



ACTIVE OLDER ADULTS

2026 Calendar of Events

JERRY LONG FAMILY YMCA

Wednesday, January 21	11:30am–1:00pm	BINGO
Wednesday, January 28	12:15pm	Novant Health Talk: Nutrition Basics
Friday, February 13	12:30–2:30pm	Connect with Cocoa and Cookies
Tuesday, February 17	2:00pm	Estate Planning 101
Wednesday, February 18	11:30am–1:00pm	BINGO
Wednesday, March 4	1:00pm	Lunch with Friends: Cugino Forno
Wednesday, Mar 18	11:30am–1:00pm	BINGO
Wednesday, April 15	11:30am–1:00pm	BINGO
Tuesday, April 28	2:00pm	QCD Workshop
Friday, May 15	5:30–7:30pm	Shake Rattle and Roll Potluck
Tuesday, May 19	12:15pm	Novant Health Talk: Stroke Awareness
Wednesday, May 20	11:30am–1:00pm	BINGO
Wednesday, June 17	11:30am–1:00pm	BINGO
Friday, June 19	1:00pm	Lunch with Friends: Dairi-O
Wednesday, July 15	11:30am–1:00pm	BINGO
Wednesday, August 19	11:30am–1:00pm	BINGO
Friday, August 21	5:30–7:30pm	Luau Theme Potluck
Friday, September 4	1:00pm	Lunch with Friends: Dairi-O
Wednesday, September 16	11:30am–1:00pm	BINGO
Tuesday, October 20	12:15pm	Novant Health Talk: Self-Care Strategies
Wednesday, October 21	11:30am–1:00pm	BINGO
Friday, November 6	5:30–7:30pm	Holiday Potluck
Wednesday, November 18	11:30am–1:00pm	BINGO
Wednesday, December 2	1:00pm	Lunch with Friends: Cracker Barrel
Wednesday, December 16	11:30am–1:00pm	BINGO

SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!
Questions? Please contact Ciera King at c.king@ymcanwnc.org.