ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | DECEMBER 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	1 **11 am** Mahjong & Mexican Train Dominoes - Kushner Room **1-2 pm** Happy Little Snowmen Watercolors Class - Miller Art Studio **2-3 pm** Open Watercolors - Miller Art Studio	2 **Noon** Euchre/Cards - Kushner Room	3 **10-10:45 am** Coffee & Chat with Rob - Conference Room **2-4 pm** Bridge/Card Games - Kushner Room	4 **Noon to 1 pm** Melissia Schmitt Presents: Surviving the Holidays without Expanding Your Waistline - Kushner Room **10 am-1 pm** AOA Winter Art Show: all are welcome - Miller Art Studio
7 **11 am to Noon** Watercolors Calligraphy with Carly - Conference Room **1-2 pm** New AOA Members, Welcome to the Y! Facility & Program Overview - Kushner Room	8 **11 am** Mahjong & Mexican Train Dominoes - Kushner Room **Noon to 1 pm** Craft: DIY Mug Cozies - Miller Art Studio	9 **9-11 am** UR Medicine Heart Healthy Day: Blood Pressure Screenings & CPR Demos - Main Lobby **10-11 am** Heart Healthy Presentation - Kushner Room **Noon-1pm** Craft: DIY Mug Cozies - Miller Art Studio	10 **12:15-1:15 pm** DIY Mason Jar Simmer Pot with Janet & Rachel - Conference Room **2-4 pm** Bridge/Card Games - Kushner Room	11 **Noon to 12:45 pm** ROC Dog Therapy Dogs - West Entrance/Kushner Room **12:15-1:45 pm** Sugar Cookie Making & Decorating with Diane - Palmers Kitchen
14 **Noon to 12:30 pm** Holiday Name That Tune with Janet - Kushner Room	15 **11 am** Mahjong & Mexican Train Dominoes - Kushner Room **1:15-2 pm** Seated Tap with Maria - Family Gym **1-2 pm** Happy Little Snowmen Watercolors Class - Miller Art Studio **2-3 pm** Open Watercolors - Miller Art Studio	16 **Noon** Euchre/Cards - Kushner Room **1-2 pm** Happy Little Snowmen Watercolors Class - Miller Art Studio **2-3 pm** Open Watercolors - Miller Art Studio	17 **12:15-12:45 pm** In the Kitchen with Chef Koren: Lemon Cottage Cheese Pudding - Palmer's Kitchen **2-4 pm** Bridge/Card Games - Kushner Room	18 **Noon to 1 pm** AOA Holiday Party: bring a dessert to pass - Kushner Room
21 **Noon to 1 pm** Book Club: Gone Before Goodbye by Harlan Coben - Conference Room	22 **11 am** Mahjong & Mexican Train Dominoes - Kushner Room	23 **Noon** Euchre/Cards - Kushner Room	24 **Branch Hours** 5 am-3 pm **2-4 pm** Bridge/Card Games - Kushner Room	25 **Merry Christmas!!** Branch Closed
28 **Noon to 2 pm** Mahjong & Mexican Train Dominoes - Kushner Room **1-2 pm** Knitting/Crochet Club - Conference Room	29 **11 am** Mahjong & Mexican Train Dominoes - Kushner Room	30 **Noon** Euchre/Cards - Kushner Room	31 **Branch Hours** 5 am-5 pm **Noon** Family Noon Year's Ball Drop - Family Gym	

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. 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 let class. No sign up required.

Watercolor Calligraphy
Join YMCA Instructor, Carly to learn to write in beautiful modern calligraphy.

Holiday Simmer Pot
Join Janet & Rachel for a festive pot pourri craft project.

Bite-Size Learning:

In the Kitchen with Chef Koren
This month Koren is making Lemon Cottage Cheese Pudding.

Games & Social Clubs:

Note: Mahjong, Mexican Train Dominoes, Euchre & Games 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.

Special Events & Guest Speakers

Surviving the Holidays without Expanding your Waistline
YMCA Fitness Instructor & Nutrition Coach, Melissia Schmitt will be here for a discussion on holiday over-indulging & mindful eating.

Winter Art Show
Stop in the Miller Art Studio to view the beautiful art work our AOA's have created over the last several months.

New AOA Welcome to the Schottland Y: Facility and Program overview
Meet our team, learn about all we have to offer! Tour following discussion.

AOA Holiday Party
Join us in the Kushner room to celebrate the holidays. Please bring a dessert to pass. The Y will provide the pasta and salad lunch.

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.