



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | FEBRUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1-2pm **3**
Knitting/Crochet Club - Kushner Room

9-11am **4**
UofR Heart Healthy Cardiac Team: Blood Pressure Screenings & CPR Demos - in the Lobby

10-11am
5 Keys to a Healthy Heart presentation with Andrew Mathias - Kushner Room

Noon to 1pm
* "Souper" Bowl Soup/Chili Potluck

Noon to 1pm **5**
Lifespan presents: Scams with Dan Lyons - Kushner Room

2-3pm
*Art with Mikayla - Miller Art Studio

Noon
Euchre - Conference Room

Noon to 12:45pm **6**
In the Kitchen with Chef Koren: Avocado Hummus with Carrots & Pita Chips

12:15-1:30pm
OSHER/RIT Zoom Lecture Series: Recent Discoveries about Planets Orbiting the Sun - Conference Room

1-1:45pm
Meditation with Deb - Kushner Room

2-4pm
Bridge - Kushner Room

Noon to 1pm **7**
E-Gym Overview with Christina - Kushner Room

Noon to 2pm
Hand & Foot Cards - Conference Room

Noon to 1pm **10**
10 Warning Signs of Alzheimer's with Andrea Foote - Conference Room

Noon **11**
Mah Jong - Conference Room

10-10:45am **12**
*Intergenerational Craft with Schottland Pre-K 4 year olds - Kushner Room

Noon to 1pm
Travel Adventures with Barb & Mike: Rhine River Cruise

2-3pm
Watercolors with Mikayla - Miller Art Studio

Noon
Euchre/Cards - Kushner Room

Noon to 1pm **13**
Bank of America Presents: Financial Safety & money Management with Nicole Pueleo - Kushner Room

12:15-1:30pm
OSHER/RIT Zoom Lecture Series: BRICS Expansion & Future of World Order - Conference Room

2-4pm
Bridge - Kushner Room

Noon to 12:45pm **14**
Valentines Day Social - Kushner Room

Noon to 12:45pm
Therapy Dogs - Kushner Room/West Entrance

Noon to 1 pm **17**
Book Club: The Girl with the Louding Voice by Abi Dare - Conference Room

Noon **18**
Mah Jong - Kushner Room

2-3pm **19**
*Art with Mikayla - Miller Art Studio

Noon to 1pm
*AOA Time in the Kitchen: Gingerbread Cake with Diane - 10 Participants Max.

Noon
Euchre/Cards - Conference Room

12:15-1:30pm **20**
OSHER/RIT ZOOM Lecture Series: Re-Entry after Incarceration in ROC - Conference Room

2-4pm
Bridge - Kushner Room

12:15-1pm **21**
*Intergenerational Craft with Schottland Childcare Center - Kushner Room

Noon to 2pm
Hand & Foot Cards - Kushner Room

Noon to 2:30pm **24**
Movie Day: The Six Triple Eight - Kushner Room

Noon **25**
Mah Jong - Kushner Room

2-3pm **26**
Watercolors with Mikayla - Miller Art Studio

Noon to 1pm
Basic American Sign Language with Sue - Kushner Room

Noon
Euchre/Cards - Conference Room

Noon to 1:30pm **27**
*Game On! AOA Intro to Video Gaming - Metro e-Sports Lab

12:15-1:30pm
OSHER/RIT ZOOM Lecture Series: Behind the Scenes at the Library - Conference Room

1:30-2:30pm
*Social & Ice Breaker Games at Glenmere/Cloverwood

2-4pm
Bridge - Kushner Room

1-1:45pm **28**
*Fun in the Pool with Charlotte - join us in the Warm Water Pool

*Notes that registration is required.



EVENT DESCRIPTIONS

University of Rochester: 5 Keys to a Healthy Heart

Join the Cardiac Team in the lobby for Blood Pressure Screening and CPR demos. Join UofR Cardiologist, Dr. Andrew Mathias in the Community Room at 10 am for a presentation on maintaining a healthy heart.

***"Souper Bowl" Potluck**

Sign up at Member Services to bring your favorite soup, chili, or side dish/dessert for our annual "Souper" Bowl potluck celebration. Also, bins are in the lobby for our soup/canned good drive for the food pantry at The Thurston Road YMCA Neighborhood Center.

Lifespan Presents: Scams 101

Our favorite scam educator, Dan Lyons is back to share the latest scams against adults.

E-Gym Overview

Join Wellness & E-Gym Coach, Christina, as she share an overview and benefits of our E-Gym electronic strength training circuit.

***Intergenerational Craft**

Spend some time with our sweet, little one's from our Schottland Pre-K 4 class and our Skanley Childcare Center for an adorable craft and conversation. Sign up at Member Services for craft count.

Valentine's Day Social

Stop by the Kushner Community Room for a sweet treat and conversation with AOA friends.

***Fun in the Kitchen**

This month join Diane in the kitchen to roll up your sleeves and make gingerbread cake Sign up at Member Services for attendance. 10 participant maximum.

American Sign Language with Sue

Learn basic signs and how to communicate with someone that is hearing impaired.

Travel Adventures

Join Barb and Mike as they share pictures from their Rhine River Cruise.

Game on! Intro to Video Gaming

Come have some fun in our Metro e-Sports Lab! Learn to play games designed specifically for active older adults. Step by step instructions and gaming at your own pace.

***Fun in the Pool**

Join one of our favorite Aquatics instructors, Charlotte, in the warm water pool for fitness, games, and fun. Sign up at Member Services for attendance.

***Visit to Glenmere Assisted Living in Cloverwood**

Join Janet for ice breaker games, social engagement, and refreshments with residents of Glenmere Assisted Living at Cloverwood. Sign up at Member Services for attendance. Transport self (across from the Schottland Family YMCA - 1 Wheatley Terrace, Pittsford, behind Barn Bazarre).

***RIT/OSHER Lifelong Learning Institute Weekly Lecture Series**

Join us in the 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, maximum of 20 participants 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, and acrylic.

***Art Projects with Mikayla**

Join art instructor, Mikayla in the Miller Art Studio for a craft project. Space is limited and sign up at Member Services for attendance.

Movie Day: The Six Triple Eight

Based on the true story of the 6888th central Postal Directory Battalion, the first military division comprised of black women and the first to serve overseas during World War II. Bring your lunch and the Y will supply popcorn and candy.

Knitting/Crochet Club

Bring your projects, patterns, share ideas and skills. Meet in the Kushner Room for the 1st Monday each month.

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 from 2-4pm. Day/Time can be adjusted based on interested players.

Hand and Foot Card Game

We are looking to start the popular Hand and Food 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 1st and 3rd Friday of each month Noon to 2pm. 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.

