



ACTIVE OLDER ADULTS

2026 Calendar of Events

KERNERSVILLE FAMILY YMCA

Wednesday, January 21	11:45am–12:45pm	BINGO
Wednesday, February 14	11:45am–12:45pm	BINGO
Friday, January 31	11:45am–1:15pm	Annual Impact Fund Kickoff Luncheon
Wednesday, February 18	11:45am–12:45pm	BINGO
Thursday, February 19	9:00am–1:30p	Blood Drive
Thursday, March 12	12pm	Novant Health Talk: What is the Mediterranean Diet?
Wednesday, March 18	11:45am–12:45pm	BINGO
Monday, April 13	12pm	BINGO/Spring Potluck
Thursday, April 23	9:00am–1:30p	Blood Drive
Wednesday, May 20	11:45am–12:45pm	BINGO
Thursday, June 11	12pm	Novant Health Talk: Skin Cancer Awareness: Learn the ABC's of Melanoma
Thursday, June 18	9:00am–1:30p	Blood Drive
Thursday, August 20	9:00am–1:30p	Blood Drive
Wednesday, September 16	11:45am–12:45pm	BINGO
Tuesday, September 22	1pm	Estate Planning
Thursday, September 24	12:45pm	You Go Girl! But Only If You Have To
October 1, 8, 15		
Wednesday, October 21	11:45am–12:45pm	BINGO
Thursday, October 22	9:00am–1:30p	Blood Drive
Wednesday, November 18	11:45am–12:45pm	BINGO
Monday, December 14	12pm	BINGO/Holiday Social
Thursday, December 17	9:00am–1:30p	Blood Drive

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

Questions? Please contact Ciera King at c.king@ymcanwnc.org.