



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Noon to 12:30 pm Holiday Name that Tune with Janet - Kushner Room	2 Noon Mahjong & Mexican Train Dominoes - Kushner Room	3 Noon to 12:45 pm **Craft with Legacy/Clover Blossom - Kushner Room Noon Euchre/Cards - Kushner Room 1-2 pm **Art/Craft Macrame Ornaments with Mikayla - Miller Art studio	4 12:30-1:15 pm Intergenerational Craft with Skalne Childcare: Holiday Cookie Decorating - Kushner Room 1-2 pm Alzheimer's Association, Caitlin Brado Presents: 10 Warning Signs of Alzheimer's and Dementia - Conference Room 2-4 pm Bridge - Kushner Room	5 10 am-1 pm AOA Art Show - Miller Art Studio & Conference Room Noon to 2 pm Hand & Foot Cards - Kushner Room 1:30-2 pm **Creative Writing with Rose - Conference Room
8 10-11 am AOA Coffee Hour - Kushner Room	9 Noon Mahjong & Mexican Train Dominoes - Kushner Room 1-2 pm **Snowy Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors with Mikayla - Miller Art Studio	10 Noon to 12:30 pm In the Kitchen with Chef Koren: Pumpkin Pie Smoothie - Kushner Room Noon Euchre/Cards - Kushner Room 1-2 pm **Snowy Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors with Mikayla - Miller Art Studio	11 1-1:30 pm Holiday Card Writing for Glenmere Assisted Living - Conference Room 2-4 pm Bridge - Kushner Room	12 Noon to 12:45 pm ROC Dog Therapy Dogs - West Entrance/Kushner Room Noon to 1:30 pm **AOA Time in the Kitchen: Holiday Cookies with Diane - Palmer's Kitchen
15 Noon to 1 pm Book Club: Becoming Madam Secretary by Stephanie Dray - Conference Room	16 Noon Mahjong & Mexican Train Dominoes - Kushner Room 12:30-1:15 pm (NEW) Chair Tap Dance with Maria - Family Gym	17 10-11 am Crossroads Chiropractic Presents: Back Pain - Root Cause & Treatment - Kushner Room Noon Euchre/Cards - Kushner Room	18 12:15-1 pm Meditation with Deb - Kushner Room 2-4 pm Bridge - Kushner Room	19 Noon to 1 pm **AOA Holiday Party: Bring a dessert to pass (sign up sheet at Member Services Desk) - Kushner Room 1-3 pm Hand & Foot Cards - Kushner Room
22 1-2 pm Knitting/Crochet Club - Conference Room	23 Noon Mahjong & Mexican Train Dominoes - Kushner Room	24 Christmas Eve Branch Hours 5 am to Noon	25 MERRY CHRISTMAS! Branch Closed	26
29 Noon to 2pm Euchre/Cards - Kushner Room	30 Noon Mahjong & Mexican - Train Dominoes	31 New Year's Eve! Branch Hours 5 am-2 pm 10 am to Noon **Family Fun New Year's Eve		

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.
Registration opens at 10 am on the 28 day of the prior month.

Arts and Creative Workshops:

Intergenerational Craft

Join our sweet little one's from the Schottland YMCA Skalny Childcare Center for a holiday cookie decorating and story time. Enjoy their smiles and brighten your day!

AOA Art Show

Stop by the Miller Art Studio & Conference Room to enjoy light refreshments and enjoy the works of art our Schottland AOA's have created throughout the year with Mikayla. Wait until you see the beautiful creations of our talented members!

****Creative writing with Rose**

No experience required. Join Arts & Humanities Instructor, Rose to explore writing techniques, poetry, short story writing and memoirs.

****Craft with Legacy/Clover Blossom**

Join us in the Kushner Room for a holiday craft.

****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

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

Bite-Sized Learning:

****AOA Time in the Kitchen**

This month, our favorite baker, Diane, is here to make and frost holiday cut out cookies with you.

In the Kitchen with Chef Koren

This month Koren is teaching us how to make Pumpkin Pie Smoothies.

Games and Social Clubs:

Book Club

This month's discussion; Becoming Madam Secretary by Stephanie Dray.

ROC Dog Therapy Dogs

Stop in for some unconditional love from our furry friends.

Mahjong, Mexican Train Dominoes, Euchre, Bridge, Hand & 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.

Special Events and Guest Speakers:

Alzheimer's Association, 10 Warning Signs of Alzheimer's & Dementia

Join program Director, Caitlin Brado as she discusses memory loss vs the warning signs of dementia and Alzheimer's disease.

(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.

Meditation with Deb

Join Yoga Instructor Deb, as she leads us in a meditation to help us de-stress during the holidays.

Crossroads Chiropractic Presentation

Join Toi Sweeney, Marketing Director, to learn about back pain, it's root cause, and treatment options.