



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Noon 1
Mah Jong -
Kushner Room

Noon
Mexican Train/
Dominoes -
Kushner Room

Noon 2
Euchre/Cards -
Conference Room

1-2pm
Author Robin Flannigan
& Bonnie Thies Present:
Adventure in Rediscovering
Life After Loss - Kushner
Room

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

12:15-1:15pm 3
Nicole Puleo with Bank
of America Presents:
How to Prevent Fraud &
Potential Scams -
Kushner Room

2-4pm
Bridge -
Kushner Room

Noon to 2pm 4
Hand & Foot Cards -
Conference Room

1-2:30pm
Dan the Tech Man Presents:
What is Artificial Intelligence? -
Kushner Room

April 5th:
7pm
Honeoye Falls Community
Concert - HFL District Auditorium
(619 Quaker Meeting House Rd)

1-2pm 7
***Learn to Knit**
Potholders with Kari,
15 Participants Max -
Miller Art Studio

Noon 8
Mah Jong -
Kushner Room

Noon
Mexican Train/
Dominoes -
Kushner Room

Noon to 1pm 9
American Sign Language
with Sue - Conference Room

Noon
Euchre/Cards - Kushner Room

1-1:30pm
In the Kitchen with Chef Koren:
Chickpea Avocado Salad -
Kushner Room

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

12:15-1:15pm 10
Alzheimer's Association
Presents: Tips for
Tough Conversations:
Doctor visits, Driving,
Financial Concerns -
Conference Room

2-4pm
Bridge - Kushner Room

Noon to 12:45pm 11
ROC Dog Therapy
Dogs -
West Entrance/
Kushner Room

1-2pm 14
***Afternoon Tea Party,**
20 Participants Max -
Kushner Room

Noon 15
Mah Jong -
Kushner Room

Noon
Mexican Train/
Dominoes -
Kushner Room

Noon to 1:30pm 16
***AOA time in the**
Kitchen: Make
Naan & Pita
12 Participants Max -
Kitchen

Noon
Euchre/Cards -
Kushner Room

Noon to 12:45pm 17
Meditation with Deb
- Kushner Room

12:15-1:30pm
OSHER/RIT Zoom Lecture
Series: Eastman School
of Music: Consequential
on the World Stage -
Conference Room

2-4pm
Bridge - Kushner Room

Noon to 1pm 18
Nutrition Labels with
Melissa Schmidt -
Kushner Room

Noon to 2pm
Hand & Foot Cards -
Conference Room

Noon to 1pm 21
Book Club: The
Midnight Library
by Matt Haig -
Conference Room

1-2pm
Knitting/Crochet Club
- Conference Room

Noon 22
Mah Jong -
Kushner Room

Noon
Mexican Train/
Dominoes -
Kushner Room

Noon 23
Euchre/Cards -
Kushner Room

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

Noon to 1:30pm 24
***Game On! AOA intro to**
Video Gaming -
Metro Esports Lab

12:15-1:30pm
OSHER/RIT Zoom Lecture
Series: Singing from the Heart,
The Dady Brothers Irish Music -
Conference Room

1:30-2:30pm
Fun at Glenmere/Cloverwood

2-4pm
Bridge - Kushner Room

Noon to 1pm 25
Travel Adventures
with Pat & Otis: Paris -
Kushner Room

Noon to 1pm 28
CPR & Emergency
Care Info Session
with Sara Killip -
Conference Room

Noon 29
Mah Jong -
Kushner Room

Noon
Mexican Train/
Dominoes -
Kushner Room

Noon 30
Euchre/Cards -
Conference Room

Noon to 1pm
Courtney Porray with Jewish
Senior Life Presents Living Well,
Aging Well - Kushner Room

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

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

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



* Notes registration is required.



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | APRIL 2025

EVENT DESCRIPTIONS

Nicole Puleo with Bank of America Presentation

Nicole Puleo is back to share information on preventing fraud and potential scams.

Author Robin Flannigan & Bonnie Thies Present: Adventure in Rediscovering Life After Loss

In the midst of grief, a trail appears. Climbing Out is the true story of a two-time cancer survivor who decides to climb Mount Kilimanjaro to cope with the sudden death of her husband. Along the way, she discovers the healing power of friendship, self-love, and resilience. Join co-authors Bonnie Thies and Robin Flannigan as they discuss the emotional journey and epic climb that went into the making of their book **Climbing Out: An Adventure in Rediscovering Life After Loss**. Copies of the book will be available for purchase, \$18.35. Credit, Venmo, Check, or exact change cash.

Dan the Tech Man

Our favorite tech guy is back for an in-depth look at Artificial Intelligence (AI).

Honeoye Falls Community Concert Band

Join Schottland AOA & Flautist, Sheryl W., and other YMCA members of the HFL Community Band for an evening of music. Admissions is free and location address is HFL District Auditorium 619 Quaker Meeting House Rd.

***Learn to Knit with Kari**

Join Kari, one of our talented YMCA Art Instructors to learn how to knit a potholder. Sign up at Member Services and space is to 10 participants max.

Nutrition Labels with Melissa Schmidt

YMCA Group Exercise Instructor and Wellness Coach, Melissa Schmidt is back to help us decipher the labels on the food we eat.

***Afternoon Tea Party**

Wear your favorite hat or fastener and join Janet for a delightful afternoon. Sign up to bring your favorite finger sandwiches, dessert, or light fare. China serve ware and tea will be supplied. 20 participants max.

American Sign Language Basics

Learn basic signs and how to communicate with someone that is hearing impaired. This is an interactive call with instructor, Sue.

Alzheimer's Association Presents: Tough Conversations

Join Alzheimer's Association Program Manager, Caitlyn Brado, as she continues our learning series. Get tips for navigating tough conversations, including doctor visits, driving, and legal and financial concerns.

CPR & Emergency Info Session

Schottland Aquatics Staff Associate, Sara K. will review CPR basics, rescue breathing, choking, and what to do in emergency situations.

Living Well, Aging Well

Courtney Porray, Program Director with Jewish Senior Life will be here to discuss aging gracefully, programs to support at home care, and the various programs offered through Jewish Senior Life.

***AOA Time in the Kitchen**

This month we will roll up our sleeves to make homemade pita and naan. Sign up at Member Services and space is limited to 10 participants max.

***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. Sign up at Member Services for attendance.

***Art Projects with Mikayla**

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

***Fun in the Pool with Charlotte**

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.

***Game on! Intro to Video Gaming**

Come have some fun in our Metro eSports 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 at Cloverwood**

Join Janet for a visit with the residents of Glenmere Assisted Living at Cloverwood (activities vary each month, crafts, Bunco, games, refreshments, social). Sign up at Member Services for attendance. Transport self (across from the Schottland YMCA-1 Wheatley Terrace, Pittsford, behind Barn Bazarre.) Activities vary; crafts, bunco, games, social.

Mexican Train/Dominos

New to our Calendar! Come join the fun on 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 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.