



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | SEPTEMBER 2026

MONDAY

NOTE: All programs in **BLUE** require online registration. Registration opens at 10 am on the Third Monday of the Prior Month

Happy Labor Day!
Branch Closed

Noon to 1 pm
Travel Log: Amsterdam with Michaela Bleier from Legacy Clover Blossom - Kushner Room

1-2:30 pm
Discovery & Discussion Club with John: Infrastructure - The Erie Canal & the Impact on Americas Growth - Conference Room

Noon to 1 pm
Book Club: The Daughter of Egypt by Marie Benedict - Conference Room

Noon to 1 pm
Nicole Puleo with Bank of America Presents: Protecting Your Assets for the Next Chapter in Life: Downsizing, Senior Living, Home Care - Kushner Room

1-2 pm
Knitting/Crochet Club - Conference Room

TUESDAY

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

1-2 pm
Craft: DIY Painted Cyanotypes - Miller Art Studio

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 - Family Gym

1-2 pm
Birch Trees Watercolors Class - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

10-11:30 am
Hiking Group: Turning Point Park

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

1-2 pm
Craft: DIY Painted Cyanotypes - Miller Art Studio

Noon to 2 pm
Mahjong & Mexican Train Dominoes - Kushner Room

1-2 pm
Birch Trees Watercolors Class - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

Noon to 2 pm
Mahjong & Mexican Train Dominoes - Kushner Room

12:45-1:15 pm
Seated Tap - Family Gym

1-2 pm
Craft: DIY Painted Cyanotypes - Miller Art Studio

WEDNESDAY

Noon
Euchre/Cards - Kushner Room

Noon
Euchre/Cards - Kushner Room

1-2 pm
Birch Trees Watercolors Class - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

Noon
Euchre/Cards - Kushner Room

Noon
Euchre/Cards - Kushner Room

1-2 pm
Birch Trees Watercolors Class - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

3-4 pm
Games/Social at Glenmere/Cloverwood

11 am to Noon
Watercolor Calligraphy with Carly - Conference Room

Noon
Euchre/Cards - Kushner Room

THURSDAY

10-10:45 am
Coffee & Chat - Kushner Room

12:15-1:15 pm
Travel Log with Anne: Japan - Kushner Room

12:15-1:15 pm
Catholic Charities: Organization Overview & Volunteer Opportunities - Kushner Room

12:15-1:15 pm
Craft with Tessa Valpando from Lilac Grove, Jewish Senior Life - Kushner Room

12:15-1:30 pm
RIT/OSHER ZOOM
Lecture: Building a Healthier Rochester - Conference Room

12:15-12:45 pm
In the Kitchen with Chef Koren: Ginger Sesame Carrot Ribbon Salad - Kushner Room

12:15-1:30 pm
AOA Game On! - Metro eSports Lounge

1-2 pm
Comedy Improv Workshop & Improv Games with Carol - Conference Room

FRIDAY

Noon to 2 pm
Hand & Foot Cards - Kushner Room

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

Noon to 1 pm
Pace Chiropractic Presents: The Energy Equation, Natural Ways to Boost Energy - Kushner Room

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

9 am-3 pm
UR Medicine Mammovan - West Entrance

Noon to 2 pm
Hand & Foot Cards - Kushner Room

Noon to 1 pm
Edward Jones Investments Presents: Health Care & Your Retirement - Kushner Room

1-2:30 pm
Hiking Group: Mt. Morris Dam Tour - \$1 per person

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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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.

ARTS & CREATIVE WORKSHOPS:

Watercolors with Mikayla

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

Open Watercolors

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

Calligraphy with Carly

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

Craft with Tessa Valpando

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

GAMES & SOCIAL CLUBS:

Coffee & Chat

Join in the Kushner Room for a cup of coffee & casual conversation. Bring your favorite breakfast treats.

Book Club

This month's discussion: The Daughter of Egypt by Marie Benedict.

AOA Game On! Cognitive Games

Join us in the Metro eSports Lounge for brain games and cognitive fun!

SPECIAL EVENTS & GUEST SPEAKERS

Red Cross Blood Drive

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

Comedy Improv Workshop & Comedy Game

Remember the show, Who's Line is it Anyway? Come have some fun with improv games. Carol R. is an experienced comedy improv instructor including ten years experience teaching comedy improv to older adults. Comedy improv is a series of easy unscripted games and scenes based on audience suggestion. It is great for memory, personal connection, imagination, movement and quick thinking.

UR Medicine Mammogram

Mammogram van will be onsite at the West entrance for scheduled and walk up appointments.

Travel Log

Join Member, Anne B, as she shares her journey through Japan.

Health Care & Your Retirement

Robert Nestruck, Financial Advisor with Edward Jones Investments will be here to address the steps to take to prepare for health care costs & maintaining healthy retirement savings.

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!

The Energy Equation, Natural Ways to Boost Energy

Dr. David with Pace Chiropractic will be here to discuss common factors that impact daily energy levels and tactics to boost natural energy throughout the day.

Catholic Charities

Trevor Massett, Program Director will be here for an overview of the organization, 80 programs that serve the community, and volunteer opportunities

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.)