



ACTIVE OLDER ADULT PROGRAMMING

THURSTON ROAD NEIGHBORHOOD CENTER | SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11 am Knit with Nettie	2 9 am SilverSneakers Classic	3	4 9 am SilverSneakers Classic 10 am Pre-Labor Day Cookout 10:15 am Chair Yoga
7 Happy Labor Day! Neighborhood Center Closed	8 11 am Knit with Nettie	9 9 am SilverSneakers Classic	10	11 9 am SilverSneakers Classic 10:15 am Chair Yoga
14 9 am SilverSneakers Classic 10:30 am Art of Rose	15 10-11:30 am Hiking Group: Turning Point Park 11 am Knit with Nettie	16 9 am SilverSneakers Classic 10:30 am NY Life Ins Presentation	17	18 9 am SilverSneakers Classic 10:15 am Chair Yoga 10:30 am Bingo
21 9 am SilverSneakers Classic	22 11 am Knit with Nettie	23 9 am SilverSneakers Classic	24	25 9 am SilverSneakers Classic 10:15 am Chair Yoga 10:30 am AOA BBQ 1-2:30 pm Hiking Group: Mt. Morris Dam Tour - \$1 per person
28 9 am SilverSneakers Classic 10:30 am Art of Rose	29 11 am Knit with Nettie	30 9 am SilverSneakers Classic		Please Note: All programs in Red require online registration at RochesterYMCA.org . Registration opens at 10 am on the third Monday of the prior month.

Please email Jauvant.Tanksley@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:

