

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
				Noon to 12:30 pm Ice Cream Social - West Entrance Corner Patio (Kushner Room if rain) 12:30-2:30 pm International Mahjong Day: Let's play! - Kushner Room Noon to 2 pm Hand & Foot Cards - Kushner Room
4	5	6	7	8
Noon to 12:30 pm NEW: AOA Program Registration, How to Navigate the Process with Jessica - Kushner Room	Noon Mahjong & Mexican Train Dominoes - Kushner Room	Noon Euchre/Cards - Kushner Room 2-3 pm **Art/Craft Paper Sunflower with Mikayla - Miller Art Studio	12:15-1 pm Seated Tap Dancing with Maria - Family Gym 2-4 pm Bridge - Kushner Room	Noon to 12:45 pm ROC Dog Therapy Dogs - West Entrance/ Kushner Room
11	12	13	14	15
1-1:30 pm In the Kitchen with Chef Koren: Fresh Bruschetta - Kushner Room	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	1:05 pm **AOA Red Wings Game - Innovative Field 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	2-4 pm Bridge - Kushner Room	Noon to 2 pm Hand & Foot Cards - Kushner Room **Noon to 1:30 pm AOA Time in the Kitchen: No Bake Summer Berry Icebox Cake
18	19	20	21	22
Noon to 1 pm Book Club: God of the Woods by Liz Moore - Conference Room	Noon Mahjong & Mexican Train Dominoes - Kushner Room	Noon Euchre/Cards - Kushner Room Noon to 1 pm AOA Financial Planning and Maximizing your Potential to Give Back (lunch included) 1-2 pm WNY Federation of Square Dance Interactive Demo - Family Gym 2-3 pm **Art/Craft Paper Sunflower with Mikayla - Miller Art Studio	Happy National AOA Day! 2-4 pm Bridge - Kushner Room	Noon to 1 pm MVPT Physical Therapy Presents: Shoulder Pain, Therapies, Treatments, Rehab - Kushner Room 10 am-2 pm **Monroe County Salute to Seniors - Ontario Beach Park
25	26	27	28	29
Noon to 2:15 pm Movie Day: Nonnas - Kushner Room 1-2 pm Knitting/Crochet Club - Conference Room	Noon Mahjong & Mexican Train Dominoes - Kushner Room 1-2 pm **Watercolors with Mikayla: Garden Still Life - Miller Art Studio 2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio	Noon Euchre/Cards - Kushner Room 1-2 pm **Watercolors with Mikayla: Garden Still Life - Miller Art Studio 2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio	2-4 pm Bridge - Kushner Room	10-11 am Coffee Hour - Kushner Room





EVENT DESCRIPTIONS

****Please Note, New to Schottland AOA's, any program with an (**) requires registration online at www.rochesterymca.org. Programs requiring registration will be listed under the Schottland Calendar on the website. We are no longer using paper sign-up!**

****Schottland AOA Picnic**

Join us Friday September 5, 11 am-3 pm. North Lodge, King's Bend Park, Rain or Shine. Sign-up in branch via flyer with QR Code at the Member Services Desk, sign-up deadline August 28, 10 am. YMCA will provide entree and please bring a dessert or appetizer to share. We are also collecting canned goods and non-perishables for our YMCA Urban branches' food cupboards!

Ice Cream Social

August 2 is National Ice Cream Sandwich day. Join us on the West Entrance Corner Patio for some ice cream and conversation. Rainy day- meet in the Kushner Community Room

Online AOA Program Registration Navigation

We are moving to online registration for any of our AOA classes that have an (**) on the calendar. To streamline the and simplify the process, we will do away with "paper" sign-up. Join Schottland Program Director, Jessica Koneski for a tutorial on the process.

Seated Tap Dancing

Westside Family YMCA AOA Coordinator, Maria Tette will be here for this interactive demo for a fun, new class at our branch locations. No tap shoes are required, sneakers are appropriate.

Estate Planning Seminar

The YMCA Chief Development Officer, Andy Powers will present a Financial Planning and Maximizing your Potential to Give Back. Presented by Vice President, Ryan Pettinella (Wilmington Trust) and Member, Katie Hoppin (Bon, Schoeneck & King). There will be a lunch included and meet in the Kushmer Community Room.

In the Kitchen with Chef Koren

This month we enjoy fresh bruschetta. Demonstration, tasting and recipe provided.

MVPT Physical Therapy

Dr. John Ahern will be here to speak about shoulder pain and possible treatments/therapy.

AOA Book Club

This month we will discuss: God of the Woods by Liz Moore. Book Club meets the third Monday of the month at Noon in the Conference Room.

****AOA Time in the Kitchen**

Join us to make a No Bake Summer Berry Icebox Cake. Learn to make this quick and easy dessert for your summer gathering.

WNY Federation of Square Dance Interactive Demo

No experience necessary. Come have some fun in the family gym. Learn to square dance, a caller will direct us in this popular style of dance.

****Red Wings Game at Innovative Field**

One of our favorite AOA outings. Tickets, \$11 per person. Register online or at the branch for the Red Wings vs. Syracuse Mets. The Y has a reserved block in the shade on the 3rd baseline. Pick up tickets at Y table outside of Will Call, starting 1 hour prior to game. Carpool/transport self.

Movie Day: Nonnas

We're watching the Netflix hit, Nonnas. Based on the true story of Enoteca Maria, a restaurant in Staten Island where grandmothers from around the world cook their family recipes. Bring your lunch and the Y will provide popcorn and candy.

****Monroe County Salute to Seniors**

Hosted by Monroe County, join other AOA's from the community for a day of music, lunch, ice cream, free carousel rides and fun at Ontario Beach Park. Register at your branch or online!

Knitting/Crochet Club

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

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends

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

Join Art Instructor, Mikayla, in the Miller Art Studio for a craft project. Space is limited and 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!

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.