



ADULT PROGRAMMING

THURSTON ROAD YMCA NEIGHBORHOOD CENTER | JANUARY 2026

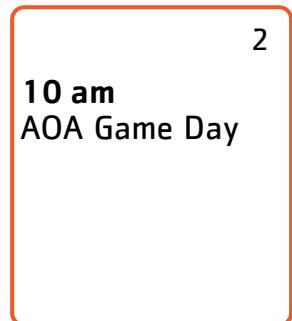
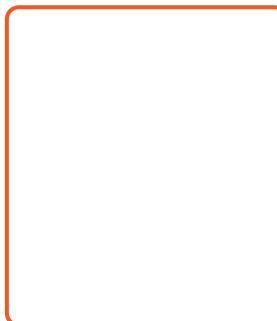
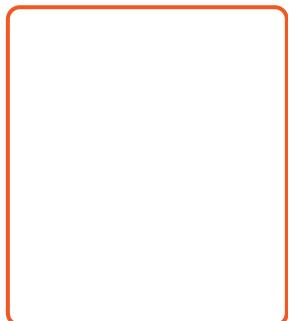
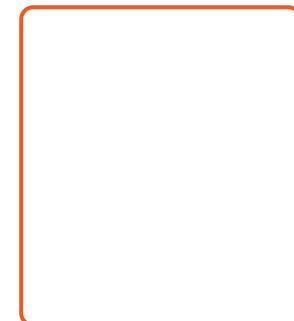
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

6

10:30-11:15 am
Foodlink Curbside
Market

10:30 am
Arose Art Gallery

8

10 am
AOA Game Day

12

13

10:30-11:15 am
Foodlink Curbside
Market

10:30 am
Winter Craft

15

10 am
AOA Game Day

19

20

10:30-11:15 am
Foodlink Curbside
Market

10:30 am
Winter Craft

22

10 am
AOA Game Day

26

27

9 am-3 pm
UR Mammography
Van

10:30-11:15 am
Foodlink Curbside
Market

29

10 am
AOA Game Day

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:

