



ACTIVE OLDER ADULT PROGRAMMING

SCHOTTLAND FAMILY YMCA | NOVEMBER 2026

MONDAY

2

11 am to Noon
Modern Calligraphy
with Carly -
Kushner Room

9

1-2:30 pm
Discovery & Discussion
Club with John: The
Panama Canal -
History & Today -
Conference Room

16

Noon to 1 pm
Book Club: The
Correspondent by
Virginia Evans -
Conference Room

23

Noon to 12:45 pm
AOA Trivia -
Kushner Room

1-2 pm
Knitting/Crochet Club
- Conference Room

30

Noon to 2 pm
Mexican Train
Dominoes and Game
Day -
Kushner Room

TUESDAY

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

10

Noon
Mahjong & Mexican Train
Dominoes -
Conference Room

Noon to 1 pm
Craft: DIY Diamond Art
Ornaments -
Miller Art Studio

1:15-2 pm
Seated Tap with Maria -
Family Gym

17

Noon
Mahjong & Mexican Train
Dominoes -
Conference Room

1-2 pm
Watercolor Class: Aurora
Borealis

2-3 pm
Open Watercolor -
Miller Art Studio

24

Noon
Mahjong & Mexican
Train Dominoes -
Conference Room

1:15-2 pm
Seated Tap with
Maria -
Family Gym

WEDNESDAY

4

Noon
Euchre/Cards -
Kushner Room

1-2 pm
Watercolor Class:
Aurora Borealis

2-3 pm
Open Watercolor-
Miller Art Studio

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

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

25

Noon
Euchre/Cards -
Kushner Room

THURSDAY

5

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

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

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

26

Happy
Thanksgiving!!
Branch Hours
8 am to Noon

FRIDAY

6

Noon to 2 pm
Hand & Foot Cards -
Kushner Room

1:30-2:30 pm
Creative Writing
Group: No Experience
Needed -
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

20

Noon to 1 pm
AOA Friendsgiving:
Bring a Dish to Pass -
Kushner Room

27

Noon to 2 pm
Hand & Foot Cards -
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

SCHOTTLAND FAMILY YMCA | NOVEMBER 2026

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.

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 Virginia 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.

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 Bazaar).