



# ADULT PROGRAMMING

THURSTON ROAD NEIGHBORHOOD CENTER | APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  
**7-9 am**  
Workout with a Cop  
  
**10:30-11:15 am**  
Foodlink Curbside Market

2

3

6  
**10:15 am**  
Arose Art Gallery  
  
Annual Flower Sale Begins!

7  
**11 am-1 pm**  
Crochet with Netti

8  
**10:30-11:15 am**  
Foodlink Curbside Market

9

10  
**10 am**  
AOA Bingo Game Day

13

14  
**10-11:30 am**  
Hiking Group: Sherwood Fields  
  
**11 am-1 pm**  
Crochet with Netti

15  
**10:15 am**  
Lifespan Presents: Scam Prevention  
  
**10:30-11:15 am**  
Foodlink Curbside Market

16

17  
**10 am**  
Jean Calder Celebration of Life Ceremony

20

21  
**11 am-1 pm**  
Crochet with Netti

22  
**10:30-11:15 am**  
Foodlink Curbside Market

23

24  
**10 am**  
AOA Bingo Game Day  
  
**1-2:30 pm**  
Hiking Group: Powder Mill Park - Daffodil Meadow Trail

27  
**10:15 am**  
Arose Art Gallery

28  
**11 am-1 pm**  
Crochet with Netti

29  
**10:30-11:15 am**  
Foodlink Curbside Market

30  
**11:30 am**  
AOA ABC Gates Bowling with the Westside Family YMCA!

31  
**10 am**  
April AOA Birthday Celebrations

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:

