



ACTIVE OLDER ADULT PROGRAMMING

THURSTON ROAD NEIGHBORHOOD CENTER | NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 am SilverSneakers Classic	3 11 am-1 pm Crochet with Nettie	4 9 am SilverSneakers Classic 9-10 am Workout with a Cop	5	6 9 am SilverSneakers Classic 9 am AOA Bingo AOA 10:30 am Susan Alldredge individual meeting
9 9 am SilverSneakers Classic	10 11 am-1 pm Crochet with Nettie	11 9 am SilverSneakers Classic	12	13 9 am SilverSneakers Classic 9 am AOA Bingo 10:30 am Susan Alldredge individual meeting
16 9 am SilverSneakers Classic	17 11 am-1 pm Crochet with Nettie	18 9 am SilverSneakers Classic	19 1:30-3:30 pm Bowling at ABC Bowl with The Westside Family YMCA	20 9 am SilverSneakers Classic 10:30 am Thanksgiving Potluck
23 9 am SilverSneakers Classic	24 11 am-1 pm Crochet with Nettie	25 9 am SilverSneakers Classic	26 Happy Thanksgiving!! Neighborhood Center Hours 8 am to Noon	27 9 am SilverSneakers Classic 10:30 am AOA Bingo
30 9 am SilverSneakers Classic				

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:

