



ACTIVE OLDER ADULT PROGRAMMING

THURSTON ROAD NEIGHBORHOOD CENTER | OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 9 am SilverSneakers Classic 10:15 am Chair Yoga
5 9 am SilverSneakers Classic	6 11 am Crochet with Nettie	7 Happy Healthy Aging Day! 9 am SilverSneakers Classic 9 am Workout with a Cop	8	9 9 am SilverSneakers Classic 10:15 am Chair Yoga
12 9 am SilverSneakers Classic 10:30 am Art of Rose	13 11 am Crochet with Nettie	14 9 am SilverSneakers Classic	15	16 9 am SilverSneakers Classic 10:15 am Chair Yoga
19 9 am SilverSneakers Classic	20 11 am Crochet with Nettie	21 9 am SilverSneakers Classic	22	23 9 am SilverSneakers Classic 10:15 am Chair Yoga 1 pm AOA Sock Hop
26 9 am SilverSneakers Classic 10:30 am Art of Rose	27 11 am Crochet with Nettie	28 9 am SilverSneakers Classic	29	30 9 am SilverSneakers Classic 4 pm Halloween Bash

Please email Cynthia.Welch@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:

