



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Note: Programs with an (**) require online registration at www.rochesterymca.org. Registration opens at 10 am on the 28 of the prior month</p>			1 Happy New Year! Branch Hours 10 am-2 pm	2 Noon to 2 pm Hand & Foot Cards - Kushner Room 1:30-2:30 pm **Creative Writing with Rose - Conference Room
5 10-11 am AOA Coffee Hour - Conference Room	6 Noon to 5 pm Red Cross Blood Drive - Kushner Room Noon Mahjong & Mexican Train Dominoes - Conference Room 1-2 pm AOA Service Project with Mikayla: Rice Heat Pads for Margaret Home - Miller Art Studio	7 Noon Euchre/Cards - Kushner Room 2-3 pm **Art/Craft with Mikayla: Paper Flower Bouquets - Miller Art Studio	8 12:15-1:15 pm Bank of America Presents: Better Money Habits & Financial Security - Kushner Room 2-4 pm Bridge - Kushner Room	9 Noon to 12:45 pm ROC Dog Therapy Dogs - Kushner Room/West Entrance
12 Noon to 1 pm Together In Caring Presents: Unsafe at Home & Family Stress with Kara Stadt - Kushner Room	13 Noon Mahjong & Mexican Train Dominoes - Kushner Room 1-2 pm **Abstract Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors with Mikayla - Miller Art Studio	14 Noon Euchre/Cards - Kushner Room 1-2 pm **Abstract Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors with Mikayla - Miller Art Studio	15 12:14-12:45 pm In the Kitchen with Chef Koren: Roseberry Mule Mocktail - Kushner Room 12:15-1:30 pm RIT/OSHER ZOOM Lecture: Is it up to Civil Society to Preserve America's Conservative Institutions. Dr. Lauren Hall (Assoc Dean of Academic Affairs, College of Liberal Arts, RIT - Conference Room 2-4 pm Bridge - Kushner Room	16 Noon to 2 pm Hand & Food Cards - Kushner Room Noon to 1:30 pm **AOA Time in the Kitchen: Protein Balls with Janet - Palmers Kitchen
19 Noon to 1 pm Book Club: The Stolen Life of Colette Marceau by Kristin Harmel - Conference Room	20 Noon Mahjong & Mexican Train Dominoes - Kushner Room 12:30-1:15 pm Chair Tap Dance with Maria - Family Gym	21 Noon Euchre/Cards - Kushner Room 2-3 pm **Art with Mikayla: Paper Flower Bouquets - Miller Art Studio	22 12:15-1:30 pm RIT/OSHER ZOOM Lecture: Sandra Uwiringiyimana Human Right Activist: How Dare the Sun Rises. A Story of Survival, Justice and the Power of Witness - Conference Room 2-4 pm Bridge - Kushner Room	23 Noon to 1:30 pm Dan the Tech Man Presents: Online Shams & Scans - Kushner Room
26 Noon to 1 pm Travel Log with Barb & Mike: The Seine River & Normandy - Kushner Room 1-2 pm Knitting/Crochet Club - Conference Room	27 Noon Mahjong & Mexican Train Dominoes - Kushner Room 1-2 pm **Winter Robin Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors with Mikayla - Miller Art Studio	28 Noon Neil Russell with Assisted Living Locators & Caring Transitions Presents: Your Next Chapter, Simplifying the Move from Home to Community Living - Kushner Room Noon Euchre/Cards - Conference Room 1-2 pm **Winter Robin Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors with Mikayla - Miller Art Studio 3-4 pm **Visit/Games/Social at Glenmere/Cloverwood	29 Noon to 1:30 pm **AOA Game On! Brain Games - Metro eSports Lounge 12:15-1:30 pm RIT/OSHER ZOOM Lecture: Ugandan Water Project: Where Mission Meets Miracles - James Harrington CEO Ugandan Water Project - Kushner Room 2-4 pm Bridge - Kushner Room	30 Noon to 1 pm Sean Ronnenberg, Pilot and Travel Advisor Mayfair Travel Traveling in 2026: What's New, Where to Go and What Type of Trip is right for you! - 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

NOTE: 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 & Creative Workshops:

**Creative Writing with Rose

No experience necessary. Join Arts & Humanities Instructor, Rose to explore writing techniques, poetry, short story writing and memoirs. Class meets first Friday of each month.

Service Project with Mikayla

Join Art Instructor, Mikayla for a service project to support our community. This month we will be making rice filled heat packs for Margaret Home, a local, residential home for pregnant women and mother's with children.

**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 Size Learning:

In the Kitchen with Chef Koren

This month our talented chef will be preparing delicious Roseberry Mule Mocktails.

**AOA Time in the Kitchen

This month, we will roll up our sleeves and make protein balls.

Special Events & Guest Speakers:

Red Cross Blood Drive

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

Bank of America Presents: Better Money Habits

Join Lisa Bonzo, Relationship Banker for a discussion on better money habits, budgeting and financial security.

Together in Caring Presents: Unsafe At Home & Family Stress

When we are involved with an older family member and our perception is that they are not safe in their current environment, it can create a stressful and often contentious situation. Other times the stress can come from family members not agreeing on the best course of action for the loved one who is not receiving the level of support they need. Navigating these situations and staying focused on the best outcome for the older adult can be overwhelming. Join Program Director, Kara Stadt for a discussion on how to approach these situations as well as how to plan ahead for when you may be the one needing the support from your family.

Chair Tap Dancing with Maria

Join Westside Family AOA Coordinator, Maria Tetter for this fun, new class. No taps shoes are required, but are fun if you have some in the bottom of the closet. Sneakers are appropriate.

Dan the Tech Man

Our favorite technology guru is back for an in depth look at the world of online threats, how to recognize & prevent scams, 5 tips to protect you, what to do if you are a victim and helpful resources.

What's New in Travel for 2026

Join Pilot, Winemaker and Travel Advisor, Sean Ronnenberg, Mayfair Travel for a discussion on travels in 2026-where to go, what to see and what is right choice for you!

Travel Log

Join members, Barb & Mike, as they share pictures and travel itinerary for their wonderful trip to Normandy and on the Seine River.

"Your Next Chapter: Simplifying the Move from Home to Community Living"

Making the move from your home to a senior living community can feel overwhelming, but it doesn't need to be. In this session, you'll hear from Assisted Living Locators and Caring Transitions, two local experts who work hand-in-hand to guide seniors and families through every step of the journey—from finding the right community to downsizing, moving and selling your home. Learn how a coordinated plan can take the stress out of the process and help you focus on what really matters: enjoying the next chapter of life.

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.

Games, Community Service & Social Clubs:

AOA Coffee Hour

Gather in the Kushner room for coffee & conversation. Feel free to bring your favorite breakfast treat to share.

Book Club

This month's discussion, The Stolen Life of Colette Marceau by Kristin Harmel. Historical fiction that follows a family of jewel thieves in the 1940s Paris who steal from the cruel to fund the French Resistance.

**AOA Game On! Brain Games

Join us in the Metro eSports Lab for cognitive learning, brain games and fun. No computer skills needed. Keep your mind sharp in a relaxed social setting.

**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.) Transport self (across street from the Schottland YMCA-1 Wheatley Terrace, Pittsford, behind the Barn Bazarre.)

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.

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.

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