



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | FEBRUARY 2026

MONDAY

2

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

9

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

16

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

TUESDAY

3

Noon
Mahjong &
Mexican Train
Dominoes -
Kushner Room

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

17

Noon
Mahjong & Mexican
Train Dominoes -
Kushner Room

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

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

WEDNESDAY

4

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

Noon
Euchre/Cards -
Kushner Room

2-3 pm
**Felt Heart Ornaments 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

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

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

THURSDAY

5

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

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

2-4 pm
Bridge - Kushner Room

12

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 URM - Conference
Room

2-4 pm
Bridge - Kushner Room

19

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

26

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

FRIDAY

6

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

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

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

20

Noon to 2 pm
Hand & Foot Cards -
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. Registration opens at 10 am on the Third Monday of the prior month

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

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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 Nestruck 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 tap 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 Bazarre.)

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.