



# ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | FEBRUARY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

**Noon to 1 pm**  
Coffee Conversation;  
Current Events in  
the Financial Market  
with Robert  
Nestricks: Edward  
Jones Investments -  
Kushner Room

3

**Noon**  
Mahjong &  
Mexican Train  
Dominoes -  
Kushner Room

4

**Noon to 1 pm**  
\*\*"Souper" Bowl Potluck -  
Kushner Room, Sign up at  
Member Services Desk

**12:15-1:15 pm**  
URMC Orthopedics, Dr. Paul  
Rubery presents: Maintaining  
Bone Health for an Active Life -  
Kushner Room

5

**12:15-1:30 pm**  
RIT/OSHER ZOOM Lecture: The  
Birth of Modern Drama in Late  
19<sup>th</sup> Century - Mark Cuddy  
Artistic Director at Geva -  
Conference Room

**11:30 am-12:30 pm**  
Meredith Marko Harrigan,  
Author & PhD, Professor at  
SUNY Geneseo, Presents: My  
Journey with Parkinson's  
Disease - Kushner Room

6

**12:30-2:30 pm**  
Hand & Foot Cards -  
Kushner Room

**\*\*1:30-2:30 pm**  
Creative Writing with Rose -  
Conference Room

9

**Noon to 1 pm**  
What's New in the  
Wellness Center  
with Senior Health &  
Wellness Director,  
Matt Pagano -  
Kushner Room

10

**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

11

**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

**10-10:45 am**  
Coffee Chat with Rob - Kushner  
Room

**12:15-12:45 pm**  
In the Kitchen with Chef Koren:  
Healthy Apple Dip - Kushner  
Room

**12:15-1:30 pm**  
RIT/OSHER ZOOM Lecture:  
Hospice & Palliative Medicine, A  
Spectrum of Care with Dr. Chin-  
Lin Ching URMC - Conference  
Room

**2-4 pm**  
Bridge - Kushner Room

13

**Noon to 1 pm**  
AOA Valentine Day  
Social -  
Kushner Room

**Noon to 12:45 pm**  
ROC Dog Therapy  
Dogs - West Entrance/  
Kushner Room

16

**Noon to 1 pm**  
Book Club: Vera  
Wong's Unsolicited  
Advice for  
Murderers by Jesse  
Q. Sutanto -  
Conference Room

17

**Noon**  
Mahjong & Mexican  
Train Dominoes -  
Kushner Room

**12:30-1:15 pm**  
Chair Tap Dance  
with Maria -  
Family Gym

18

**Noon to 1 pm**  
\*\*Dr. Mary Wilsch, Chief of  
Obstetrics & Gynecology  
Highland Hospital Presents:  
Managing Menopause &  
Hormonal Health -  
Kushner Room

**Noon**  
Euchre/Cards - Conference Room

**2-3 pm**  
\*\*Felt Heart Ornaments with  
Mikayla -  
Miller Art Studio

**12:15-1 pm**  
Meditation with Deb: Mindful  
Heart - Kushner Room

**12:15-1:30 pm**  
RIT/OSHER ZOOM Lecture:  
One Visual Storyteller's  
Approach to Covering Local  
News-Seth Voorhees,  
Multimedia Journalist Spectrum  
News - Conference Room

**2-4 pm**  
Bridge - Kushner Room

20

**Noon to 2 pm**  
Hand & Foot Cards -  
Kushner Room

23

**Noon to 1 pm**  
Together in Caring  
Presents: Understanding  
Veteran's Pension,  
Disability Compensation,  
& Survivor's Benefits -  
Kushner Room

