



# ADULT PROGRAMMING

THURSTON ROAD YMCA NEIGHBORHOOD CENTER | JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Happy New Year!</b> Branch Hours 10 am-2 pm	2 <b>10 am</b> AOA Game Day
5	6	7 <b>10:30-11:15 am</b> Foodlink Curbside Market  <b>10:30 am</b> Arose Art Gallery	8	9 <b>10 am</b> AOA Game Day
12	13	14 <b>10:30-11:15 am</b> Foodlink Curbside Market  <b>10:30 am</b> Winter Craft	15	16 <b>10 am</b> AOA Game Day
19 <b>10:30 am</b> Arose Art Gallery	20	21 <b>10:30-11:15 am</b> Foodlink Curbside Market  <b>10:30 am</b> Winter Craft	22	23 <b>10 am</b> AOA Game Day
26	27	28 <b>9 am-3 pm</b> UR Mammography Van  <b>10:30-11:15 am</b> Foodlink Curbside Market	29	30 <b>10 am</b> AOA Game Day

Please email [shanique.davis@RochesterYMCA.org](mailto: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:

