



# ACTIVE OLDER ADULTS

## 2026 Calendar of Events

### STOKES FAMILY YMCA

<b>Friday, January 23</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, February 13</b>	12:00pm	<b>Warm Your Heart Social</b>
<b>Friday, February 27</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, March 6</b>	12:00pm	<b>Novant Health Talk: What Is Your Gut Feeling?</b>
<b>Friday, March 27</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, April 10</b>	12:00pm	<b>Plant Swap/Potluck</b>
<b>Friday, April 24</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Tuesday, May 5</b>	2:00pm	<b>Estate Planning</b>
<b>Friday, May 22</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, June 5</b>	12:00pm	<b>Novant Health Talk: Nutrition Basics</b>
<b>Friday, June 12</b>	12:00pm	<b>Town and Country (King, NC)</b>
<b>Friday, June 26</b>	12:00pm	<b>Lunch Outing: Little Italy (King, NC)</b>
<b>Friday, July 10</b>	12:00pm	<b>Dairio (King, NC)</b>
<b>Friday, July 24</b>	12:00pm	<b>Lunch Outing: Amazing Thailand (King, NC)</b>
<b>Friday, August 7</b>	12:00pm	<b>Novant Health Talk: Learn the ABCs of Melanoma</b>
<b>Friday, August 21</b>	12:00pm	<b>Ice Cream Social</b>
<b>Friday, August 28</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, September 4</b>	12:00pm	<b>Fall Potluck</b>
<b>Friday, September 25</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, October 23</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, November 13</b>	12:00pm	<b>Thanksgiving Potluck</b>
<b>Friday, November 27</b>	11:30am 12:00pm	<b>Snacks BINGO</b>
<b>Friday, December 4</b>	12:00pm	<b>Christmas Potluck</b>
<b>December 2026</b>		<b>No BINGO (Merry Christmas!)</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)