



# ACTIVE OLDER ADULTS

## 2026 Calendar of Events

### YMCA REACH CENTER AT WINSTON LAKE

Tuesday, January 13	12:30pm	BINGO
Thursday, January 22	12:30pm	Birthday Celebration
Tuesday, February 10	12:30pm	BINGO
Tuesday, February 24	12:15pm	Novant Health Talk: Budgeting
Thursday, February 26	12:30pm	Birthday Celebration
Tuesday, March 10	12:30pm	BINGO
Thursday, March 26	12:30pm	Birthday Celebration
Tuesday, April 14	12:30pm	BINGO
Tuesday, April 14	12:30pm	Novant Health Talk: Budgeting
Thursday, April 23	12:30pm	Birthday Celebration
Tuesday, May 12	12:30pm	BINGO
Thursday, May 28	12:30pm	Birthday Celebration
Tuesday, June 9	12:30pm	BINGO
Tuesday, June 16	12:30pm	Novant Health Talk: What Is Your Hydration Situation?
Thursday, June 25	12:30pm	Birthday Celebration
Tuesday, July 14	12:30pm	BINGO
Thursday, July 23	12:30pm	Birthday Celebration
Tuesday, August 11	12:30pm	BINGO
Thursday, August 20	11:15pm	Dementia and Memory Care Workshop with Brain Bingo
Thursday, August 27	12:30pm	Birthday Celebration
Tuesday, September 8	12:30pm	BINGO
Friday, September 11	12:00pm	Community Day Cookout
Thursday, September 24	12:30pm	Birthday Celebration
Date TBD	12:30pm	Carolina Classic Fair "Senior Day"
Tuesday, October 13	12:30pm	BINGO
Thursday, October 22	12:30pm	Birthday Celebration
Tuesday, November 10	2:00pm	Estate Planning
Tuesday, November 10	12:30pm	BINGO
Thursday, November 19	11:15pm	Dementia and Memory Care Workshop with Brain Bingo
Thursday, November 19	12:30pm	Birthday Celebration/Holiday Potluck
Tuesday, December 8	12:30pm	BINGO
Thursday, December 17	12:30pm	Birthday Celebration

**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).