



# ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | MARCH 2026

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <div>2</div> <div>Noon to 1 pm<br/>Healing Touch &amp; Services, LLC<br/>Presentation -<br/>Kushner Room</div>                       | <div>3</div> <div>Noon to 5 pm<br/>Red Cross Blood Drive<br/>- Kushner Room<br/><br/>Noon<br/>Mahjong &amp; Mexican<br/>Train Dominoes -<br/>Conference Room</div>   | <div>4</div> <div>Noon to 1 pm<br/>UR Medicine Presents:<br/>The Aging Eye -<br/>Kushner Room<br/><br/>Noon<br/>Euchre/Cards -<br/>Conference Room</div>   | <div>5</div> <div>10-10:45 am<br/>Coffee Chat with Rob -<br/>Kushner Room<br/><br/>12:15-1:30 pm<br/>RIT/OSHER ZOOM Lecture<br/>- Conference Room<br/><br/>2-4 pm<br/>Bridge/Cards -<br/>Kushner Room</div> | <div>6</div> <div>Noon to 2 pm<br/>Hand &amp; Foot Cards -<br/>Kushner Room<br/><br/>1:30-2:30 pm<br/>Creative Writing -<br/>Conference Room</div>  |
| <div>9</div> <div>Noon to 1 pm<br/>Craft with Legacy<br/>Clover Blossom -<br/>Kushner Room</div>                                     | <div>10</div> <div>Noon<br/>Mahjong &amp; Mexican Train<br/>Dominoes - Kushner Room<br/><br/>12:30-1:15 pm<br/>Chair Tap Dance -<br/>Family Gym<br/><br/>1-2 pm<br/>Cup of Creativity Watercolors<br/>- Miller Art Studio<br/><br/>2-3 pm<br/>Open Watercolors -<br/>Miller Art Studio</div> | <div>11</div> <div>Noon to 1 pm<br/>HOSA (Future Health<br/>Professionals) Presentation -<br/>Kushner Room<br/><br/>1-2 pm<br/>Cup of Creativity Watercolors<br/>- Miller Art Studio<br/><br/>2-3 pm<br/>Open Watercolors -<br/>Miller Art Studio</div>              | <div>12</div> <div>12:15-12:45 pm<br/>In the Kitchen -<br/>Kushner Room<br/><br/>12:15-1:30 pm<br/>RIT/OSHER ZOOM Lecture<br/>- Conference Room<br/><br/>2-4 pm<br/>Bridge/Cards -<br/>Kushner Room</div>   | <div>13</div> <div>Noon to 12:45 pm<br/>ROC Dog Therapy<br/>Dogs - Kushner<br/>Room/West Entrance</div>   |
| <div>16</div> <div>Noon to 1 pm<br/>Book Club -The<br/>Great Alone by<br/>Kristin Hannah<br/>Conference Room</div>                   | <div>17</div> <div>12:15-1 pm<br/>Goodwin Irish Dancers -<br/>Family Gym<br/><br/>1-2 pm<br/>St. Patrick's Day Party -<br/>Kushner Room<br/><br/>2-4 pm<br/>Mahjong &amp; Mexican<br/>Train Dominoes -<br/>Kushner Room</div>  | <div>18</div> <div>Noon to 1 pm<br/>Rochester Hearing<br/>Loss Association<br/>Presentation -<br/>Kushner Room<br/><br/>Noon<br/>Euchre/Cards -<br/>Conference Room</div>  | <div>19</div> <div>12:15-1:30 pm<br/>RIT/OSHER ZOOM<br/>Lecture -<br/>Conference Room<br/><br/>2-4 pm<br/>Bridge/Cards -<br/>Kushner Room</div>   | <div>20</div> <div>Noon to 1 pm<br/>Connect Care Medicine<br/>Presentation -<br/>Kushner Room<br/><br/>Noon to 2 pm<br/>Hand &amp; Foot Cards -<br/>Conference Room</div>                         |
| <div>23</div> <div>1-2 pm<br/>Knitting/Crochet Club<br/>- Conference Room</div>  | <div>24</div> <div>Noon<br/>Mahjong &amp; Mexican Train<br/>Dominoes - Kushner Room<br/><br/>1-2 pm<br/>Cup of Creativity Watercolors<br/>- Miller Art Studio<br/><br/>2-3 pm<br/>Open Watercolors -<br/>Miller Art Studio</div>   | <div>25</div> <div>Noon<br/>Euchre/Cards -<br/>Kushner Room<br/><br/>1-2 pm<br/>Cup of Creativity Watercolors<br/>- Miller Art Studio<br/><br/>2-3 pm<br/>Open Watercolors -<br/>Miller Art Studio<br/><br/>3-4 pm<br/>Games/Social at<br/>Glenmere/Cloverwood</div> | <div>26</div> <div>12-1:30 pm<br/>AOA Game On -<br/>Metro eSports Lounge<br/><br/>2-4 pm<br/>Bridge/Cards -<br/>Kushner Room</div>  | <div>27</div> <div>Noon to 1:30 pm<br/>AOA In the Kitchen -<br/>Palmer's Kitchen:<br/>Let's Make Granola</div>  |
| <div>30</div> <div>Noon to 1 pm<br/>Travel Log with Barb<br/>&amp; Mike: The Seine<br/>River &amp; Normandy -<br/>Kushner Room</div> | <div>31</div> <div>Noon<br/>Mahjong &amp; Mexican<br/>Train Dominoes -<br/>Kushner Room<br/><br/>12:15-1:30 pm<br/>Chair Tap Dance -<br/>Family Gym</div>  |  |   | <div>Please Note:<br/>All programs in Blue<br/>require online<br/>registration at<br/>RochesterYMCA.org.<br/>Registration opens<br/>at 10 am on the<br/>third Monday of the<br/>prior month</div> |

