



ADULT PROGRAMMING

THURSTON ROAD YMCA NEIGHBORHOOD CENTER | FEBRUARY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

6

10:15 am
Home Comfort
Presentation

7-9 am
Workout with RPD

10:30-11:15 am
Foodlink Curbside
Market

10 am
AOA Bingo Game
Day

10:15 am
Arose Art Gallery

11 am-1 pm
Crochet with Netti

10:30-11:15 am
Foodlink Curbside
Market

10 am to Noon
Black History
Event

13

16

11 am-1 pm
Crochet with Netti

10:30-11:15 am
Foodlink Curbside
Market

19

10 am
AOA Bingo Game
Day

20

10:15 am
Arose Art Gallery

11 am-1 pm
Crochet with Netti

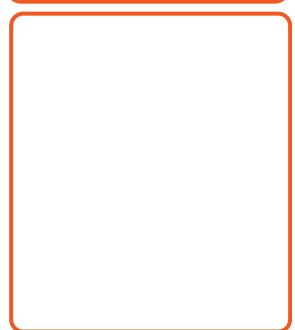
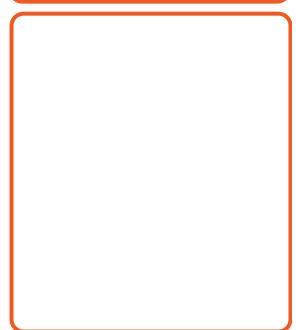
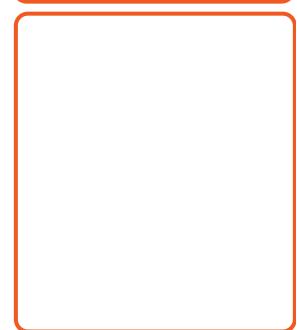
10:30-11:15 am
Foodlink Curbside
Market

Noon to 1 pm
Hiking Group
Planning Meeting -
Eastside YMCA
Conference Room

26

10 am
February AOA
Birthday
Celebrations

27



Note: February 19 AOA Hiking Group Planning Meeting will be held at the Eastside Family YMCA!

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:





EVENT DESCRIPTIONS

Special Event and Guest Speakers:

Workout with RPD

Catch the local RPD force here every first Wednesday of the month.

Black History Event

Join us as we celebrate Black History Month. There will be guest speakers, African Drumming and great moments to share.

Arose Art Gallery

Annie from Arose Art Gallery joins us for a painting experience. From canvas to clay, stop by to see what we are doing!

Senior Trip: Memorial Art Gallery

Join us for a free trip to the Memorial Art Gallery on University Avenue! Transportation will not be provided.

Home Comfort Presentation

Michelle joins us for a home energy presentation. Her goal is to put a spotlight to home energy grants available to community members.