



ACTIVE OLDER ADULTS

Calendar of Events

JERRY LONG FAMILY YMCA

Wednesday, January 29	12:15pm	Novant Health Talk: Activity
Tuesday, February 18	2:00pm	EstatePlanning 101
Wednesday, February 19	11:30am	BINGO
Friday, February 21	5:30pm	Warm Your Heart Social
Wednesday, March 5	1:00pm	Lunch with Friends
Wednesday, March 19	11:30am	BINGO
Wednesday, April 16	11:30am	BINGO
Friday, May 16	5:30pm	Shake Rattle and Roll Potluck
Tuesday, May 20	12:15pm	Novant Health Talk: Stress Management
Wednesday, May 21	11:30am	BINGO
Wednesday, June 18	11:30am	BINGO
Friday, June 20	1:00pm	Lunch with Friends
Wednesday, July 16	11:30am	BINGO
Wednesday, August 20	11:30am	BINGO
Friday, August 22	5:30pm	Luau Theme Potluck
Friday, September 5	1:00pm	Lunch with Friends
Wednesday, September 17	11:30am	BINGO
Wednesday, October 15	11:30am	BINGO
Tuesday, October 21	12:15pm	Novant Health Talk: Healthy Holidays
Friday, November 7	5:30pm	Holiday Potluck
Wednesday, November 19	11:30am	BINGO
Wednesday, December 3	1:00pm	Lunch with Friends
Wednesday, December 17	11:30am	BINGO

SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!

Questions? Please contact Ciera King at c.kingymcanwnc.org