



# ACTIVE OLDER ADULTS

## 2026 Calendar of Events

### **WILLIAM G. WHITE, JR. FAMILY YMCA**

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