



# ACTIVE OLDER ADULT PROGRAMMING

## THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Happy New Year! 1	2	3
6	7	8	9	10
13	14	10:30am AOA Catered Meal 15	16	17
MLK Day 20	Racial Healing Day: 21 Vision Board	22	1-3pm Skills Trade Fair 23	24
27	28	29	30	31

\*Notes that registration is required.

Email [shanique.davis@rochesterymca.org](mailto:shanique.davis@rochesterymca.org) with any questions, interests or talents



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### EVENT DESCRIPTIONS

#### **AOA Catered Meal**

Join us for a catered meal to connect with fellow Active Older Adults (AOA). Enjoy delicious food and great company. It's a perfect chance to socialize and share stories with others in the community.

#### **MLK Day**

Celebrate Dr. Martin Luther King Jr.'s legacy by honors his vision of justice and equality while promoting community unity.

#### **Radical Healing Day: Vision Board**

Create a vision board as part of a reflective session focused on racial healing and building an inclusive community. This workshop encourages personal exploration and collective dialogue on fostering equity and understanding.

#### **Skills Trade Fair**

Showcase your talents, learn from others, and connect with community members at the Skills Trade Fair. This event is a great opportunity to exchange knowledge, discover new skills, and network with like-minded individuals.

Join the YMCA AOA Facebook Group!  
Scan the QR code now and stay  
updated on all AOA programming.



Email [shanique.davis@rochesterymca.org](mailto:shanique.davis@rochesterymca.org) with any questions, interests, talents, or program requirements