



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Noon
Euchre/Cards -
Kushner Room

2
10-10:45 am
Coffee Chat with Rob
- Kushner Room

2-4 pm
Bridge/Cards -
Kushner Room

3
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
Noon to 1 pm
MVPT Presentation:
Fitness, the Importance
of Maintaining a High
Physical Capacity -
Kushner Room

1-2:30 pm
Hiking Group: Powder
Mill Park - Daffodil
Meadow Trail

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
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; 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 Nestrack, 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.