



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Noon to 1 pm
Healing Touch & Services, LLC Presentation - Kushner Room

3

Noon to 5 pm
Red Cross Blood Drive - Kushner Room

Noon
Mahjong & Mexican Train Dominoes - Conference Room

4

Noon to 1 pm
UR Medicine Presents: The Aging Eye - Kushner Room

Noon
Euchre/Cards - Conference Room

5

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

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

6

Noon to 2 pm
Hand & Foot Cards - Kushner Room

1:30-2:30 pm
Creative Writing - Conference Room

9

Noon to 1 pm
Craft with Legacy Clover Blossom - Kushner Room

10

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

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

1-2 pm
Cup of Creativity Watercolors - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

11

Noon to 1 pm
HOSA (Future Health Professionals) Presentation - Kushner Room

1-2 pm
Cup of Creativity Watercolors - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

12

12:15-12:45 pm
In the Kitchen - Kushner Room

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

13

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

16

Noon to 1 pm
Book Club -The Great Alone by Kristin Hannah Conference Room

17

12:15-1 pm
Goodwin Irish Dancers - Family Gym

1-2 pm
St. Patrick's Day Party - Kushner Room

2-4 pm
Mahjong & Mexican Train Dominoes - Kushner Room

18

Noon to 1 pm
Rochester Hearing Loss Association Presentation - Kushner Room

Noon
Euchre/Cards - Conference Room

19

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

20

Noon to 1 pm
Connect Care Medicine Presentation - Kushner Room

Noon to 2 pm
Hand & Foot Cards - Conference Room

23

1-2 pm
Knitting/Crochet Club - Conference Room

24

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

1-2 pm
Cup of Creativity Watercolors - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

25

Noon
Euchre/Cards - Kushner Room

1-2 pm
Cup of Creativity Watercolors - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

3-4 pm
Games/Social at Glenmere/Cloverwood

26

12-1:30 pm
AOA Game On - Metro eSports Lounge

2-4 pm
Bridge/Cards - Kushner Room

27

Noon to 1:30 pm
AOA In the Kitchen - Palmer's Kitchen: Let's Make Granola

30

Noon to 1 pm
Travel Log with Barb & Mike: The Seine River & Normandy - Kushner Room

31

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

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

Please Note:
All programs in Blue require online registration at 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:





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 let 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 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