



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | OCTOBER 2026

MONDAY

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

5

Noon to 1 pm
Dan Lyons with Lifespan Presents: Scams - Kushner Room

12

1-2:30 pm
Discovery & Discussion Club with John: Social Security Insolvency & Solutions - Conference Room

19

Noon to 1 pm
Book Club: Theo of Golden by Allen Levi - Conference Room

26

1-2 pm
Let's Talk Group Ex with Lisa & Gil, Navigating 200+ Classes at the Schottland Y - Kushner Room

1-2 pm
Knitting/Crochet Club - Conference Room

TUESDAY

6

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

1-2 pm
Craft: DIY Autumn Collage Artist Trading Cards - Miller Art Studio

13

10-11:30 am
Hiking Group: Genesee Greenway, Canawaugus Trail
Noon
Mahjong & Mexican Train Dominoes - Kushner Room
1-2 pm
Oh My Gourd Still Life Watercolor Class - Miller Art Studio
1:15-2 pm
Seated Tap - Family Gym
2-3 pm
Open Watercolors - Miller Art Studio

20

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

1-2 pm
Craft: DIY Autumn Collage Artist Trading Cards - Miller Art Studio

27

Noon
Mahjong & Mexican Train Dominoes - Kushner Room

1-2 pm
Oh My Gourd Still Life Watercolor Class - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

1:15-2 pm
Seated Tap - Family Gym

WEDNESDAY

Happy Healthy Aging Day! 7

10-11 am
Empire Dermatology Presents: Skin Cancer
Noon to 1 pm
"Gymtimidation" Strength Training Healthy Back & Balance
11 am-1 pm
NY Apples & Healthy Apple Dip
1-1:45 pm
Fun in the Pool with Charlotte
1-3 pm
Crafts with Mikayla
2-2:45 pm
Line Dancing with Glenda

14

Noon
Euchre/Cards - Kushner Room

1-2 pm
Oh My Gourd Still Life Watercolor Class - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

21

11 am to Noon
Watercolor Calligraphy with Carly - Conference Room

Noon
Euchre/Cards - Kushner Room

28

Noon
Euchre/Cards - Kushner Room

1-2 pm
Oh My Gourd Still Life Watercolor Class - Miller Art Studio

2-3 pm
Open Watercolors - Miller Art Studio

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

THURSDAY

1

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

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

8

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

15

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

22

12:15-12:45 pm
In the Kitchen with Chef Koren: Pesto Palmeris - Kushner Room

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

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

29

12:15-1:30 pm
RIT/OSHER ZOOM Lecture - Conference Room

2-4 pm
Bridge/Cards - Kushner Room

FRIDAY

2

Noon to 1:30 pm
Dan the Tech Man Presents: The World of Podcasts - Kushner Room

1:30-2:30 pm
Creative Writing Group & Potluck Celebration with Rose - Conference Room

9

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

Noon to 1:30 pm
Hand & Foot Cards - Kushner Room

16

9:30-11:30 am
Wegmans Flu Shot Clinic: Walk In's - Conference Room

Noon to 2 pm
Hand & Foot Cards - Kushner Room

23

Noon to 1 pm
Edward Jones Investments Presents: Retirement-Making Your Money Last - Kushner Room

1-2:30 pm
Hiking Group: Durand Park - Log Cabin Road

30

1-3 pm
AOA Game/Social Event at Lasertron in Henrietta

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: 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 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 Autumn Collage Artist Trading Cards.

Watercolor Calligraphy

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

Games & Social Clubs:

Note: Mahjong, Mexican Train Dominoes, Euchre and Cards. All open play.

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.

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 Theo of Golden by Allen Levi.

Special Events & Guest Speakers:

Healthy Aging Day!

Join us for health & wellness classes, recovery services, demos, arts and humanities programs, educational sessions and fun. See the flyer at Member Services Desk for days events.

Retirement: Making Your Money Last

Robert Nestruck, Financial Advisor with Edward Jones Investments will be here to discuss strategies to build reasonable & sustainable for managing income and expenses during retirement.

Let's Talk Group Exercise, Navigating 200+ Classes at the Schottland Y

Join Group Exercise Staff Associate, Lisa O'Connor and Group Ex Staff Coordinator, Gil Gremmert to learn about class offerings at the Schottland Family YMCA and the wide variety of classes for AOA's.

Lasertron

We'll be playing Krazy Arrows, Darts, Ax Throwing, Corn Hole, Table Tennis, Foosball and enjoying pizza and soda. No charge to participate. Registration required as space is limited. Transport self/carpool 1175 Marketplace Drive.

Creative Writing & Potluck with Rose

Join us as we celebrate one year of creative writing. Bring your favorite snack or treat to share. No writing skills needed.

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).