



ACTIVE OLDER ADULTS

2026 Calendar of Events

ALEXANDER COUNTY FAMILY YMCA

Friday, January 23	12pm	Bingo
Friday, February 27	12pm	Bingo
Friday, March 27	12pm	Bingo
Tuesday, April 14	10am-2pm	Remarkable You (Biometric Health Screening)
Friday, April 24	12pm	Bingo
Friday, May 22	12pm	Bingo
Tuesday, August 25	12pm	Money Management Workshop
Tuesday, September 15	2pm	Estate Planning Workshop
Friday, September 25	12pm	Bingo
Friday, October 23	12pm	Bingo
Friday, November 20	12pm	Bingo
Friday, December 18	12pm	Bingo

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

Questions? Please contact Ciera King at c.king@ymcanwnc.org (336) 721-2100 Ext 6275