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 | MARCH 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 & Craft Workshops:

### **Watercolors with Mikayla**

Join Art instructor, Mikayla, in the Miller Art Studio to learn to paint. Four classes per month with same project taught in the month.

### **Open Watercolors**

Practice your painting skills. This is not an instructor led class.

### **Craft with Legacy Clover Blossom**

Join us in the Kushner Community Room at the Schottland Y for a fun craft with the Program Coordinator from Legacy Clover Blossom.

## Bite-Sized Learning:

### **In the Kitchen with Chef Koren**

Meet in the Kushner Room for a demonstration and tasting. Making delicious breakfast smoothies!

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

Come roll up your sleeves with Janet. This month, we're making granola. Space is limited, as class is hands on.

## Games & 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.

### **Knitting/Crochet Club**

Bring your projects, patterns, share ideas and skills. This is not an instructor led class. Participants share knowledge and socialize.

### **Book Club**

This month's discussion; The Great Alone by Kristin Hannah.

### **AOA Game On: Brain & Motion Games**

Join us in the Metro eSports Lab for interactive movement and fitness games. No computer skills needed. Keep mind and body sharp in a relaxed social setting.

### **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:

### **Red Cross Blood Drive**

Sign up at [redcross.org](https://redcross.org) to donate blood in our Kushner Community Room.

### **Healing Touch & Services Presentation**

Join private home care aid and business owner, Emily Hilton to learn about caring for your loved one at home and the services and funding available for your care-giving needs.

### **URMC Dept. of Ophthalmology Presents: The Aging Eye**

Join Dr. Lee from URMC to discuss common eye conditions as we age, risk factors and treatment.

### **Rochester Hearing Loss Association Presentation**

Volunteers from HLAA-Rochester will discuss paths to improved hearing for those with hearing loss. Discussion is beneficial for those with or without hearing aids.

### **HOSA: Student Organization for Future Health Care Professionals**

Join Rush Henrietta High School Seniors for a discussion on DermDent Awareness. Examining how everyday oral-care habits may relate to the condition and appearance of the skin.

### **Chair Tap Dance**

Join Westside Family AOA Coordinator, Maria Tette for this fun class. Great for the brain and body! No tap shoes are required. Smooth bottom shoes work well on the tap mats, if you don't have tap shoes.

### **Goodwin Irish Dancers**

We're all Irish on St. Patrick's Day! Join us in the Family Gym for a festive performance!

### **Travel Log**

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

### **Connect Care Medicine Presentation**

Join us with Dr. Kristine Tenebruso for a discussion on the 5 P's of a productive medical appointment.

### **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, March 5: Visual Storytelling in Action. A Photojournalist's Perspective- Tina MacIntyre-Yee, Democrat & Chronicle
- Thursday, March 12: Echoes of Tradition: Exploring the Didgeridoo & Aboriginal Culture-Larry Iwan, Musician
- Thursday, March 19: The Little Theatre in Focus: Alette Jordan, Executive Director Little Theatre