



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | JUNE 2025

MONDAY

2

Noon to 1 pm
Edward Jones Investments Presents:
4 Pillars of a New Retirement -
Kushner Room

1-2 pm
*Learn to Crochet with
Mikayla -
Art Studio

TUESDAY

3

Noon
Mahjong & Mexican
Train Dominoes -
Kushner Room

WEDNESDAY

4

Noon
Euchre/Cards -
Kushner Room

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

Last Call! AOA
Celebration
Registration Closes at
Noon Today!

THURSDAY

5

12:15-1:30 pm
OSHER/RIT ZOOM Last
Lecture of Semester
Series: Shaun Nelm, VP
of Community
Partnerships at UofR -
Conference Room

2-4 pm
Bridge -
Kushner Room

FRIDAY

6

Noon to 1 pm
*MVPT Physical
Therapy Presents:
Joint Replacement
Prehab & Rehab with
Dr. John Ahern -
Kushner Room

Noon to 2 pm
Hand & Foot Cards -
Conference Room

9

Noon to 1 pm
A Visit Down
Memory Lane: Let's
Get to Know Each
Other, Bring a
Picture and Share a
Story About Your
Past -
Kushner Room

Noon to 12:45 pm
In the Kitchen with Chef
Koren; Mediterranean Lentil
Salad in a Jar - Kushner Room

Noon
Mahjong & Mexican Train
Dominoes - Kushner Room

1-2 pm
*Watercolors Class with
Mikayla (same project on 10th
& 11th)

2-3 pm
(NEW) Open Watercolors with
Mikayla - Miller Art Studio

11

9:30 am-2 pm
*AOA Celebration at
Camp Bay View YMCA

Noon
Euchre/Cards -
Kushner Room

2-3 pm
*Watercolors with
Mikayla (same project
on 10th & 11th)

12

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

2-4 pm
Bridge -
Kushner Room

13

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

16

Noon to 1 pm
Book Club: The
Stolen Queen by
Fiona Davis -
Conference Room

17

Noon
Mahjong & Mexican
Train Dominoes -
Kushner Room

18

Noon
Euchre/Cards -
Kushner Room

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

19

Noon to 1:30 pm
*Metro e-Sports
Lab: Interactive
Fitness &
Movement Games

2-4 pm
Bridge -
Kushner Room

20

Noon to 2 pm
Hand & Foot Cards -
Kushner Room

23

1-2 pm
Knitting/Crochet
Club -
Conference Room

24

Noon
Mahjong & Mexican -
Train Dominoes

1-2 pm
*Watercolors Class with
Mikayla (same class 24th
& 25th)

2-3 pm
(NEW) Open Watercolors
with Mikayla -
Miller Art Studio

25

Noon
Euchre/Cards -
Kushner Room

1-2 pm
*Watercolors Class with
Mikayla (same class 24th
& 25th)

2-3 pm
(NEW) Open Watercolors
with Mikayla -
Miller Art Studio

26

12:30-1:30 pm
*Fun, Games, Social
Glenmere /
Cloverwood
Assisted Living

2-4 pm
Bridge -
Kushner Room

27

Noon to 1:30 pm
*AOA Time in the
Kitchen: Strawberry
Shortcake

30

12:30-2 pm
*Tinker Nature Park
Brown Bag Picnic
and Walk

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

Edward Jones Investments Presents: The 4 Pillars of a New Retirement

Join Rob Nestruck, Financial Advisor to understand the key components of your retirement.

***Joint Replacement; Prehab & Rehab**

Dr. John Ahern with MVPT Physical Therapy will be here to discuss pre and post exercises for joint replacement. Sign up at Member Services for attendance.

In the Kitchen with Chef Koren

This month's recipe: Mediterranean Lentil Salad in a jar.

***AOA Celebration**

Register for a full day of outdoor fun with all our YMCA Branches' AOA's; zip-lining, food, snacks, tie dye shirts, crafts, fitness, and music!

Visit Down Memory Lane

Let's get to know each other. Bring a picture and share a story from your past. Examples include a special trip, baby picture, career, hobby, etc..

***Metro e-Sports Lab**

Join us in our e-Sports lab for Interactive Fitness and Movement Games.

***AOA Time in the Kitchen**

This month we roll up our sleeves to make Strawberry Shortcake.

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 and cultural programs to enrich adult learners over age 50.

***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; Games, Crafts, Bunco, Refreshments, Social). Sign up at Member Services for attendance. Transport self (across street from the Schottland YMCA- 1 Wheatley Terrace, Pittsford, behind Barn Bazarre).

***Tinker Nature Park**

Bring your lunch and join Janet for a picnic and stroll through the park. Transport self, Meet at picnic tables outside of Hansen Nature Center, note; restrooms available, no dogs allowed, all areas of the park are free of charge. 1525 Calkins Road.

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends.

***Learn to Crochet**

Art Instructor, Mikayla, will teach the basics to get you on your way to beautiful projects.

***Art/Craft Projects with Mikayla:**

Join art instructor, Mikayla. Sign up at Member Services desk. Note, 2 dates offered per month. Same project will be taught on June 4th & 18th

***Watercolors Class with Mikayla:**

Learn to paint with Mikayla. Sign up at Member Services. Note: We are adding more classes per month to accommodate more participants. Same project will be taught on June 10th and 11th- Choose 1 date, Second project taught on June 24th & 25th- choose 1 date.

Watercolors Open Hour

New to the calendar! Join Mikayla in the Art Studio to practice your painting skills. This is open time in the studio, not an instructor led class. No sign up required.

Mahjong, Mexican Train Dominoes, Euchre/Cards, Bridge, Hand and Foot

Open play, all are welcome. Folks can rotate in for any odd number of participants.