ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **11 am to Noon** Modern Calligraphy with Carly – Kushner Room	3 **Noon to 5 pm** Red Cross Blood Drive – Kushner Room **Noon** Mahjong & Mexican Train Dominoes – Conference Room **1–2 pm** Watercolors Class: Aurora Borealis **2–3 pm** Open Watercolor – Miller Art Studio	4 **Noon** Euchre/Cards – Kushner Room **1–2 pm** Watercolor Class: Aurora Borealis **2–3 pm** Open Watercolor– Miller Art Studio	5 **10–10:45 am** Coffee & Chat with Rob – Kushner Room **12:15–1:30 pm** RIT/OSHER ZOOM Lecture – Conference Room	6 **Noon to 2 pm** Hand & Foot Cards – Kushner Room **1:30–2:30 pm** Creative Writing Group: No Experience Needed – Conference Room
9 **1–2:30 pm** Discovery & Discussion Club with John: The Panama Canal – History & Today – Conference Room	10 **Noon** Mahjong & Mexican Train Dominoes – Conference Room **Noon to 1 pm** Craft: DIY Diamond Art Ornaments – Miller Art Studio **1–2 pm** Lifespan Presents: Navigating Medicare – Kushner Room **1:15–2 pm** Seated Tap with Maria – Family Gym	11 **9–11 am** Veteran's Day Breakfast – Lobby **Noon to 1 pm** Craft: DIY Diamond Art Ornaments – Miller Art Studio **Noon** Euchre/Cards Kushner Room	12 **12:15–12:45 pm** In the Kitchen with Chef Koren: Cottage Cheese Banana Pudding – Kushner Room **Noon to 1 pm** Cardz for Kidz: Lunchbag Service Project for Children in Hospital – Miller Art Studio **12:15–1:30 pm** RIT/OSHER ZOOM Lecture – Conference Room	13 **Noon to 12:45 pm** ROC Dog Therapy Dogs – West Entrance/Kushner Room **1–2 pm** Fireside Chat with Schottland Executive Director, Jeff Cogan – Kushner Room
16 **Noon to 1 pm** Book Club: The Correspondent by Virginia Evans – Conference Room	17 **Noon** Mahjong & Mexican Train Dominoes – Conference Room **1–2 pm** Watercolor Class: Aurora Borealis **2–3 pm** Open Watercolor – Miller Art Studio	18 **Noon** Euchre/Cards – Kushner Room **1–2 pm** Watercolor Class: Aurora Borealis **2–3 pm** Open Watercolor – Miller Art Studio **3–4 pm** Games/Social at Glenmere/Cloverwood	19 **12:15–1 pm** Ballet of NY: Excerpts from the Nutcracker – Family Gym **12:15–1:30 pm** RIT/OSHER ZOOM Lecture – Conference Room **2–4 pm** Bridge/Cards – Kushner Room	20 **Noon to 1 pm** AOA Friendsgiving: Bring a Dish to Pass – Kushner Room
23 **Noon to 12:45 pm** AOA Trivia – Kushner Room **1–2 pm** Knitting/Crochet Club – Conference Room	24 **Noon** Mahjong & Mexican Train Dominoes – Conference Room **1:15–2 pm** Seated Tap with Maria – Family Gym	25 **Noon** Euchre/Cards – Kushner Room	26 **Happy Thanksgiving!!** Branch Hours 8 am to Noon	27 **Noon to 2 pm** Hand & Foot Cards – Kushner Room
30 **Noon to 2 pm** Mexican Train Dominoes and Game Day – Kushner Room				Please Note: All programs in BLUE require online registration at RochesterYMCA.org Registration opens at 10am 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. 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.

Modern Calligraphy
Join Instructor, Carly, in the Kushner room to perfect your calligraphy skills.

Cardz for Kidz
Join Mikayla in the Art Studio for this rewarding service project. We are decorating lunch bags for children in the hospital. Please join us and help us make a child smile!

Bite-Sized Learning:

In the Kitchen with Chef Koren: This month Koren is making Banana Cottage Cheese Pudding for your enjoyment.

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.

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!

Friendsgiving
Our annual AOA gathering of celebrating the Thanksgiving holiday. Potluck dining. Sign up to attend and a dish to pass.

AOA Game On! Games
Enjoy cognitive games that train the brain and keep your mind sharp in a relaxed social setting.

Creative Writing Club
No experience needed. Explore various writing styles and explore your creativity. Led by YMCA Staff Associate, Rose and club participants.

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 The Correspondent by Virgina Evans.

Special Events & Guest Speakers:

Ballet of NY
Join us in the Family Gym for a performance of excerpts from the Nutcracker Ballet.

Fireside Chat with Jeff
Join Schottland Executive Director, Jeff Cogan for an overview of the Schottland YMCA, Greater Rochester YMCA, programs and a question/answer session.

Lifespan Presents: Navigating Medicare
Join us in the Kushner Community Room with Lifespan for a presentation on navigating Medicare insurance plans in 2027.

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).