



# ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

**Noon**  
Euchre/Cards -  
Kushner Room

3

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

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

4

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

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

6

**Noon to 1 pm**  
**Modern Calligraphy**  
with Carly -  
Conference Room

7

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

8

**Noon**  
Euchre/Cards -  
Kushner Room

9

**12:15-12:45 pm**  
In the Kitchen with  
Chef Koren: No Bake  
Almond Blueberry  
Snacks -  
Kushner Room

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

10

**Noon to 1:30 pm**  
Dan the Tech Man  
Presents: Understanding  
the Internet -  
Kushner Room

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

13

**1-2 pm**  
**Afternoon Tea Party -**  
Kushner Room

**1-2:30 pm**  
NEW: Discovery &  
Discussion Club with  
John -  
Conference Room

14

**10-11:30 am**  
Hiking Group:  
Sherwood Fields

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

**12:30-1:15 pm**  
Seated Tap Dance -  
Family Gym

**1-2 pm**  
**Doorways Watercolors Class**  
with Mikayla -  
Miller Art Studio

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

15

**Noon**  
Euchre/Cards -  
Kushner Room

**1-2 pm**  
**Doorways Watercolors**  
Class with Mikayla -  
Miller Art Studio

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

16

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

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

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

17

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

20

**Noon to 1 pm**  
Book Club: Vera  
Wong's Guide to  
Snooping on a Dead  
Man by Jesse Q.  
Sutanto -  
Conference Room

21

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

**1-2 pm**  
**Doorways Watercolors with**  
Mikayla -  
Miller Art Studio

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

22

**Noon**  
Euchre/Cards -  
Kushner Room

**1-2 pm**  
**Doorways Watercolors with**  
Mikayla - Miller Art Studio

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

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

23

**Noon to 1:30 pm**  
**AOA Game On: Puzzle**  
Games -  
Metro eSports Lounge

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

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

24

**10-11:30 am**  
Hiking Group: Powder  
Mill Park - Daffodil  
Meadow Trail

**Noon to 1 pm**  
MVPT Presentation:  
Fitness, the Importance  
of Maintaining a High  
Physical Capacity -  
Kushner Room

27

**Noon to 1 pm**  
Coffee & Financial  
Market Updates with  
Robert Nestruck from  
Edward Jones  
Investments -  
Kushner Room

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

28

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

**12:30-1:15 pm**  
Seated Tap Dance - Family  
Gym

**1-2 pm**  
Intergenerational Service  
Project with Mikayla:  
Kindness Rocks Project -  
Miller Art Studio

29

**Noon**  
Euchre/Cards  
Kushner Room

30

**12:15-1:30 pm**  
**AOA Hands-On Time in the**  
Kitchen with Debbie:  
Vegetable Risotto -  
Palmer's Kitchen

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

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

**NOTE: All programs**  
in **BLUE** require  
online registration  
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:





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 & CREATIVE 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 twice in the month. Sign up at Member Services for attendance or online.

#### **Modern Calligraphy**

Join YMCA Instructor, Carly to learn the basics of Modern Calligraphy. No prior skills required.

#### **Intergenerational Service Project with Mikayla**

Join Art Instructor, Mikayla, for a service project to support our community. This month we will be painting kindness rocks for the Schottland garden and canal trails. Some of our children from the Schottland Skalny Childcare Center will join us.

#### **Open Watercolors**

Practice your painting skills. This is not an instructor led class. No sign up required.

### BITE SIZE LEARNING:

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

This month our favorite chef will demo and offer tastings of No Bake Almond Blueberry Snacks.

#### **AOA Hands-On Time in the Kitchen**

Hands on class! Join member, Debbie S. to make vegetable risotto. Space is limited.

### GAMES & SOCIAL CLUB:

#### **AOA Game On! Puzzle Games:**

Enjoy cognitive games that train the brain and keep your mind sharp in a relaxed social setting.

#### **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.

#### **AOA Book Club**

This month's discussion, Vera Wong's Guide to Snooping on a Dead Man by Jesse Q. Sutanto.

#### **NEW: Discovery & Discussion Club:**

Join Member, John B. for an opportunity to explore important topics in society (historical, economic, technological developments, current events, etc.) affecting our families, region and nation through fact-based presentations and respectful, unbiased discussions. Various topics of interest each month, rotating club member presentations. April topic: Meeting Electricity Needs with Advanced Nuclear Reactors. All are welcome!

#### **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:

#### **Dan the Tech Man**

Our favorite tech guru is back for a discussion on the Internet. Learn about messaging, accessing information and how to securely navigate.

#### **Afternoon Tea Party**

Bring a dish to pass, wear your hat and join us for an English Tea party in the Kushner Room.

#### **Financial Market Updates**

Join Financial Advisor, Robert Nestruck, with Edward Jones Investments for coffee and discussion on current trends in the financial market.

#### **Seated Tap Dance**

Join Maria, Westside AOA Coordinator for this fun class. Great for the brain & body. Tap shoes not required. Smooth bottom, dress shoes work well on tap mats!

#### **Meditation with Deb**

Join Yoga Instructor, Deb M. as she leads us in a mindful meditation for centering and stress alleviation.

#### **MVPT & Senior Helpers Presentation**

Join Dr. Matthew Grichen with MVPT Physical Therapy & Michelle Barbaro with Senior Helpers for a discussion on physical capacity and it's importance in the aging process, as well as screening tools for functional deficits and indicators of decreased strength.

#### **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. See the flyer at Membership Desk for weekly topics.