



# ACTIVE OLDER ADULTS

## 2026 Calendar of Events

### ROBINHOOD ROAD FAMILY YMCA

<b>Wednesday, January 7</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Friday, January 30</b>	12:00pm	<b>Lunch With Friends: Midtown Cafe and Dessertery</b>
<b>Wednesday, February 4</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Thursday, February 12</b>	11:45am	<b>Warm Your Heart Social</b>
<b>Friday, February 27</b>	12:00pm	<b>Lunch With Friends: Duke's Restaurant</b>
<b>Wednesday, March 4</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Friday, March 13</b>	12:00pm	<b>Potluck/St. Patrick's Day Baked Potato Bar</b>
<b>Friday, March 27</b>	12:00pm	<b>Lunch With Friends: District 924</b>
<b>Wednesday, April 1</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Tuesday, April 21</b>	2:00pm	<b>Estate Planning</b>
<b>Friday, April 24</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Tuesday, May 5</b>	12:00pm	<b>Potluck/Cinco de Mayo Taco Bar</b>
<b>Wednesday, May 6</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Friday, May 29</b>	12:00pm	<b>Lunch With Friends: La Carretta</b>
<b>Wednesday, June 3</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Friday, June 5</b>	12:00pm	<b>Ice Cream Social</b>
<b>Friday, June 26</b>	12:00pm	<b>Lunch With Friends: West End Cafe</b>
<b>Wednesday, July 1</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Thursday, July 23</b>	12:00pm	<b>Novant Health Talk: Nutrition Basics</b>
<b>Friday, July 24</b>	12:00pm	<b>Lunch With Friends: Dairi-O</b>

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

Questions? Please contact Ciera King at [c.king@ymcanwnc.org](mailto:c.king@ymcanwnc.org)

# ROBINHOOD ROAD FAMILY YMCA

<b>Wednesday, August 5</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Tuesday, August 18</b>	12:00pm	<b>Novant Health Talk: What Is Your Gut Feeling?</b>
<b>Friday, August 28</b>	12:00pm	<b>Lunch With Friends: The Sherwood Restaurant</b>
<b>Wednesday, September 2</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Tuesday, September 15</b>	12:00pm	<b>Novant Health Talk: Label Lingo</b>
<b>Friday, September 25</b>	12:00pm	<b>Lunch With Friends: Mama Zoe's</b>
<b>Wednesday, October 7</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Wednesday, October 14</b>	11:45am	<b>Jill Berlin: Hidden Benefits Within Your Insurance Plans</b>
<b>Tuesday, October 27</b>	2:00pm	<b>QCD (Qualified Charitable Donation) Workshop</b>
<b>Friday, October 30</b>	12:00pm	<b>Halloween Potluck</b>
<b>Friday, October 30</b>	12:00pm	<b>No Lunch With Friends: Happy Halloween</b>
<b>Wednesday, November 4</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Tuesday, November 17</b>	12:00pm	<b>Novant Health Talk: What Is Your Hydration Situation?</b>
<b>Friday, November 27</b>	12:00pm	<b>Lunch With Friends: River Birch Lodge</b>
<b>Wednesday, December 2</b>	11:15am 11:45am–1:15pm	<b>Snacks BINGO</b>
<b>Friday, December 11</b>	12:00pm	<b>Christmas Potluck</b>
<b>Friday, December 25</b>	12:00pm	<b>No Lunch With Friends: Merry Christmas</b>

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