



# ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW: Any Program with an (**) requires Online Registration		1 <b>Noon</b> Euchre/Cards - Kushner Room  <b>2-3 pm</b> **Art with Mikayla: Mini Yarn Pumpkins - Miller Art Studio	2 <b>12:15-1:30 pm</b> RIT/OSHER ZOOM Lecture: 58 Years at the News Desk with Don Alhart - Conference Room  <b>2-4 pm</b> Bridge - Kushner Room	3 <b>Noon to 2 pm</b> Hand & Foot Cards - Kushner Room  <b>1:30-2:30 pm</b> (NEW) Creative Writing with Rose - Conference Room
6 <b>Noon to 1 pm</b> The Power of Budgeting with Robert Nestrick: Edward Jones Investments - Kushner Room	7 <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room  <b>1-2 pm</b> **Abstract Watercolors with Mikayla - Miller Art Studio  <b>2-3 pm</b> Open Watercolors with Mikayla - Miller Art Studio	8 <b>Noon</b> Euchre/Cards - Kushner Room  <b>1-2 pm</b> **Abstract Watercolors with Mikayla - Miller Art Studio  <b>2-3 pm</b> Open Watercolors With Mikayla - Miller Art Studio	9 <b>12:15-1:30 PM</b> RIT/OSHER ZOOM Lecture: President & CEO of Strong & Highland, Kathy Parrinello, Shaping the Future of Health Care at UR Medicine - Conference Room  <b>2-4 pm</b> Bridge - Kushner Room	10 <b>Noon to 12:45 pm</b> ROC Dog Therapy Dogs - Kushner Room/West Entrance  <b>Noon to 1 pm</b> Dom Genova- Industry Insider, Author & Former Car Dealer Presents: How to Not Get Taken for a Ride by a Car Dealer - Kushner Room
13 <b>Noon to 1:30 pm</b> **AOA Time in the Kitchen: Harvest Pumpkin Scones with Diane F. - Palmer's Kitchen	14 <b>9-11 am</b> Wegmans Flu Clinic - Conference Room  <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room	15 <b>10-11 am</b> Crossroads Chiropractic Presents: Benefits of Chiropractic Health - Kushner Room  <b>Noon</b> Euchre/Cards - Kushner Room	16 <b>12:15-1:30 pm</b> RIT/OSHER ZOOM Lecture: Mindfulness in Action: Practical Tools to Reduce Stress & Empower Daily Life - Conference Room  <b>Noon to 1:30 pm</b> **Game On: Party Games for AOA's - Metro eSport Lab  <b>2-4 pm</b> Bridge - Kushner Room	17 <b>Noon to 1 pm</b> Melissia Schmitt Presents: Nutrition for Immunity - Kushner Room  <b>Noon to 2 pm</b> Hand & Foot cards - Conference Room
20 <b>Noon to 1 pm</b> Book Club: The Housemaid by Freida McFadden - Conference Room	21 <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room  <b>12:30-1:15 pm</b> (NEW) Chair Tap Dance with Maria - Family Gym  <b>1-2pm</b> **Aspen Tree Watercolors with Mikayla - Miller Art Studio  <b>2-3 pm</b> Open Watercolors with Mikayla - Miller Art Studio	22 <b>Noon to 12:45 pm</b> In the Kitchen with Chef Koren: Pumpkin Spiced Candied Nuts - Kushner Room  <b>Noon</b> Euchre/Cards - Kushner Room  <b>1-2 pm</b> **Aspen Tree Watercolors with Mikayla - Miller Art Studio  <b>2-3 pm</b> Open Watercolors with Mikayla - Miller Art Studio	23 <b>12:15-1:30 pm</b> RIT/OSHER Lecture: Inside Investigative Journalism with Jennifer Lewke - Conference Room  <b>2-4 pm</b> Bridge - Kushner Room  <b>**1:30-2:30 pm</b> Visit/Games/Social at Glenmere/Cloverwood	24 <b>Noon to 1 pm</b> Photographer Flinn Hackett Presents: How to Get Started, Subjects, Technique & Taking Great Pictures - Kushner Room
27 <b>1-2 pm</b> Knitting/Crochet Club - Conference Room	28 <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room	29 <b>Noon</b> Euchre/Cards - Kushner Room	30 <b>Noon to 12:45 pm</b> Meditation with Deb - Kushner Room  <b>12:15-1:30 pm</b> RIT/OSHER Lecture: Willow Domestic Violence Center, Innovative Approaches to Preventing Domestic Violence & Building Safer Communities - Conference Room  <b>2-4 pm</b> Bridge - Kushner Room	31 <b>10-11 am</b> AOA Coffee Hour - Kushner Room

Please email [janet.paris@RochesterYMCA.org](mailto: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: All programs with an (\*\*) require online registration at [www.rochesterymca.org](http://www.rochesterymca.org)**

**The Power of Budgeting with Financial Planner, Robert Nestruck, with Edward Jones Investments.**

This interactive seminar will explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings, and debt repayment.

**\*\*AOA Time in the Kitchen**

This month, expert baker and member Diane F. will be teaching us how to make Harvest Pumpkin Scones. Roll up your sleeves and join the fun!

**Book Club**

This month's discussion will be about The Housemaid by Freida McFadden.

**In the Kitchen with Chef Koren**

We're feeling Fall like; Pumpkin Spiced Candied Nuts.

**Crossroads Chiropractic**

Join Toi Sweeney, Marketing Director, to learn about the benefits of chiropractic health.

**Nutrition for Immunity**

Cold & flu season is here! Join master nutrition coach & YMCA indoor cycling instructor Melissia Schmidt to learn how your nutrition & healthy habits best support your immune system.

**(NEW) Chair Tap Dancing with Maria**

Join Westside Family AOA Coordinator, Maria Tette for this fun, new class. No tap shoes are required, but are a lot of fun. Sneakers are appropriate.

**Dom Genova Presents: What your Dealer Knows**

when buying a car. - Industry Insider, author, radio host and retired car dealer is here to present: What your Dealer Knows, how to not be taken for a ride when buying a car. Drive home happy! Dom will teach you how to spot virtually every trick in the book.

**Photographer Flinn Hackett**

One of our favorite members and photographer is back to share how he got started. How to choose subjects and techniques for taking great photos.

**(NEW) Creative Writing with Rose**

No experience required. Join Arts & Humanities Instructor, Rose to explore writing techniques, poetry, short story writing and memoirs. Class meets the first Friday of each month at 1:30 pm.

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

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

Join Art Instructor, Mikayla, in the Miller Art Studio for a craft project. Space limited. Registration 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. Registration required at Member Services for attendance.

**Open Watercolors**

Practice your painting skills. This is not an instructor led class. No Registration required.

**\*\*Game On: Metro eSports Lab**

Enjoy cooperative & lighthearted games that bring people together to laugh and keep minds sharp in a relaxed social setting.

**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

**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.