



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | JULY 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

6
Noon to 1 pm
Peer to Peer Travel Tips & Tricks - Kushner Room

7
Noon to 5 pm
Red Cross Blood Drive - Kushner Room
Noon to 2 pm
Mahjong & Mexican Train Dominoes - Conference Room
12:30-1:15 pm
Seated Tap Dance - Family Gym
1-2 pm
Cactus Blossom Watercolors Class - Miller Art Studio
2-3 pm
Open Watercolors - Miller Art Studio

8
Noon
Euchre/Cards - Kushner Room
1-2 pm
Cactus Blossom Watercolors Class - Miller Art Studio
2-3 pm
Open Watercolors - Miller Art Studio

9
12:15-2:30 pm
Movie Day: Remarkably Bright Creatures - Kushner Room

10
Noon to 1:30 pm
Dan the Tech Man Presents: What is the Cloud? - Kushner Room
Noon to 12:45 pm
ROC Dog Therapy Dogs - West Entrance

13

14
10-11:30 am
Hiking Group: Mt. Hope Cemetery Tour \$15
Noon
Mahjong & Mexican Train Dominoes - Kushner Room

15
Noon
Euchre/Cards - Kushner Room
1-2 pm
Craft: DIY Wind Chimes with Mikayla - Miller Art Studio

16
12:15-1:15 pm
Banker's Life; Jake Coleman Presents: The Importance of Investments & Retirement Planning - Kushner Room
2-4 pm
Bridge/Cards - Kushner Room

17
Noon to 2 pm
Hand & Foot Cards - Kushner Room
1:30-2:30 pm
Creative Writing with Rose (No Experience Needed) - Conference Room

20
Noon to 1 pm
Book Club: The First Time I Saw Him by Laura Dave - Conference Room

21
Noon
Mahjong & Mexican Train Dominoes - Kushner Room
12:45-1:30 pm
Seated Tap Dance - Family Gym
1-2 pm
Cactus Blossom Watercolor Class - Miller Art Studio
2-3 pm
Open Watercolors - Miller Art Studio

22
Noon
Euchre/Cards - Kushner Room
1-2 pm
Cactus Blossom Watercolor Class - Miller Art Studio
2-3 pm
Open Watercolors - Miller Art Studio

23
12:15-1:15 pm
Brain Health & Dementia Overview - Kushner Room
2-4 pm
Bridge/Cards - Kushner Room

24
Noon to 1 pm
Pace Chiropractic Presents: Natural Ways to Boost Energy - Kushner Room
1-2:30 pm
Hiking Group: Tinker Nature Park

27
Noon to 1 pm
Nicole Puleo with Bank of America Presents: Better Money Habits - Kushner Room
1:00-2 pm
Knitting/Crochet Club - Conference Room

28
Noon
Mahjong & Mexican Train Dominoes - Kushner Room

29
Noon
Euchre/Cards - Kushner Room
Noon to 1 pm
Modern Calligraphy with Carly - Conference Room

30
12:15-1:15 pm
Virtual Reality Immersive Experience: Dementia Empathy - Kushner Room
2-4 pm
Bridge/Cards - Kushner Room

31
Noon to 12:30 pm
National Avocado Day! Chips Salsa & Guacomole - Kushner Room

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:





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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.

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.

Book Club

This month's discussion; *The First Time I Saw Him* by Laura Dave.

Special Events & Guest Speakers:

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!

Red Cross Blood Drive

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

Movie Day: Remarkably Bright Creatures starring Sally Field

Bring your lunch. The Y will provide popcorn and candy.

Seated Tap Dance with Maria

Great for the brain & the body. No tap shoes required. Smooth bottom shoes work well on tap mats, if you don't have tap shoes.

Dan the Tech Man

Our favorite technology guru is back to teach us all about the Cloud.

Two Part Brain Health & Dementia Presentation

Join Director of Nutrition/Institute of Aging from the Jewish Home for a 2 part series on Brain Health and Dementia and part two Virtual Reality Immersive Experience on what it feels like to have Dementia.

Bank of America presents: Investments & Retirement Planning

protect your nest egg, minimize tax obligations and ensure your money lasts a life-time.

Better Money Habits

Join Nicole Puleo, Finance Center Assistant Manager at Bank of America for a discussion on keeping your financial organized and growing.

Dementia Lecture & Immersive Experience

This is a two part series with Courtney Porray, Director of Nutrition/Institute on Aging-Jewish Home. Part one is a lecture on Brain Health and a Dementia overview. Part 2 is Virtual Realty Immersive Experience, Dementia Empathy.

Natural Ways to Boost Energy

Join Dr. Sarah Pace with Pace Chiropractic for an educational discussion on *The Energy Equation: Natural Ways to Boost energy*. Understand the common factors that impact daily energy levels & what can be done to support more consistent, natural energy throughout the day.

Peer to Peer Travel Tips & Tricks

Gather in the Kushner Community Room amongst one another, to share travel advice on places you have been. The idea is for our AOA's to talk about places they have been and share their experiences-likes, dislikes, travel groups, food, sights, cost etc.