Motion	BUS RIDE AVAILABLE 9:00 Bingo 9:30 Flex & Flow Gold 10:00 Mahjong for Beginners 10:15 Silver & Fit 12:30 Mahjong 12:30 Euchre	9:00 Active Aging 10:15 Chair Yoga 11:30 Cardio Drum 11:30 Tap Time

Programs require prior registration | www.websterny.gov/702/parks-recreation | 585-872-7103 | 1350 Chiyoda Dr

Transportation Services

Need a ride to the Recreation Center? We've got you covered.

Webster residents who are 55+ can request a ride on our **NEW BUS**

from your home to the Recreation Center and back again on **Monday, Tuesday and Thursday.**

Pick up at your address approximately between 9-10am. Return ride departs at the conclusion of Lunch Club 60 at approximately 12:30-1pm. Thursday's ride home includes a stop to shop for groceries. Seating is limited. \$2 round trip per person/per day. Please call the Webster Recreation Center 55+ Transportation line at **872-7103 ext 7385** no later than 8am the day of ride and provide your name, address, phone number, and requested date(s)!



Contact Us

ONGOING FITNESS FAVORITES:

ACTIVE AGING Activity #137007

Tue | 2:00-3:00pm | \$65 | FREE for Premier members
Fri | 9:00-10:00am | \$90 | FREE for Premier members

BALANCE IN MOTION Activity #137024

Wed | 1:30-2:30 | \$85 | FREE for Premier members

CHAIR YOGA Activity #137055

Fri | 10:15 - 11:00am | FREE* for Lunch Club 60 members

This program funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, and participant contributions.

FIT OVER 50 Activity #137015

Mon | 8:45-9:45am | \$80 | FREE for Premier members
Wed | 8:45-9:45am | \$85 | FREE for Premier members

FLEX & FLOW GOLD Activity #137033

Thu | 9:30-10:00am | \$54 | FREE for Premier members

GOLDEN CURLS Activity #137014

Tue | 9:00-9:45am | \$68 | FREE for Premier members

55+ STRETCH Activity #147033

Wed | 11:15am | FREE for Lunch Club 60 members

SILVER & FIT Activity #137031

Tue | 10:15-11:15am | \$85 | FREE for Premier members
Thu | 10:15-11:15am | \$90 | FREE for Premier members

ZUMBA GOLD Activity #137003

Mon | 10:00-10:45am | \$64 | FREE for Premier members

CARDIO DRUM FITNESS

Activity #147062-B

Fridays | 2/6-2/27 | 11:30-12:15 | \$35

Cardio drumming is a rhythmic workout that combines drumming with cardiovascular exercise. Participants use large stability balls and drumsticks to beat along with music. This 45 minute workout (done sitting or standing) enhances cardiovascular health, coordination and balance while having fun. Benefits:

- Low impact - gentle on the joints
- Promotes cardiovascular health - improves circulation
- Enhances coordination & balance
- Stimulates cognitive function

TAP TIME

Activity #147042-B

Fridays | 2/20-3/27 | 11:30-12:15 | \$35

Whether standing or seated, Tap Time is a safe, fun way to stay active while enjoying upbeat tunes from Broadway and more! We will provide the slip-on taps used for class that fit right over any flat-bottomed shoe to create instant tap shoes! Whether standing or without ever having to leave your chair, we will begin by learning various tap technique steps and then put them to music to form a combination! Signup with a friend or come on in and make a new one!

SILVER & FIT CHAIR VERSION

Activity #137031-A

Wednesdays | 11:15-11:45 | \$64 or FREE for Premier members

New! Beginner Circuit combines strength training with cardio to give a short and efficient full body workout. This half hour class is ideal for beginners, as it's all done at a steady pace while never having to leave the chair!

NEW



CRAFT CO: PINECONE FLORAL ARRANGEMENT



Activity #142212-B

2nd Monday each month | 2/9 | 11:00am-12:00pm | \$12

Join our crafting group on the second Monday of Each month. On Jan.12th we will be making a Snowman Mason Jar. All materials an instruction will be provided.

TECH WORKSHOP: THE WORLD OF PODCASTS

Activity #146003-A

Tuesday | 2/10 | 9:00-10:30am | FREE

Podcasts are one of the fastest-growing and most popular forms of online discussion, entertainment and special interests — providing people with a platform to both listen and share what they find interesting, entertaining and informative. Join technology instructor Daniel Jones as he walks you through the world of podcasting. You'll learn about:

- Brief history of podcasting
- How to search, subscribe and listen to podcasts
- Steps to create your own podcast

ONE-ON-ONE TECH INSTRUCTION

FREE for 55+ adults in need of individual attention in mastering technology

If you are like most older adults, there are times when you feel technology has left you behind. Whether it's with cell phones, email, Facebook, Zoom, or other platforms, perhaps a one-on-one session with technology instructor Daniel Jones would help. He is offering FREE 30 or 60- minute sessions of private instructions to be held at the Webster Recreation Center. A limited number of spots are available on a first-come first-serve basis for a limited time.

