



# ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Noon to 1 pm</b> Coffee Conversation with Edward Jones Investment - Kushner Room	<b>3</b> <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room	<b>4</b> <b>Noon to 1 pm</b> "Souper" Bowl Potluck - Kushner Room <b>Noon</b> Euchre/Cards - Kushner Room <b>2-3 pm</b> Felt Heart Ornaments - Miller Art Studio	<b>5</b> <b>12:15-1:15 pm</b> URMC Orthopedics Presents: Maintaining Bone Health - Kushner Room <b>12:15-1:30 pm</b> RIT/OSHER ZOOM Lecture - Conference Room <b>2-4 pm</b> Bridge - Kushner Room	<b>6</b> <b>11:30 am-12:30 pm</b> Presentation: Journey with Parkinson's Disease - Kushner Room <b>12:30-2:30 pm</b> Hand & Foot Cards - Kushner Room <b>1:30-2:30 pm</b> Creative Writing - Conference Room
<b>9</b> <b>Noon to 1 pm</b> Presentation: What's New in the Wellness Center - Kushner Room	<b>10</b> <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room <b>1-2 pm</b> Abstract Watercolors - Miller Art Studio <b>2-3 pm</b> Open Watercolors - Miller Art Studio	<b>11</b> <b>Noon</b> Euchre/Cards - Kushner Room <b>1-2 pm</b> Abstract Watercolors - Miller Art Studio <b>2-3 pm</b> Open Watercolors - Miller Art Studio	<b>12</b> <b>10-10:45 am</b> Coffee Chat with Rob - Kushner Room <b>12:15-12:45 pm</b> In the Kitchen with Chef Koren - Kushner Room <b>12:15-1:30 pm</b> RIT/OSHER ZOOM Lecture - Conference Room <b>2-4 pm</b> Bridge - Kushner Room	<b>13</b> <b>Noon to 1 pm</b> AOA Valentine Day Social - Kushner Room <b>Noon to 12:45 pm</b> ROC Dog Therapy Dogs - West Entrance/ Kushner Room
<b>16</b> <b>Noon to 1 pm</b> Book Club - Conference Room	<b>17</b> <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room <b>12:30-1:15 pm</b> Chair Tap Dance - Family Gym	<b>18</b> <b>Noon to 1 pm</b> Highland Hospital Presentation - Kushner Room <b>Noon</b> Euchre/Cards - Conference Room <b>2-3 pm</b> Felt Heart Ornaments - Miller Art Studio	<b>19</b> <b>Noon to 1 pm</b> Hiking Group Planning Meeting - Eastside YMCA Conference Room <b>12:15-1 pm</b> Meditation: Mindful Heart - Kushner Room <b>12:15-1:30 pm</b> RIT/OSHER ZOOM Lecture - Conference Room <b>2-4 pm</b> Bridge - Kushner Room	<b>20</b> <b>Noon to 2 pm</b> Hand & Foot Cards - Kushner Room
<b>23</b> <b>Noon to 1 pm</b> Together in Caring Presentation - Kushner Room <b>1-2 pm</b> Knitting/Crochet Club - Conference Room	<b>24</b> <b>Noon</b> Mahjong & Mexican Train Dominoes - Kushner Room <b>1-2 pm</b> Watercolor Painting - Miller Art Studio <b>2-3 pm</b> Open Watercolors - Miller Art Studio	<b>25</b> <b>Noon</b> Euchre/Cards - Kushner Room <b>1-2 pm</b> Watercolor Painting - Miller Art Studio <b>2-3 pm</b> Open Watercolors - Miller Art Studio <b>3-4 pm</b> Visit/Games/Social at Glenmere/Cloverwood	<b>26</b> <b>Noon to 1:30 pm</b> AOA Game On! Party Games - Metro eSports Lounge <b>12:15-1:30 pm</b> RIT/OSHER ZOOM Lecture - Conference Room <b>2-4 pm</b> Bridge - Kushner Room	<b>27</b> <b>Noon to 1:30 pm</b> AOA Time in the Kitchen - Palmer's Kitchen
				<b>Please Note:</b> NOTE: All programs in <b>Blue</b> require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.

Note: February 19 AOA Hiking Group Planning Meeting will be held at the Eastside Family YMCA!

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:





# ACTIVE OLDER ADULT DESCRIPTIONS

SCHOTTLAND FAMILY YMCA | FEBRUARY 2026

Programs in **Blue** require online registration at [RochesterYMCA.org](https://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. 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. 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.

## 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. 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**

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 Bazaar.)

### **Together in Caring Presentation**

This presentation is focused on Understanding Veteran's Pension, Disability Compensation and Survivor's Benefits

### **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.

- Thursday, February 5: The Birth of Modern Drama in Late 19<sup>th</sup> Century - Mark Cuddy Artistic Director at Geva.
- Thursday, February 12: Hospice & Palliative Medicine, A Spectrum of Care with Dr. Chin-Lin Ching URM.
- Thursday, February 19: One Visual Storyteller's Approach to Covering Local News-Seth Voorhees, Multimedia Journalist Spectrum News.
- Thursday, February 26: Genesee Country Village & Museum-Sharing History, Art, & Nature of Western NY For 50 yrs- Becky Wehle-Museum President & CEO.