



# ACTIVE OLDER ADULTS

## 2026 Calendar of Events

### DAVIE FAMILY YMCA

<b>Tuesday, January 27</b>	12:00pm	<b>Strategies of Social Security</b>
<b>Wednesday, February 11</b>	12:00pm	<b>Game Day</b>
<b>Friday, March 27</b>	11:30am–12:30pm	<b>Osteoporosis: What's a Body To Do?</b>
<b>Wednesday, April 22</b>	11:15am–12:30pm	<b>Cool Spring Get Together</b>
<b>Wednesday, May 13</b>	12:00pm	<b>Game Day</b>
<b>Tuesday, May 19</b>	2:00pm	<b>Estate Planning</b>
<b>Friday, June 12</b>	12:00pm	<b>Veterans Lunch</b>
<b>Friday, August 28</b>	11:00am	<b>Ice Cream Social</b>
<b>Wednesdays September 2, 9, 16, 23</b>	12:00pm	<b>You Go Girl! But Only If You Have To</b>
<b>Wednesday, Sept 9</b>	12:00pm	<b>Game Day</b>
<b>Wednesday, November 11</b>	12:00pm	<b>Game Day</b>
<b>Wednesday, December 2</b>	12:00–1:30pm	<b>Holiday Potluck</b>

**SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!**  
Questions? Please contact Ciera King at [\(336\) 721-2100 Ext 6275](mailto:c.king@ymcanwnc.org)