



ADULT PROGRAMMING

THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | MARCH 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

10am
AOA Game Day 7

10am
AOA Arts & Crafts 10

11

12

13

10am
AOA Game Day 14

10am
AOA Arts & Crafts 17

18

19

1-3pm
Job Fair 20

21

10am
AOA Arts & Crafts 24

25

26

27

28

10:45-11:45am
Foodlink Nutrition
Presentation 31

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



* Notes registration is required.



EVENT DESCRIPTIONS

AOA Game Day

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

Foodlink Nutrition Presentation

Join Foodlink for an informative nutrition presentation and learn practical tips to support your well-being and enjoy a healthier lifestyle.