



ACTIVE OLDER ADULTS

2026 Calendar of Events

WILLIAM G. WHITE, JR. FAMILY YMCA

Wednesday, January 14	11:30am	BINGO
Wednesday, February 11	11:30am	BINGO
Tuesday, March 3	12:00pm	Nutrition Made Easy
Tuesday, March 10	2:00pm	Estate Planning
Wednesday, March 11	11:30am	BINGO
Thursday, March 19	11:45am	Dementia and Memory Care Workshop with Brain Bingo
Wednesday, April 8	11:30am	BINGO
Tuesday, April 14	2:00pm	QCD (Qualified Charitable Donation) Workshop
Wednesdays, May 6, 13, 20, 27	12:00pm	You Go Girl! But Only If You Have To
Thursdays, May 7, 14, 21, 28	5:30pm	Caregiver Academy
Wednesday, May 13	11:30am	BINGO
Thursday, May 14	12:00pm	Novant Health Talk: Body Bingo
Thursday, May 21	11:45am	Dementia and Memory Care Workshop with Brain Bingo
Wednesday, June 10	11:30am	BINGO
Wednesday, July 8	11:30am	BINGO
Wednesday, August 12	11:30am	BINGO
Friday, August 29	12:45pm	Ice Cream Social
Wednesday, September 9	11:30am	BINGO
Wednesday, October 7	11:30am	BINGO
Wednesday, October 8	10am-5pm	Carolina Classic Fair
TBD	TBD	LIVESTRONG® at the YMCA
Thursdays, October 1, 8, 15, 22	11:45am	Caregiver Academy
Fridays, October 2, 9, 16, 23	12:00pm	Dining with Diabetes
Tuesday, October 27	12:00pm	Novant Health Talk: Address Your Stress
Wednesday, November 11	11:30am	BINGO
Wednesday, November 11	12:00pm	Osteoporosis: What's A Body To Do?
Friday, November 20	2:00pm	Holiday Social/Potluck
Wednesday, December 9	11:30am	BINGO

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