



# ACTIVE OLDER ADULT PROGRAMMING

## THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | FEBRUARY 2025

### MONDAY

10am **3**  
Chris Meagher  
Presents on Medicare  
options

**10**

1pm **17**  
Food Giveaway: With  
help from Schottland  
YMCA, Thurston  
Road will host a Food  
Giveaway Event to  
families in need.

**24**

### TUESDAY

10:30am **4**  
Nina Simone hosting  
a Q&A at Geva  
Theatre

**11**

**18**

**25**

### WEDNESDAY

6pm **5**  
Sarah Collins Rudolph  
Presents on the  
Sixteenth Street  
Bombing

**12**

**19**

**26**

### THURSDAY

**6**

**13**

**20**

**27**

### FRIDAY

10am **7**  
AOA Game Day:  
Wear your favorite  
team jersey for some  
Super Bowl Spirit!

10:30am **14**  
Black History Event:  
Guests from Garth  
Fagan Dance, Bizy  
Bodyz Dance Troupe  
and African Drumming

AOA Game Day **21**

10am **28**  
AOA February  
Birthday Celebration

\*Notes that registration is required.



## **EVENT DESCRIPTIONS**

### **Chris Meagher Presents on Medicare**

Join Chris Meagher for an informative session about Medicare options. Get your questions answered and learn how to make the best choices for your healthcare needs.

### **Nina Simone Q&A at Geva Theatre**

Experience an inspiring Q&A session with Nina Simone at Geva Theatre. Don't miss this unique opportunity to hear her stories and insights.

### **Sarah Collins Rudolph Presentation on East Avenue**

In 1963, the Sixteenth Street Baptist Church bombing in Birmingham, AL, took the lives of four girls. One girl survived – Sarah Collins Rudolph. Join us for an unforgettable evening of conversation with Sarah as she shares her story. Rochester Academy of Medicine, 441 East Avenue, Rochester, NY 14610.

### **AOA Game Day: Super Bowl Spirit!**

Put on your favorite team jersey and join us for a morning of fun and friendly competition at AOA Game Day. Let's get into the Super Bowl spirit together!

### **Black History Event**

Celebrate Black History Month with special performances by Garth Fagan Dance, Bizy Bodyz Dance Troupe, and African Drumming. A powerful and enriching experience you won't want to miss.

### **Food Giveaway Event**

With support from the Schottland YMCA, Thurston Road will host a Food Giveaway to provide for families in need. Let's come together to make a difference.

### **AOA Game Day**

Come join us for the fun! Play games and possibly win a prize.

### **AOA Birthday Celebrations**

Celebrate all February birthdays with a fun and festive gathering. Enjoy cake, laughter, and good company with friends.

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

