



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 12:15-1:15 pm Alzheimer's Assoc Presents: Managing Money, Caregiver's Guide to Financial Concerns - Kushner Room 12:15-1:30 pm OSHER/RIT ZOOM Lecture Series: RIT's Role in Better Model to Diagnose & Treat Osteoarthritis - Conference Room 2-4 pm Bridge Kushner Room	2 10 am to Noon *Mahjong Lessons with Lori- Kushner Room Noon to 12:30 pm Service Project - Spring Card Writing for Seniors at Glenmere - Kushner Room Noon to 2 pm Hand & Foot Cards - Kushner Room
5 1-2pm *Learn to Knit with Mikayla - Miller Art Studio	6 Noon to 5pm Red Cross Blood Drive - Kushner Room Noon to 2pm Mahjong & Mexican Train Dominoes - Miller Art Studio	7 Noon Euchre/Cards - Kushner Room 2-3pm *Art/Craft Projects with Mikayla - Miller Art Studio	8 Noon to 12:45 pm Meditation with Deb - Kushner Room 12:15-1:30pm OSHER/RIT ZOOM Lecture Series: 1971 Attica Uprising & 30 Year Civil Rights Litigation - Conference Room 1:30-2:30pm *Fun & Social at Glenmere/Cloverwood 2-4pm Bridge - Kushner Room	9 10 am to Noon *Mahjong Lessons with Lori - Kushner Room Noon to 12:45 pm Therapy Dogs - Kushner Room/West Entrance
12 Noon to 1pm Rob Nestrack with Edward Jones Investments Presents: Foundations of Investments - Kushner Room	13 Noon Mahjong & Mexican Train Dominoes - Kushner Room	14 10am to Noon *Mahjong Practice Game with Lori - Kushner Room Noon Euchre/Cards - Kushner Room 2-3pm *Watercolors with Mikayla - Miller Art Studio	15 Greater Rochester United Way Day of Caring!	16 10am to Noon *Mahjong Lessons with Lori - Kushner Room Noon to 2pm Hand and Foot Cards - Kushner Room
19 Noon to 1pm Book Club: The Reading List by Sarah Nisha Adams - Conference Room 1-2pm Knitting/Crochet Club - Conference Room	20 Noon Mahjong & Mexican Train Dominoes - Kushner Room	21 10am to Noon *Mahjong Practice Game with Lori - Kushner Room Noon to 12:45 pm In the Kitchen with Chef Koren; 2 Ingredient Naan - Kushner Room Noon Euchre/Cards - Kushner Room 2-3pm *Art/Craft with Mikayla - Miller Art Studio	22 12:15-1:15 pm URMC Presents Digital Health Navigation with Dr. Michelle Sanders - Kushner Room 2-4pm Bridge - Kushner Room	23 10am to Noon *Mahjong Lessons with Lori - Kushner Room
26 Happy Memorial Day!	27 Noon Mahjong & Mexican Train Dominoes - Kushner Room	28 10:00-12:00pm *Mahjong Practice Game with Lori - Kushner Room Noon Euchre/Cards - Kushner Room 2-3pm *Watercolors with Mikayla - Miller Art Studio	29 Noon to 1:30pm *Metro E-Sports Lab: Puzzle & Game Teasers 12:15-1:30pm OSHER/RIT ZOOM Lecture Series: Red Wing's Baseball Impact on ROC Community - Conference Room 1-1:45 PM *Fun in the Pool with Charlotte - Warm Water Pool 2-4pm Bridge - Kushner Room	30 10am to Noon *Mahjong Lessons with Lori - Kushner Room Noon to 1:30pm *AOA Time in the Kitchen: Spring Cookie Decorating

Please email janet.paris@RochesterYMCA.org with any questions, concerns, or talents!
*Notes registration is required.

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





EVENT DESCRIPTIONS

***Learn to Crochet with Mikalya**

Join Mikayla, our talented YMCA Art Instructor to learn how to crochet. Space is limited. Sign up at Member Services. Max 15 participants

In the Kitchen with Chef Koren

This month’s recipe; 2 Ingredient Naan.

Alzheimer’s Association: Caitlin Brado, Program Manager

Caitlin will discuss managing money and a caregiver’s guide to financial concerns.

Service Project: Spring Cards for Glenmere

Join Janet to write a well wish and friendly note for our friend’s at Glenmere Assisted Living at Cloverwood.

Digital Health Navigation:

Dr. Michelle Sanders with University of Rochester will help us understand online health and how to navigate online portals

***AOA Time in the Kitchen:**

This month we will roll up our sleeves and practice our cookie decorating skills. Space is limited. Sign up at Member Services. Max 10 participants

***Mahjong Lessons and Practice Games with Lori:**

Registration is required. Max 8 participants. Learn to play American Mahjong. Must purchase rule book and playing card.

Edward Jones Investments

Financial Advisor, Rob Nestrack will be here to discuss the how to’s and foundation of investing.

***Watercolors with Mikayla**

Join Art Instructor, Mikayla, in the Miller Art Studio to learn to paint. Two classes per month with same project taught in both sessions.

Art/Craft Projects with Mikayla

Join Art Instructor, Mikayla, in the Miller Art Studio for a craft project. Space limited. Sign up at Member Services for attendance. Two classes per month with same project taught in both sessions.

Book Club

This month’s discussion: The Reading List by Sarah Nisha Adams.

***Fun in the Pool**

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

***Game On! Metro E-Sports: Brain Teasers**

Come have some fun in our Metro e-Sports Lab! We’re playing brain and puzzle games to improve our cognitive skills 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 at 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).

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends.

Mahjong

Tuesday open play. The Y has 3 sets. Please bring your own set if needed.

Mexican Train/Dominoes

Popular Tuesday, noontime gathering. Come join the fun!

Euchre/Cards

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

Bridge

We’re playing on Thursday afternoons, 2-4pm. Need groups of 4 and folks that can mentor new players.

Hand and Foot Card Game

This game is a variation of Canasta. Object is to be the first to get rid of all your cards, hand first, and then foot. Gathering Noon to 2pm on the first and third Friday of each month.