



# ACTIVE OLDER ADULTS

## 2026 Calendar of Events

### STOKES FAMILY YMCA

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

**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)