



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Happy New Year! 1 8am to Noon Branch Hours	2-4pm 2 Bridge - Kushner Room	Noon to 2pm 3 Hand & Foot Cards - Kushner Room
9:30-11am 6 *AOA Time in the Kitchen: Let's make Pizzelles! Maximum 10 participants 1-2pm Knitting/Crochet Club - Kushner Room	Noon to 5pm 7 Red Cross Blood Drive - Kusher Room Noon Mah Jong - Conference Room	2-3pm 8 *Art with Mikayla Noon Euchre/Cards - Kushner Room	12:10-1pm 9 Bank of America Presents: Estate Planning with Nicole Pueleo - Kushner Room 2-4pm Bridge - Kushner Room	Noon to 12:45pm 10 Therapy Dogs - Kushner Room/ West Entrance
Noon to 1pm 13 Alzheimer's Association Presents: Healthy Living for the Brain & Body with Andrea Foote - Kushner Room	Noon 14 Mah Jong - Kushner Room	2-3pm 15 Watercolors with Mikayla Noon to 1pm Photo Organizing with Jennifer Paoli Noon Euchre/Cards - Conference Room	12:15-1:30pm 16 OSHER/RIT ZOOM Lecture Series: Teach Concepts in Plain English - Conference Room 12:15-1pm In the Kitchen with Chef Koren: Whipped Pumpkin feta with crostini - Kushner Room	Noon to 2pm 17 Hand & Foot Cards - Kushner Room
Noon to 1pm 20 Book Club: The Kitchen Front by Jennifer Ryan - Conference Room	Noon 21 Mah Jong - Kushner Room	2-3pm 22 *Art with Mikayla Noon Euchre/Cards - Kushner Room 1-1:45pm *Fun in the Pool with Charlotte - Warm Water Pool	12:15-1:30pm 23 OSHER/RIT ZOOM Lecture Series: 1971 Attica Uprising & 30 year Civil Rights Litigation - Conference Room 2-4pm Bridge - Kushner Room	Noon to 1pm 24 Nutrition with Melissa Schmitd: New Year, New You, & New Healthy Habits - Kushner Room
Noon to 1pm 27 Basic American Sign Language with Sue - Kushner Room	Noon 28 Mah Jong - Kushner Room	2-3pm 29 Watercolors with Mikayla - Miller Art Studio Noon to 1pm Presentation: REHEMA for Kids Kitale Kenya, Flinn Hackett shares his mission trip to In Step Children's Home Africa - Kushner Room Noon Euchre/Cards - Conference Room	Noon to 1:30pm 30 *Game On: AOA Intro to Video Gaming - Metro Esports Lab 12:15-1:30pm OSHER/RIT ZOOM Lecture Series: Unpacking the Myth that English is now a Global Language - Conference Room 2-4pm Bridge - Kushner Room	Noon to 1pm 31 Travel Adventures with Meena: Tiger Safari in India - Kushner Room

*Notes that registration is required.

Email janet.paris@rochesterymca.org with any questions, interests or talents



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EVENT DESCRIPTIONS

***AOA time in the kitchen**

Let's Make Pizzelles! Put on your apron and join Janet in the kitchen to make pizzelles and have some fun. Space is limited.

Knitting/Crochet Club

Bring your projects, share patterns, ideas, and your knitting/crochet knowledge! First Monday of each month.

Bank of America Presents: Estate Planning

Join Nicole Puleo, Financial Center Planner with Bank of America for a presentation on Estate Planning and Savings.

Alzheimer's Association Presents: Healthy Living for the Brain & Body with Andrea Foote

Learn about research and brain function in the areas of diet & nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for healthy aging.

All About Photo Organizing

Let's get all those pictures on your phone in order. Jennifer Paoli will teach us how to pull them together.

Nutrition with Melissa

Melissa Schmidt is back to help us kick start the new year. Let's focus on renewed healthy habits & intentions, rather than resolutions. Learn 10 sustainable health promoting habits.

American Sign Language Basics

Join sign language instructor, Sue Duffy, as she teaches us the basics of communication with the hearing impaired.

REHEMA for Kid

Our favorite photographer, Flinn Hackett is back to share his story and photos from his mission trip to In Step Children's Home in Kenya, Africa.

Travel Adventures with Meena

Meena is here to share pictures for her trip to India and Tiger Safari.

RIT/OSHER Lifelong learning Institute Weekly lecture Series

Join us in our Conference Room for weekly Thursday ZOOM educational Lecture series with RIT/Osher. Osher is a member-led organization that offers a wide range of academic, cultural and social programs, and activities to enrich and inspire adult learners over age 50. Space is limited. Max 20 attendees per week. Topics noted on program calendar.

***Painting with Mikayla**

Join art instructor, Mikayla in the Miller Art Studio to learn to paint. Instructor choice of style; watercolors, sketch, chalk, acrylic ...

Book Club

This month's book; The Kitchen Front by Jennifer Ryan

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends

Mahjong

Open play. The Y has 2 sets. Please bring your own set if needed.

Euchre/Cards

Open play, groups of 4. Folks can rotate in, if odd number of players.

Bridge

Calling all bridge players. We are looking to start a Bridge club. Need groups of 4 and folks that can mentor new players. Let's try to get some folks together on Thursdays 2-4 pm. Day/Time can be adjusted based on interested players.

Hand and Foot Card Game

We are looking to start the popular Hand and Foot Card Game club. The game is a variation of Canasta. Object is to be the first to get rid of all your cards, 'hand' first, and then 'foot.' Meet on the first and third Friday of each month 12-2 pm. Day/Time can be adjusted based on interested players.

Join the YMCA AOA Facebook Group!
Scan the QR code now and stay
updated on all AOA programming.



Email janet.paris@rochesterymca.org with any questions, interests, talents, or program requirements