Please contact: Daphne Geoca, 55+ Coordinator, at 585-872-7103 X 7105 or by email at dgeoeca@websterny.gov.

Tuesday | 2/24

9:30-12:00pm

Drop-in/No appointment required

Erin Uttaro, Care Manager



ELDERSOURCE is a program brought to us by Lifespan of Greater Rochester providing guidance for eldercare situations. With an understanding of the needs of older adults as well as their caregivers, a trained case manager is here to provide information and guidance and to help residents and their families sort through the maze of available services, benefits, health insurance, etc. and the paperwork that goes with it all. Individual attention is offered on a first come, first served basis.

VALENTINE'S DAY PARTY

Activity #140005-A

Friday | 2/13 | 12:00-1:00pm | \$10 registration by 2/7

Put on your favorite something red and join us for a "sweet" time while listening to live music and enjoying Rec Plates for lunch, consisting of burgers, home fries and macaroni salad and a delicious dessert that is sure to satisfy your sweet tooth! For our "Brown Bag Auction" bring a brown lunch bag with a donated item inside and keep it closed. Bidding on each closed bag will begin at 5 cents. Bus transportation is available if you let us know you'd like a ride.

AARP SMART DRIVING

Activity #146001-C&D

Thursday | 2/19 | 9:00am-4:00pm

Saturday | 2/21 | 9:00am-4:00pm

\$25 fee for AARP members collected at class

\$30 non-AARP members

A NYS approved AARP Driver Safety Course requires each participant to attend the full 6-hour program to receive their course completion certificate. All materials will be provided.

VISIONARIES

Activity #146033-A

1st Wednesday each month | 1/7 | 10:15-11:45pm | FREE

This support group is facilitated by a member and was formed to assist those who are interested in learning, sharing, and supporting themselves and others who are experiencing vision impairments.

OTHER ONGOING FAVORITES:

BINGO Activity #141010 -A&B

Mondays & Thursdays | 9:00-11:45am | FREE to register | 20 cents/game

BOOK CLUB BUDDIES Activity #141004-A

2nd Friday each month | 1/9 | 9:30-10:30am | FREE

BRIDGE Activity #141000-A

Tuesdays | 12:30-3:30pm | FREE

COMPETITIVE SCRABBLE Activity #131033-A

Mondays | 9:30-12:30pm | FREE

DOGS & DONUTS Activity #141088-A

2nd Thursday each month | 1/8 | 11:00-12:00pm | FREE

EUCHRE Activity #141001-A

Thursdays | 12:30-3:30pm | FREE

EXPLORING THE BIBLE Activity #146005-A

Mondays | 11:00-12:00pm | FREE

MAHJONG Activity #141003-A&B

Tuesdays & Thursdays | 12:30-3:30pm | FREE

RUMMIKUB Activity #141028-A

Wednesdays | 9:30-11:30am | FREE

SENIOR SINGERS Activity #143002-A

Tuesdays | 11:00-12:00pm | FREE

*** LUNCH CLUB 60 ***

Meals provided Monday–Friday 12:00–12:30pm

Suggested contribution of \$3.50 for those 60+ (see eligibility below)

A healthy nutritious meal planned by a registered dietician from Monroe County.*

Informative bi-monthly nutrition presentations by certified dietician/nutritionist.

Free 55+ Stretch on Wednesdays at 11:15am.

Free access to our fitness facilities on lunch days.

Free fitness classes and lap walking in the gym.

Transportation available Mon., Tues. and Thur. upon request (\$2 roundtrip).

Please submit MCOFA registration form available at Webster Recreation Center.

*** MONROE COUNTY SENIOR NUTRITION PROGRAM ***

Who is eligible for a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.50** per meal.
- All contributions are confidential and voluntary.

Who must 'pay'?

- Staff under 60 years of age must pay **\$7.50** per person.
- Guests under age 60 must pay **\$7.50** per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.



*No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, US Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and Monroe County Dept of HS/Office for the Aging

We are going out to lunch.

Let's travel together in our new van, or you are welcome to meet us at the restaurant. Choose your meal off the menu and each participant will be responsible for the cost of your own meal.



2/20
OLIVE GARDEN

3/20
GENESSEE BREW HOUSE

SEE ACTIVITY #141901 FOR MORE DETAILS

WSPS

[Webster Association of Program Supporters]

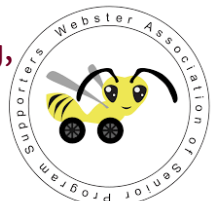
Transportation for retirees and disabled residents who live within the Webster School district

M - F 9am-2:30pm to the following appointments:

Medical, Dental, Dialysis, Chemotherapy, Physical Therapy, Pharmacy, Banking,
Barber/Hairdresser, Tax appointment, Library

To schedule a ride:

