



# ACTIVE OLDER ADULTS

## Calendar of Events

### JERRY LONG FAMILY YMCA

<b>Monday, January 29</b>	12:15pm	<b>Bring Your Lunch and Learn/ How to Balance Your Exercise Routine</b>
<b>Friday, February 9</b>	2:00pm	<b>Estate Planning 101</b> Pool Conference Room
<b>Friday, February 23</b>	3-5pm	<b>Warm Your Heart Social</b> Mind Body Studio
<b>Wednesday, March 6</b>	1:00pm	<b>Lunch Bunch/Cugino Forno</b>
<b>Friday, May 17</b>	5:30-7:30pm	<b>Potluck/Shake Rattle and Roll</b> Mind Body Studio
<b>Wednesday, June 5</b>	1:00pm	<b>Lunch Bunch/Dairi-O</b>
<b>Friday, August 9</b>	5:30-7:30pm	<b>Potluck/Luau Theme</b> Mind Body Studio
<b>Friday, September 6</b>	1:00pm	<b>Lunch Bunch at Alex's Grill and Ice Cream</b>
<b>Friday, November 1</b>	5:30-7:30pm	<b>Holiday Potluck</b> Mind Body Studio
<b>Wednesday, December 4</b>	1:00pm	<b>Lunch with Friends/Applebees</b>

**SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!**

Questions? Please contact Sherry Corson at [s.corson@ymcanwnc.org](mailto:s.corson@ymcanwnc.org) or 336 721 2100 Ext. 6265