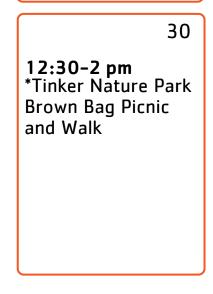
ACTIVE OLDER ADULT PROGRAMMING SCHOTTLAND FAMILY YMCA JUNE 2025

SCHUTTLAND FAMILT TMICA JUNE 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	3 Noon Mahjong & Mexican Train Dominoes - Kushner Room	4 Noon Euchre/Cards - Kushner Room 2-3 pm *Art with Mikayla - Miller Art Studio Last Call! AOA Celebration Registration Closes at Noon Today!	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	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 pm10In the Kitchen with ChefKoren; Mediterranean LentilSalad in a Jar - Kushner RoomNoonMahjong & Mexican TrainDominoes - Kushner Room1-2 pm*Watercolors Class withMikayla (same project on 10 th & 11 th)2-3 pm(NEW) Open Watercolors withMikayla - 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 10 th & 11 th)	12 Noon to12:45 pm Meditation with Deb - Kushner Room 2-4 pm Bridge - Kushner Room	13 Noon to12:45 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 24 th & 25 th) 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 24 th & 25 th) 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



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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 Nestrick, 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.