



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