



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Noon Mahjong & Mexican Train Dominoes - Kushner Room	2 Noon Euchre/Cards - Kushner Room Noon Game Day: Trivia with Janet - Kushner Room	3	4 Happy 4 th of July! Branch Closed
7 Noon to 12:45 pm AOA Game Time with Janet: Name the Celebrity Baby Picture Game - Kushner Room	8 Noon to 5 pm Red Cross Blood Drive - Kushner Room Noon to 2 pm Mahjong & Mexican Train Dominoes - Conference Room	9 Noon Euchre/Cards - Kushner Room 1-1:30 pm In the Kitchen with Chef Koren: Watermelon Salsa - Kushner Room 2-3 pm *Art with Mikayla: Rolled Paper Picture Frame - Miller Art Studio	10 12:15-1pm Jewish Senior Life Technology Presentation: Assisted Devices, How to Make them Work for You! - Kushner Room 2-4 pm Bridge - Kushner Room	11 Noon to 12:45 pm ROC Dog Therapy Dogs- West Entrance/Kushner Room Noon to 2 pm Hand & Foot Cards - Kushner Room
14 Noon to 1 pm Episcopal Senior Life Presents: All About Brain Health - Kushner Room	15 Noon Mahjong & Mexican Train Dominoes - Kushner Room 1-2 pm *Abstract Watercolors with Mikayla - Miller Art Studio 2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio	16 Noon Euchre/Cards - Kushner Room 1-2 pm *Abstract Watercolors with Mikayla - Miller Art Studio 2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio	17 12:15-1 pm *Making Wind Twirlers with the Legacy at Clover Blossom 2-4 pm Bridge - Kushner Room	18 Noon to 2 pm Hand & Foot Cards - Kushner Room
21 Noon to 1 pm Book Club: The Queens of Crime by Marie Benedict - Conference Room	22 Noon Mahjong & Mexican Train Dominoes - Kushner Room	23 Noon Euchre/Cards - Kushner Room 2-3 pm *Art with Mikayla: Rolled Paper Picture Frames - Miller Art Studio	24 1:30-2:30 pm *Social Game Hour at Glenmere/Cloverwood (Space is limited to 8) 2-4 pm Bridge - Kushner Room	25 Noon to 1:30 pm *AOA Time in the Kitchen with Jeff Cogan. Let's Make Hummus! - Palmer's Kitchen
28 12:30-1:30 pm *Stroll the Canal at Schoen Place with Janet (meet at 12:15 pm. Parking lot next to Coal Tower) 1-2pm Knitting/Crochet Club - Conference Room	29 Noon Mahjong & Mexican Train Dominoes - Kushner Room 1-2 pm *Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio	30 Noon Euchre/Cards - Kushner Room 1-2 pm *Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio	31 2-4 pm Bridge - Kushner Room	

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

Game Time with Janet

Join Janet for some fun! Let's Play, Match the Celebrity to their Baby Picture.

In the Kitchen with Chef Koren

This month's demo-watermelon salsa, demonstration and recipe shared.

Technology Presentation

Join the tech team from Jewish Senior Life to learn about Assisted Devices and how to make them work for you.

Episcopal Senior Life Presents: Brain Health

Join Brian Potvin, Program Manager, in the Kushner Community Room to learn about cognitive brain health.

***Craft: Wind Twirlers**

Join us in the Kushner room for a craft project with the staff from Legacy Clover Blossom. Sign up at Member Services for attendance.

Book Club

This month's discussion, The Queen of Crime by Marie Benedict.

***AOA Time in the Kitchen**

This month Schottland's Executive Director, Jeff Cogan will roll up his sleeves to make hummus with you!

***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 Family YMCA - 1 Wheatley Terrace, Pittsford, behind Barn Bazarre)

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends.

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

All games are open play. Odd number of players rotate in. The YMCA has game sets and cards.

Knitting/Crochet Club

Bring your projects, patterns, share ideas and skills. This is not an instructor led class. Participants share knowledge and socialize.

***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.

***Watercolors with Mikayla**

Join Art instructor, Mikayla, in the Miller Art Studio to learn to paint. Four classes per month with same project taught twice in a week. Sign up at Member Services for attendance.

Open Watercolors

New Program- Practice your painting skills. This is not an instructor led class. No sign up required.

***Afternoon Stroll**

Join Janet at Schoen Place for a stroll on the canal, feed the ducks, or sit and have a gelato. Meet in the Parking lot next to the Coal Tower Restaurant at 12:15 pm (9 Schoen Place, Pittsford).