



ACTIVE OLDER ADULT PROGRAMMING

THURSTON ROAD YMCA NEIGHBORHOOD CENTER | AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9 am SilverSneakers Classic 10:30 am Rose of Art	4 11 am Crochet with Nettie	5 9 am SilverSneakers Classic	6	7 9 am SilverSneakers Classic 10:15 am Chair Yoga
10 9 am SilverSneakers Classic	11 10-11:30 am Hiking Group: Mendon Ponds Park Birdsoing Trail 11 am Crochet with Nettie	12 9 am SilverSneakers Classic	13	14 9 am SilverSneakers Classic 10:15 am Chair Yoga 10:30 am AOA/Kids BBQ
17 9 am SilverSneakers Classic 10:15 am Rose of Art	18 11 am Crochet with Nettie	19 9 am SilverSneaker Classic	20	21 9 am SilverSneakers Classic 10:15 am Chair Yoga 10:30 am AOA/Kids BBQ
24 9 am SilverSneakers Classic	25 11 am Crochet with Nettie	26 9 am SilverSneakers Classic	27	28 9 am SilverSneakers Classic 10:15 am Chair Yoga 1-2:30 pm Hiking Group: Channing Philbrick Park
31 9 am SilverSneakers Classic				

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:

