



ADULT PROGRAMMING

THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy Labor Day! YMCA Closed	2	3 10:30 am Foodlink Curbside Market	4	5
8 10 am Arts and Crafts	9 8-9 am Wegmans Flu Clinic	10 10:30 am Tie- Dye Fun! 10:30 am Foodlink Curbside Market	11 1 pm First Responders Appreciation Event	12 10 am Senior Game Day
15 10 am Arts and Crafts	16	17 10:30 am Foodlink Curbside Market	18	19 10 am Senior Game Day
22 10 am Arts and Crafts	23	24 10:30 am Foodlink Curbside Market 1 pm Senior RMSC Trip	25	26 10 am Senior Birthday Celebration
29 10 am Arts and Crafts	30			

Please email shanique.davis@RochesterYMCA.org with any questions, concerns, or talents!
*Notes registration is required.

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

