



ADULT PROGRAMMING

THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Ione "Grandma"
Collins Memorial
Annual Flower Sale
begins

4
10am
AOA Presentation
with Kate Washington
- Politics on Social
Security

7
10:30am
Foodlink Presents:
Peanut Butter &
Banana Pockets

8

9

10

11

14
10:30am
Foodlink Presents:
Pear, Grape,
Cucumber Salad

15

16
10am
AOA Game Day -
Bingo

17

18
10:45am
Good Friday Brunch

21
10:30am
Foodlink Presents:
Trail Mix

22

23

24

25
Noon to 1pm
Healthy Kids Day
Activity

28
10:30am
Foodlink Presents:
Avocado Toast

29

30

Join the Active Older Adults at the YMCA
of Greater Rochester Facebook Group!
Scan the QR code below!



* Notes registration is required.

**EVENT DESCRIPTIONS****Ione "Grandma" Collins Memorial Annual Flower Sale**

Celebrate spring with our annual flower sale and support a great cause! Beginning April 1, you can order from a beautiful selection of colorful annuals by the pack, single potted plants, accent plants to enhance your garden, and fresh herbs to elevate your meals. All proceeds benefit the Y's Annual Campaign, helping to provide essential programs and services to our community. Orders are due by May 5, with pickup available on May 16 & 17. Don't miss this chance to brighten your home while making a difference!

AOA Game Day

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

Healthy Kids Day Activity

Join us for an engaging and educational nutrition workshop at our Healthy Kids Day event! This interactive session will help members learn the importance of making healthy food choices and maintaining balanced nutrition.

Foodlink Presentations

Join us on Mondays for an informative and engaging nutrition workshop presented by Foodlink! Each week, Foodlink's team will cover important topics on healthy eating, meal planning, and making the best food choices for your health. Don't miss out on this weekly opportunity to gain advice and tips!