Call 585-216-7829 or visit www.websterwasps.com





Lunch Club 60 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork and Gravy Roasted Potatoes Multigrain Bread Corn Peach Cup	3 Sweet and Sour Pork over Rice Stir Fry Vegetables Fresh Banana	4 Chicken Piccata over Rice Spinach Mixed Fruit Cup	5 Penne and Meatballs Breadstick Salad with Italian Dressing Jello Cup	6 Chicken Soup Baked Potato with Cheddar Cheese and Sour Cream Broccoli Chocolate Pudding
9 Chicken Breast over Salad with Ranch Dressing Dinner Roll Fresh Orange Brownie	10 Sloppy Joe on a Bun Peas & Carrots Mixed Fruit Cup Strawberry Ice Cream Cup	11 Split Pea Soup Ham and Cheese on a Bun with Mayo Pineapple Cup	12 Salisbury Steak Mashed Potatoes Brussels Sprouts Dinner Roll with Butter Mandarin Oranges	13 Valentine's Day Party Rec Plates  Burgers Home fries Macaroni Salad Delicious Dessert <i>\$10 registration required</i>
16 President's Day ~ No Lunch ~ 	17 Meatloaf with Gravy Mashed Potatoes Prince William Vegetables Pear Cup Cream Puffs	18 Ash Wednesday Tortilla Crusted Tilapia Rice Salsa Cup Corn Peach Cup	19 Beef Barley Soup Roasted Potatoes Brussels Sprouts Peach Cup Mini Eclairs	20 Meatless Egg Salad with Lettuce and Tomato on Multi-grain Bread San Francisco Vegetables Fresh Pear
23 BBQ Pulled Pork on a Bun Cole Slaw Spinach Fresh Apple Jello Cup	24 Vegetarian Chili Baked Potato with Cheese and Sour Cream Broccoli Fresh Apple	25 Chicken and Gravy Biscuit Mixed Vegetables Fresh Orange Mini Eclairs	26 Chicken Salad with Lettuce and Tomato on a Bun Broccoli and Cauliflower Pineapple Cup Brownie	27 Meatless Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Apple

Allergen information is available upon request by contacting Foodlink at 585.413.5065
 All meals served with milk (1% or Fat-Free Chocolate) | Meals are subject to change.
 Certified by Michelle Koch Blood, RD – 11/24/2025



CARDIO DRUM FITNESS

FEB 6-27
MAR 6-27
APR 3-24



Fridays
11:30-12:15pm
\$35 for 4 weeks
55+ activity 147062

Drum Roll Please!

We use large stability balls and drumsticks to beat along with music for a rhythmic workout that combines drumming with exercise. This 45 minute workout (done sitting or standing) enhances cardiovascular health, coordination and balance while having lots of fun!

- ✓ Low Impact & gentle on the joints
- ✓ Promotes cardiovascular health & improves circulation
- ✓ Enhances coordination & balance
- ✓ Stimulates cognitive function

Webster Recreation Center | 585-872-7103
www.websterny.gov/702/parks-recreation

The World of Podcasts



Tuesday, February 10 • 9 a.m.

Podcasts are one of the fastest-growing and most popular forms of online discussion, entertainment and special interests — providing people with a platform to both listen and share what they find interesting, entertaining and informative. Join technology instructor Daniel Jones as he walks you through the world of podcasting. You'll learn about:

- Brief history of podcasting
- How to search, subscribe and listen to podcasts
- Steps to create your own podcast

Activity #146003-A

Registration is required online at

www.ci.webster.ny.us/104/parks-recreation
or by phone at **585-872-7103**

Workshops are held at Webster Recreation Center • 1350 Chiyoda Dr.



Instructor: Daniel Jones



Snowman Mason Jar
Jan 12 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-A



Pinecone Floral Arrangement
Feb 9 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-B



Rock Painting
Mar 9 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-C



Decorate a Planter
Apr 13 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-D



Craft Co.

Find Your Creativity, Decorate Your Life!

Join our crafting group on the second Monday of each month. Be sure to sign up for the craft that interests you!

2nd Mondays



11:00AM-12:00PM

Activity #142212

585-872-7103

www.websterny.gov/702/parks-recreation.com



TALK ON TUESDAY

Chocolate **A TASTY HISTORY**

FEB 10 | 10:30

Follow the evolution of this food from its Native American origins to one of the most sought after European treasures to its use as fundamental parts of the modern diet today.

REGISTER FOR FREE 55+ ACTIVITY 146940-F



WEBSTER RECREATION CENTER | 585-872-7103
WWW.WEBSTERNY.GOV/702/PARKS-RECREATION



Our 55+ friends are invited to a
Valentine's Day
Party



Friday

13

12:00

February

Join us for Rec Plates & a Brown Bag Auction

Put on your favorite something red and join us for a "sweet" time.

For our "Brown Bag Auction", bring a brown lunch bag with a donated item inside and keep it closed. Bidding on each closed bag will begin at 5 cents. Rec Plates for lunch, consisting of burgers, homefries and macaroni salad and a delicious dessert that is sure to satisfy your sweet tooth!

\$10 Registration for activity #140005 by Feb. 6

WEBSTER RECREATION CENTER | 1350 CHIYODA DRIVE | 585-872-7103
[HTTPS://WWW.WEBSTERNY.GOV/702/PARKS-RECREATION](https://www.websterny.gov/702/parks-recreation)