



# ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**Noon to 1 pm**  
Craft with Legacy  
Clover Blossom:  
Wind Twirlers -  
Kushner Room

2

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

3

**10 am-2 pm**  
AOA Celebration -  
Camp Bay View  
This event is full. We look  
forward to welcoming all  
registered participants!  
Lookout for details about  
next year's celebration.

**Noon**  
Euchre/Cards -  
Kushner Room

4

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

**2-4 pm**  
Bridge/Card Games -  
Kushner Room

5

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

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

8

**Noon to 1 pm**  
Robert Nestrack, Edward  
Jones Investments  
Presents: Social Security -  
Kushner Room

**1-2:30 pm**  
NEW: Discovery &  
Discussion Club with John  
Electrical Brownouts &  
High Costs, Emerging  
Solutions- Conference  
Room

9

**10-11:30 am**  
Hiking Group:  
Gosnell Big Woods Preserve  
**Noon**  
Mahjong & Mexican Train  
Dominoes - Kushner Room

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

**1-2 pm**  
**Watercolors Class: Fireflies in a  
Jar with Mikayla -  
Miller Art Studio**

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

10

**Noon to 1 pm**  
NEW: Culture Club Planning  
Meeting - Theatre, Concerts,  
Movies & Museums with Susan -  
Conference Room

**Noon**  
Euchre/Cards - Kushner Room

**1-2 pm**  
**Watercolors Class: Fireflies in a  
Jar with Mikayla -  
Miller Art Studio**

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

11

**12:15-1:15 pm**  
How & When to  
Downsize Your Home &  
Declutter with Rebecca  
Schoenig - Kushner  
Room

**2-4 pm**  
Bridge/Card Games -  
Kushner Room

12

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

15

**Noon to 1 pm**  
Book Club: Mona's  
Eyes by Thomas  
Schlesser -  
Conference Room

16

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

**1-2 pm**  
**Watercolors Class:  
Fireflies in a Jar with  
Mikayla -  
Miller Art Studio**

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

17

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

**Noon**  
Euchre/Cards -  
Kushner Room

**1-2 pm**  
**Watercolors Class: Fireflies in a  
Jar with Mikayla -  
Miller Art Studio**

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

18

**12:15-12:45 pm**  
In the Kitchen with  
Chef Koren: Cottage  
Cheese Cheesecakes -  
Kushner Room

**2-4 pm**  
Bridge/Card Games -  
Kushner Room

19

**Noon to 1 pm**  
Pace Chiropractic  
Presentation: Work  
Smarter Not Harder in  
the Yard -  
Kushner Room

**1-3 pm**  
Hand & Foot Cards -  
Kushner Room

22

**Noon to 1 pm**  
MVPT Presents:  
Connection Between  
Healthy Body &  
Healthy Eating -  
Kushner Room

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

23

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

**12:15-1:15 pm**  
**Watercolor  
Calligraphy with  
Carly -  
Conference Room**

24

**Noon**  
Euchre/Cards -  
Kushner Room

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

**2-3 pm**  
Craft: Hydrangea Decor  
Button with Mikayla -  
Miller Art Studio

25

**12-1:30 pm**  
**AOA Game On! Puzzle  
Games -  
Metro eSports Lounge**

**2-4 pm**  
Bridge/Card Games -  
Kushner Room

26

**10 am-1 pm**  
AOA Summer Art Show!  
All are welcome -  
Miller Art Studio

**1-2:30 pm**  
Hiking Group: Seneca  
Park Zoo - Cascade &  
Falls Trail

29

**Noon to 1 pm**  
AOA member, John  
Richelson, Presents:  
Libby's Way: A Family's  
Caribbean Adventure;  
1949 True Story of a  
Local Man and His  
Family's 4 Year  
Adventure -  
Kushner Room

30

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

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

**Please Note:**  
All 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.

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 PROGRAM DESCRIPTIONS

SCHOTTLAND FAMILY YMCA | JUNE 2026

Programs in **BLUE** require online registration at [rochesterymca.org](http://rochesterymca.org): Registration opens at 10am on the third Monday of the prior month.

## Arts & Creative Workshops:

### Art/Craft Projects with Mikayla

Join Art Instructor, Mikayla, in the Miller Art Studio for a craft project. Space limited. 2 classes per month of the same project. Please do not register for duplicate classes.

### Watercolors with Mikayla

Join Art Instructor, Mikayla, in the Miller Art Studio to learn to paint. 4 classes per month of the same project. Please do not register for duplicate classes.

### Open Watercolors

Explore your creativity & practice your painting skills in our Art studio. This is not an instructor-led class.

### Watercolor Calligraphy

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

### Summer Art Show

Submit your works of Art to Mikayla. They can be pieces you have worked on outside of the Y. Join us in the Art studio for refreshments and enjoy our AOA talent! All are welcome! Submission form at Member Services Desk.

### Craft with Legacy Clover Blossom

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

## Bite-Sized Learning:

### In the Kitchen with Chef Koren

This month Chef Koren is making cottage cheese cheesecake.

## Games & Social Clubs:

### NEW: Culture Club with Susan

Come meet Susan M, new AOA Volunteer. Susan will be organizing regular social outings to concerts, theater productions, museums, movies and dinner. Join her for a meet and greet and share your areas of interest.

### 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 Game On!

This month we're stimulating our minds with puzzle games.

### 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. All are welcome!

### AOA Book Club

This month's discussion: Mona's Eyes by Thomas Schlessler.

### 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 & Foot

All games are open play. Odd number of players rotate in. The YMCA has game sets and cards.

## Special Events & Guest Speakers

### Chair Tap Dancing:

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.

### Pace Chiropractic Presentation:

Work Smarter, Not Harder in the Yard-Join Dr. Sarah Pace for an educational discussion on being outdoors with less pain and discomfort. Learn to move safely with less strains and and discomfort. Leave with practical take-home strategies.

### How & When to Downsize your Home:

Join realtor, Rebecca Schoenig for a discussion on how and when to downsize your home, as well as how to declutter and organize.

### Edward Jones Investments Presentation

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

### Libby's Way: A Family's Caribbean Adventure

Join retired local, John Richelson, as he shares the fascinating story, spearheaded by his mother, of his family's 1949 journey at sea and 4 year adventure in the Caribbean.

### MVPT Physical Therapy

Join Dr. Matthew Grichon & Michelle Barbaro will discuss healthy living through the lens of nutrition and how it can impact physical performance, injury, & recovery. Power Ball recipe demo, as well.