



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

4

Noon to 12:45 pm
Livestrong Information Session with David Zarkowsky - Kushner Room

Noon to 1 pm
Modern Calligraphy with Carly - Conference Room

11

1-2:30 pm
NEW: Discovery & Discussion Club with John: North Atlantic Treaty Organization (NATO) - Conference Room

18

Noon to 1 pm
Book Club: Atmosphere by Taylor Jenkins Reid - Conference Room

1-2 pm
Knitting/Crochet Club - Conference Room

25

Happy Memorial Day!

Branch Hours:
8 am to Noon

5

Noon to 5 pm
Red Cross Blood Drive - Kushner Room
Noon
Mahjong & Mexican Train Dominoes - Conference Room
12:30-1:15 pm
Seated Tap Dance - Family Gym
1-2 pm
Lilac Still Life Watercolors - Miller Art Studio
2-3 pm
Open Watercolors - Miller Art Studio

12

10-11:30 am
Hiking Group: Mertensia Park

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

19

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

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

1-2 pm
Lilac Still Life Watercolors - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

26

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

6

Noon to 1 pm
Learn to Bedazzle with Erin - Conference Room

Noon
Euchre/Cards - Kushner Room

1-2 pm
Lilac Still Life Watercolors - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

13

Noon
Euchre/Cards - Kushner Room

2-3 pm
DIY Flower Frog & Vase Craft with Mikayla - Miller Art Studio

20

Noon to 1 pm
Mt. Hope Chiropractic Presentation - Kushner Room

Noon
Euchre/Cards - Conference Room

1-2 pm
Lilac Still Life Watercolors - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

27

Noon
Euchre/Cards - Kushner Room

2-3 pm
Craft: DIY Flower Frog Vase with Mikayla - Miller Art Studio

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

7

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

12:15-1:30 pm
RIT/OSHER ZOOM Lecture: David Hochstein & His Legacy - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

14

12:15-1:30 pm
RIT/OSHER ZOOM Lecture: Raising Puppies to Become Guide Dogs - Conference Room

12:15-12:45 pm
Knife Skills with Chef Koren - Palmer's Kitchen

2-4 pm
Bridge/Cards - Kushner Room

21

United Way Day of Caring!

2-4 pm
Bridge/Cards - Kushner Room

28

Noon to 1:30 pm
AOA Game On! - Metro eSports Lounge

12:15-1:30 pm
RIT/OSHER ZOOM Lecture: the Story Behind the film Mikey 17 - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

1

Noon to 2 pm
Hand & Foot Cards - Kushner Room

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

8

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

15

Noon to 1:30 pm
AOA In the Kitchen: Naan Pizza - Palmer's Kitchen

Noon to 2 pm
Hand & Foot Cards - Kushner Room

22

10-10:45 am
Memorial Day Social: Coffee & Breakfast Treats

29

Noon to 1 pm
MVPT Presents: Fall Prevention, Safe Movement & Mobility - Kushner Room

1-2:30 pm
Hiking Group: Highland Park

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 and 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 in the month. Sign up at Member Services for attendance or online.

Open Watercolors

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

Craft with Mikayla

DIY Flower Frog & Vase, space limited.

Modern Calligraphy

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

Learn to Bedazzle

Join YMCA Member Services Rep, Erin for a creative Bedazzle project.

BITE-SIZED LEARNING:

In the Kitchen with Chef Koren

This month, Chef Koren will take you in the kitchen for a knife skills lesson and crudité board demo.

AOA Hands-On Time in the Kitchen

Join Janet & Rachel to make yummy Naan Pizzas. Space is limited.

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.

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. Sample topic: The North Atlantic Treaty Organization (NATO). All are welcome!

AOA Game On! Games

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

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 is Atmosphere by Taylor Jenkins Reid.

SPECIAL EVENTS & GUEST SPEAKERS:

Red Cross Blood Drive

Sign up at redcross.org to donate blood in our Kushner Community Room.

Livestrong Overview

Join David Zarkowsky, YMCA Personal Trainer for a discussion on program overview, eligibility and guidelines for cancer survivors.

MVPT & Senior Helpers

Join physical therapist, Dr. Matthew Grichon & Michelle Barbaro for a discussion on fall prevention and safe movement & mobility. Discussion will include improving function & safe movement strategies.

Seated Tap Dance with Maria

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.

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 Flyer at Member Services Desk for Topics.

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.)