



# ADULT PROGRAMMING

THURSTON ROAD YMCA NEIGHBORHOOD CENTER | FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:15 am Home Comfort Presentation	3	4 7-9 am Workout with RPD  10:30-11:15 am Foodlink Curbside Market	5	6 10 am AOA Bingo Game Day
9 10:15 am Arose Art Gallery	10 11 am-1 pm Crochet with Netti	11 10:30-11:15 am Foodlink Curbside Market	12 10 am to Noon Black History Event	13
16	17 11 am-1 pm Crochet with Netti	18 10:30-11:15 am Foodlink Curbside Market	19 Noon to 1 pm Hiking Group Planning Meeting - Eastside YMCA Conference Room	20 10 am AOA Bingo Game Day
23 10:15 am Arose Art Gallery	24 11 am-1 pm Crochet with Netti	25 10:30-11:15 am Foodlink Curbside Market  1 pm Senior Trip: Memorial Art Gallery	26	27 10 am February AOA Birthday Celebrations

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

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:





### 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.