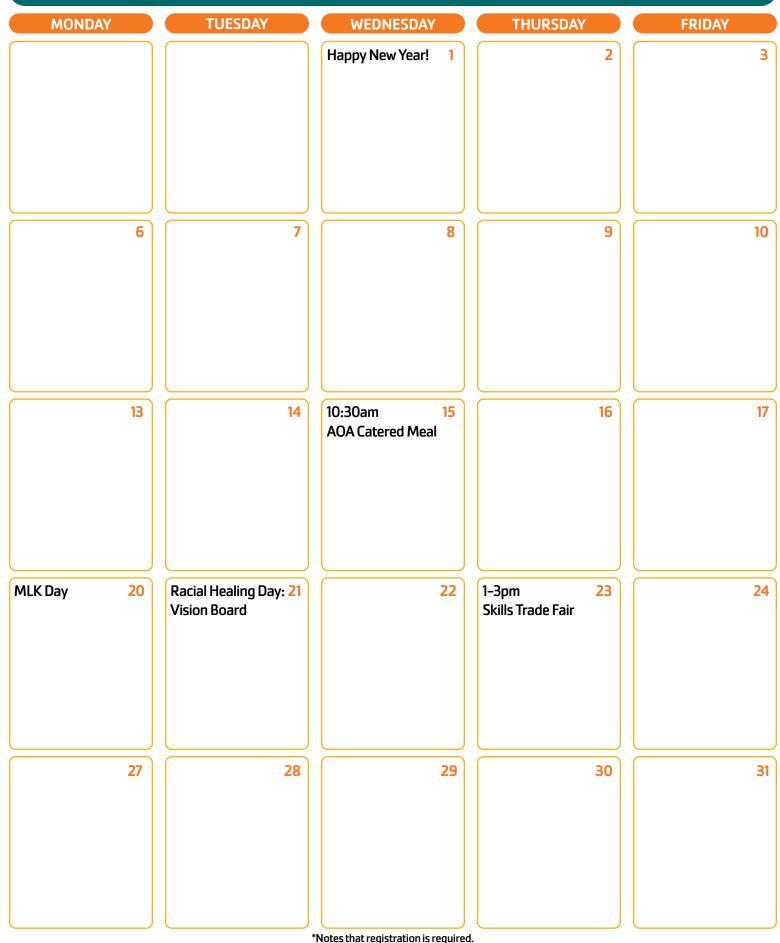
# **ACTIVE OLDER ADULT PROGRAMMING** THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | JANUARY 2025



Email shanique.davis@rochesterymca.org with any questions, interests or talents



# **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.



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