



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Noon to 1 pm Travel Log: Let's Visit Portugal with Sheryl - Kushner Room	4 Noon to 5 pm Red Cross Blood Drive - Kushner Room 1-2 pm Tuscan Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors - Miller Art Studio	5 Noon Euchre/Cards - Kushner Room 1-2 pm Tuscan Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors - Miller Art Studio	6 12:15-1:15 pm New York Life Presents: Your Money, Your Future - Kushner Room 2-4 pm Bridge/Cards - Kushner Room	7 Noon to 2 pm Hand & Foot Cards - Kushner Room 1:30-2:30 pm Creative Writing with Rose & Guest Poet: Aries Jordan - Conference Room
10 Noon to 12:30 pm Trivia Game Day with Janet - Kushner Room	11 10-11:30 am Hiking Group: Mendon Ponds Park Birdsong Trail Noon Mahjong & Mexican Train Dominoes - Kushner Room	12 Noon Euchre/Cards - Kushner Room	13 10-10:45 am Coffee & Chat - Kushner Room 2-4 pm Bridge/Cards - Kushner Room	14 Noon to 12:45 pm RocDog Therapy Dogs - West Entrance & Kushner Room
17 Noon to 1 pm Book Club: The People We Keep by Allison Larkin - Conference Room	18 Noon Mahjong & Mexican Train Dominoes - Kushner Room 12:45-1:30 pm Seated Tap Dance - Family Gym 1-2 pm Tuscan Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors - Miller Art Studio	19 Noon Euchre/Cards - Kushner Room 1-2 pm Tuscan Landscape Watercolors with Mikayla - Miller Art Studio 2-3 pm Open Watercolors - Miller Art Studio	20 12:15-1:15 pm Craft with Tessa Valpando from Lilac Grove Jewish Home - Kushner Room 2-4 pm Bridge/Cards - Kushner Room	21 10 am-2 pm Monroe County Salute to Seniors - Ontario Beach Park 12 to 2 pm Hand & Foot Cards - Kushner Room
24 Noon to 1 pm Modern Calligraphy with Carly - Conference Room 1-2 pm Knitting/Crochet Club - Conference Room	25 Noon Mahjong & Mexican Train Dominoes - Kushner Room 12:30-1:15 pm Seated Tap Dance - Family Gym	26 Noon Euchre/Cards - Kushner Room 1-2 pm Service Craft: Design a Kid's Lunch Bag with the Cardz for Kidz Program - Miller Art Studio	27 2-4 pm Bridge/Cards - Kushner Room	28 11 am-2 pm Schottland AOA Picnic - Kings Bend Park in Pittsford, North Lodge 1-2:30 pm Hiking Group: Channing Philbrick Park
31 Noon to 1 pm Edwards Jones Investment Presents: Financial Market Updates & Open Forum with Robert Nestrick - Kushner Room				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.

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:





ACTIVE OLDER ADULT DESCRIPTIONS

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ARTS & CREATIVE WORKSHOPS

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.

Calligraphy with Carly

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

Service Project with Mikayla

Please join Art Instructor, Mikayla, to make children's lunch bags for the Cardz for Kids Program, a national organization to make cards and items for children in the hospital.

Craft with Tessa Valpando

Join us in the Kushner room for a fun craft with Tessa, Executive Director, at Lilac Grove-Independent Living Community.

GAMES & SOCIAL CLUBS:

Coffee & Chat

Join member Rob for a cup of coffee and casual conversation in the Kushner Community Room. Bring your favorite breakfast treats.

Creative Writing with Rose

No experience needed. Learn various writing styles & explore your creativity.

Knitting/Crochet Club

Bring your projects, patterns, share ideas and skills. This is not an instructor led class. Participants share knowledge and socialize.

RocDog 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 & cards.

Book Club

This month's discussion is *The People We Keep* by Allison Larkin.

SPECIAL EVENTS & GUEST SPEAKERS:

Red Cross Blood Drive

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

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.

Better Money Habits

Join Trinity Hills from New York Life Insurance for a discussion on managing your finances, retirement planning and saving for the future.

Financial Market Updates

Join Robert Nestrack with Edward Jones Investments for updates in the financial market and for an open forum question and answer session.

Schottland AOA Picnic

Register online and please bring an appetizer or dessert to pass. The YMCA will provide the main entree. We will be collecting canned goods & non-perishables for our YMCA Lewis Street Food Pantry (no opened or expired food, Receive a raffle ticket for your donation). Join us at King's Bend Park-North Lodge, 170 W. Jefferson Rd. Bring your chairs, outdoor/indoor games. Rain or shine event!