



# ACTIVE OLDER ADULTS

## 2026 Calendar of Events

### WILKES FAMILY YMCA

**Wednesday, February 25**

11:00am

**BINGO**

**Thursday, April 9**

12:00pm

**Novant Health Talk:  
Nutrition Basics**

**Wednesday, April 22**

11:00am

**BINGO**

**Thursday, May 14**

11:00am

**Welcome Spring Potluck**

**Thursday, June 4**

12:00pm

**Novant Health Talk: What Is  
Your Hydration Situation?**

**Wednesday, June 24**

11:00am

**BINGO**

**Wednesday, August 26**

11:00am

**BINGO**

**Thursday, September 10**

12:00pm

**Novant Health Talk: Address  
Your Stress**

**Wednesday, October 21**

11:00am

**BINGO**

**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)