



# ACTIVE OLDER ADULT PROGRAMMING

## SCHOTTLAND FAMILY YMCA | MARCH 2025

### MONDAY

**Noon to 1pm** 3  
Jim Porter, NASA Engineer Presents: The Big Bang Theory - Kushner Room  
**1-2pm**  
Knitting/Crochet Club - Kushner Room

**Noon to 1pm** 10  
\*Andrea Foote presents: Understanding Alzheimer's & Dementia - Conference Room

**Noon** 17  
Goodwin Irish Dance Performance - Family Gym  
**12:45-1:45pm**  
\*St. Patrick's Day Party - Kushner Room

**Noon to 1pm** 24  
Book Club: 2 options this month! All the Colors of the Dark by Chris Whitaker and/or Local Woman Missing by Mary Kubica - Conference Room

**Noon to 1pm** 31  
Home Appraisal with Jim Gaze - Kushner Room

### TUESDAY

**Noon to 1pm** 4  
Red Cross Blood Drive - Kushner Room  
**Noon**  
Mah Jong - Conference Room  
**Noon**  
Mexican Train/Dominoes - Conference Room

**Noon** 11  
Mah Jong - Conference Room  
**Noon**  
Mexican Train/Dominoes - Conference Room

**Noon** 18  
Mah Jong - Conference Room  
**Noon**  
Mexican Train/Dominoes - Conference Room

**Noon** 25  
Mah Jong - Conference Room  
**Noon**  
Mexican Train/Dominoes - Conference Room

### WEDNESDAY

**Noon to 1pm** 5  
Tai Chi Demo & Presentation with Rick Litton - Kushner Room  
**Noon**  
Euchre/Cards - Conference Room  
**2-3pm**  
\*Art with Mikayla - Miller Art Studio

**Noon to 1pm** 12  
\*St. Patrick's Day Craft with Legacy Clover Blossom - Kushner Room  
**2-3pm**  
Watercolors with Mikayla - Miller Art Studio  
**Noon**  
Euchre/Cards - Conference Room

**Noon to 12:45pm** 19  
In the Kitchen with Chef Koren: Kale Salad with Toasted Pinenuts - Kushner Room  
**2-3pm**  
\*Art with Mikayla - Miller Art Studio  
**Noon**  
Euchre/Cards - Conference Room

**Noon to 1:30pm** 26  
Fleet Feet Presents: Proper Footwear & Foot Measuring with Alex Tosto  
**2-3pm**  
Watercolors with Mikayla - Miller Art Studio  
**Noon**  
Euchre/Cards - Conference Room

### THURSDAY

**12:15-1:30pm** 6  
OSHER/RIT ZOOM  
Lecture Series: My World is Not Dark. My World is Lit Up - Conference Room  
**2-4pm**  
Bridge - Kushner Room

**12:15-1:30pm** 13  
OSHER/RIT ZOOM  
Lecture Series: We're Being Hacked, RIT Cybersecurity to Rescue - Conference Room  
**2-4pm**  
Bridge - Kushner Room

**12:15-1:30pm** 20  
OSHER/RIT ZOOM  
Lecture Series: Print Media, How Can't it Survive - Conference Room  
**2-4pm**  
Bridge - Kushner Room

**Noon to 1:30pm** 27  
\*Game On! AOA Intro to Video Gaming - Metro e-Sports Lab  
**1:30-2:30pm**  
\*Bunco at Glenmere/ Cloverwood  
**2-4pm**  
Bridge - Kushner Room

### FRIDAY

**Noon to 1pm** 7  
Bank of America Presents: Estate Planning with Nicole Puelo - Kushner Room  
**Noon to 2pm**  
Hand & Foot Cards - Conference Room

**Noon to 12:45pm** 14  
Therapy Dogs - West Entrance  
**Noon to 12:45pm**  
Meditation with Lisa: Mindful Movement with Heart - Kushner Room

**Noon to 2pm** 21  
Hand & Foot Cards - Kushner Room

**Noon to 1:30 pm** 28  
\*AOA Time in the Kitchen: Chocolate Chip Cookies!  
10 participants max.  
**Noon to 12:45pm**  
Therapy Dogs - West Entrance  
**1-1:45pm**  
\*Fun in the Warm Water Pool with Charlotte

Join the Active Older Adults at the YMCA of Greater Rochester Facebook Group!  
Scan the QR code below!



\* Notes registration is required.



### EVENT DESCRIPTIONS

#### **NASA: The Big Bang Theory**

NASA Engineer, Jim Porter will be here for an informative presentation on the Big Bang Theory.

#### **Tai Chi**

Join Schottland Instructor, Rick Litton to learn about Tai Chi, functional movement at any age and its benefits.

#### **\*St. Patrick's Day Craft**

Join representatives from the Legacy at Clover Blossom for a social and a festive St. Patrick's Day craft.

#### **\*St. Patrick's Day Social**

We are all Irish on this day, Goodwin Irish Dance will perform before the party.

#### **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.

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

Join Janet to play Bunco, crafts, social engagement, and refreshments with residents of Glenmere Assisted Living at Cloverwood (activities vary each month). Transport self (across from the Schottland Family YMCA - 1 Wheatley Terrace, Pittsford, behind Barn Bazarre).

#### **Fleet Feet Proper Footwear**

Join Alex Tosto for a presentation on the importance of proper footwear and an individual food assessment of their 3D technology.

#### **\*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.

#### **Book Club**

This month we have 2 choices, one is longer than the other. All the Colors of the Dark by Chris Whitaker (608 pages) or Local Woman Missing by Mary Kubica (352 pages). Feel free to choose one or both, we will discuss both at our meeting. Note: March Meeting is 3/24 due to St. Patrick's Day festivities.

#### **\*AOA Time in the Kitchen**

Join Janet to roll up your sleeves and make an all time favorite, chocolate chip cookies. Space is limited.

#### **Appraisal Information Session**

Join Associate RE Broker, Appraiser and Re Max Realtor, Jim Gaze for an informative session on understanding your home appraisals and assessments.

#### **Mindful Movement with Heart**

Join us for a hands-on workshop with Dr. Lisa Critchley, professor at the University of Rochester Mindful University Project. See how you can enhance your well-being using mindful movement, compassion, and breath.

#### **Knitting/Crochet Club**

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

#### **Mexican Train/Dominoes**

New to our Calendar! Come join the fun Tuesdays at Noon!

#### **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 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 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month Noon to 2pm. Day/Time can be adjusted based on interested players.