



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Happy Labor Day! YMCA Closed</div> <div>PLEASE NOTE: programs with an (**) require online registration at www.rochesterymca. org</div>	<div>2</div> <div>Noon to 5 pm Red Cross Blood Drive - Kushner Room</div> <div>Noon Mahjong & Mexican Train Dominoes - Conference Room</div>	<div>3</div> <div>Noon Euchre/Cards - Kushner Room</div> <div>2-3 pm **Art/Craft Autumn Apple Quilling with Mikayla - Miller Art Studio</div>	<div>4</div> <div>12:15-12:45 pm Name that Tune with Janet - Kushner Room</div> <div>2-4 pm Bridge - Kushner Room</div>	<div>5</div> <div>11 am-3 pm **Schottland AOA Picnic - Kings Bend Park in Pittsford, North Lodge</div> <div>Noon to 2 pm Hand & Foot Cards - Kushner Room</div>
<div>8</div> <div>9-10 am AOA Coffee Hour - Kushner Room</div>	<div>9</div> <div>10-11 am Wilmot Breast Cancer Center: Dr. Daniel Kim Presents: Breast Cancer Awareness - Kushner Room</div> <div>9 am-3 pm UofR Mammo Van - West Parking Lot</div> <div>Noon Mahjong & Mexican Train Dominoes - Kushner Room</div> <div>1-2 pm **Abstract Watercolors with Mikayla - Miller Art Studio</div> <div>2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio</div>	<div>10</div> <div>Noon Euchre/Cards - Kushner Room</div> <div>1-2 pm **Abstract Watercolors with Mikayla - Miller Art Studio</div> <div>2-3 pm (NEW) Open Watercolors with Mikayla - Miller Art Studio</div>	<div>11</div> <div>Noon to 1:30 pm **AOA Time in the Kitchen: We're Canning Tomatoes - Palmer's Teaching Kitchen</div> <div>2-4 pm Bridge - Kushner Room</div>	<div>12</div> <div>12:30-1:30 pm NEW: Creative Writing Class with Rose - Conference Room</div> <div>Noon to 12:45 pm Therapy Dogs - West Entrance/Kushner Room</div>
<div>15</div> <div>Noon to 1 pm MVPT Presents: Osteoporosis with Matthew Grichen, PT, DPT - Kushner Room</div>	<div>16</div> <div>Noon Mahjong & Mexican Train Dominoes - Kushner Room</div>	<div>17</div> <div>Noon Euchre/Cards - Kushner Room</div> <div>2-3 pm **Art/Craft Autumn Apple Quilling with Mikayla Miller Art Studio</div>	<div>18</div> <div>Noon to 1:30 pm Game On! Cognitive & Creative Games for AOA - Metro Esports Lab</div> <div>12:15-1:30 pm RIT/OSHER ZOOM Lecture: A Legacy of Financial Wisdom, Empowering the Next Generation Through CARE- Hon. Judge John Ninco II, Conference Room</div> <div>1-2 pm Alzheimer's Assoc. Presents: Understanding Alzheimer's & Dementia - Kushner Room</div> <div>2-4 pm Bridge - Kushner Room</div>	<div>19</div> <div>Noon to 1 pm Poetry reading with Visiting Author, Marjorie Powers - Kushner Room</div> <div>Noon to 2 pm Hand & Foot Cards - Conference Room</div>
<div>22</div> <div>Noon to 1 pm Book Club: James by Percival Everett - Conference Room</div>	<div>23</div> <div>Noon Mahjong & Mexican Train Dominoes - Kushner Room</div> <div>1-2 pm **Autumn Florals Watercolors with Mikayla - Miller Art Studio</div> <div>2-3 pm (NEW) Open watercolors with Mikayla - Miller Art Studio</div>	<div>24</div> <div>Noon to 12:45 pm In the Kitchen with Chef Koren: Wonton Crackers Kushner Room</div> <div>Noon Euchre/Cards - Kushner Room</div> <div>1-2 pm **Autumn Florals Watercolors with Mikayla - Miller Art Studio</div> <div>2-3 pm (NEW) Open watercolors with Mikayla - Miller Art Studio</div>	<div>25</div> <div>Noon to 12:45 pm Meditation with Deb - Kushner Room</div> <div>12:15-1:30 pm RIT/OSHER Zoom Lecture: Seniors Rock Radio: Joanna Palvino, Shining a Bright Light on Aging - Conference Room</div> <div>**1:30-2:30 pm Visit Games/Social at Glenmere/Cloverwood</div> <div>2-4 pm Bridge - Kushner Room</div>	<div>26</div> <div>Noon to 1:30 pm Dan the Tech Man: Meet the iPhone - Kushner Room</div>
<div>29</div> <div>1-2 pm Knitting/Crochet Club - Conference Room</div>	<div>30</div> <div>Noon Mahjong & Mexican Train Dominoes - Kushner Room</div>			

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

NOTE (NEW): All programs with an (**) require online registration at www.rochesterymca.org

Red Cross Blood Drive

Sign up at redcross.org to donate blood in our Kushner Community Room.

**Schottland AOA Picnic

Let's gather and have some fun at King's Bend Park- North Lodge, 170 W. Jefferson Rd. Rain or Shine! Bring yard chairs and games, if weather permits. Please bring an appetizer or dessert to share. We will be collecting canned goods and non-perishables for the Food Cupboard at the YMCA Lewis Street Neighborhood Center. Lunch will be served at noon. The Y will provide the entree. Pre-registration was required in August at the Schottland Branch.

Visiting Author, Marjorie Powers

Her first published poem appeared in her mid-20's under the name Marjorie Strauss. Over her writing career, Marjorie has had over 500 poems published in both print and online journals. Marjorie will share her story and poetry readings. Her various publications will be available for sale and signing.

University of Rochester/Wilmot Cancer Institute:

Join breast surgeon, Dr. Daniel Kim in the Kushner room for an informative session on breast cancer awareness and treatment. His Community Outreach team will be in the lobby with additional information and the Mammo Van will be in the West parking lot for on site pre-registered appointments and walk-ups if available.

NEW: Creative Writing Class with Rose

No writing experience needed. The first meeting will be an information session. You will learn to use poetry & vignettes, explore writing our memoir, and other creative works. Light refreshments will be served.

Book Club

This month, we will discuss, James by Percival Everett. Note for September, book club will meet Monday, September 22. Usual meetings are the third Monday of each month at noon.

In the Kitchen with Chef Koren

This month's recipe demo: Wonton Crackers.

**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.) Register at Member Services for attendance. Transport self (across from the Schottland YMCA - 1 Wheatley Terrace, Pittsford, behind Barn Bazarre).

Dan the Tech Man

Our favorite tech guy, Daniel Jones, is back to teach us all about our iPhone.

MVPT Physical Therapy

Dr. Matthew Grichen will be here to discuss osteoporosis, treatments and rehab.

**AOA Time in the Kitchen

What should we do with all the tomatoes from the garden? This month we're canning tomatoes! Member, Debbie S. will show us the ropes and share recipe ideas.

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.

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 limited. Register 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.

Open Watercolors

NEW Program! Practice your painting skills. This is not an instructor led class. No registration 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.