**1-2 pm**  
Knitting/Crochet Club -  
Conference Room

24

**Noon**  
Mahjong & Mexican Train  
Dominoes - Kushner Room

**1-2 pm**  
\*\*Cherry Blossom  
Watercolor Trees with  
Mikayla -  
Miller Art Studio

**2-3 pm**  
Open Watercolors with  
Mikayla - Miller Art Studio

25

**Noon**  
Euchre/Cards -  
Kushner Room

**1-2 pm**  
\*\*Cherry Blossom Watercolor  
Trees with Mikayla -  
Miller Art Studio

**2-3 pm**  
Open Watercolors with Mikayla-  
Miller Art Studio

**3-4 pm**  
\*\*Visit/Games/Social at  
Glenmere/Cloverwood

**12-1:30 pm**  
\*\*AOA Game On! Party Games -  
Metro eSports Lounge

**12:15-1:30 pm**  
RIT/OSHER ZOOM Lecture:  
Genesee Country Village &  
Museum-Sharing History, Art, &  
Nature of Western NY For 50  
yrs- Becky Wehle-Museum  
President & CEO -  
Conference Room

**2-4 pm**  
Bridge - Kushner Room

27

**Noon to 1:30 PM**  
\*\*AOA Time in the  
Kitchen with Janet &  
Rachel: Let's Make  
Chocolates! -  
Palmer's Kitchen

**Please Note:**  
Programs with an (\*\*) require online registration at [www.rochesterymca.org](http://www.rochesterymca.org). Registration opens at 10 am on the Third Monday of the prior month

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). Registration opens at 10 am on the Third Monday of the prior month.

### Arts and Creative Workshops:

#### \*\*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. Please register for only one class.

#### \*\*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. Register at Member Services for attendance. Please do not register for duplicate classes.

#### Open Watercolors

Explore your creativity and practice your painting skills in our Art studio. This is not an instructor led class. No sign up required.

### Bite-Sized Learning:

#### In the Kitchen with Chef Koren

This month our chef is making healthy apple dip.

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

This month, Janet and Rachel are making chocolate candy with you!

### Games and Social Clubs:

#### Coffee Chat with Rob

Join member Rob for a cup of coffee and casual conversation in the Kushner Community Room. Bring your favorite breakfast treats.

#### \*\*\*Souper" Bowl Potluck

Bring your favorite soup, chili, or side dish and let's talk football. Potluck sign up sheet at Member Services Desk. Please bring canned goods or non-perishables to help us stock the food pantry at The Lewis Street YMCA Neighborhood Center.

#### \*\*AOA Game On! Party Games

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

#### AOA Book Club

This month's discussion, Vera Wong's Unsolicited Advice for Murderers by Jesse Q. Sutanto.

#### 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.

### Special Events & Guest Speakers:

#### Current Events in the Financial Market

Join Financial Advisor, Robert Nestrick with Edward Jones Investments for coffee and a discussion on the latest market trends. Bring your questions for an open discussion.

#### \*\*URMC Orthopedics, Dr. Paul Rubery presents: Maintaining Bone Health for an Active Life.

Maintaining strong bones is a critical step in avoiding fractures and disability throughout life. The aging process, as well as certain medical conditions and medications, can endanger the strength of our bones. Dr. Rubery will discuss maintaining strong bones and provide an update on osteoporosis and its treatment.

#### My Journey with Parkinson's Disease

Author, PhD & Professor at SUNY Geneseo, Meredith Marko Harrigan shares her diagnosis and journey with Parkinson's disease.

#### \*\*Managing Menopause & Hormonal Health

Join Dr. Mary Wilsch, Chief of Obstetrics & Gynecology Highland Hospital for this informative discussion on menopause and post menopausal hormone health.

#### What's New in the Wellness Center

Join Schottland YMCA Senior Health & Wellness Director, Matt Pagano, to learn what is new in the wellness center; equipment, programs, coming soon, personal training, classes, etc.

#### Meditation with Deb

Join Yoga instructor, Deb M., as she leads us in a meditation to center our heart.

#### Chair Tap Dancing with Maria

Join Westside Family AOA Coordinator, Maria Tette 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.

#### \*\* 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 Bazaar.)

#### 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.