



# ACTIVE OLDER ADULTS

## Calendar of Events

### ROBINHOOD ROAD FAMILY YMCA

|                               |      |                      |  |
|-------------------------------|------|----------------------|--|
| <b>Wednesday, February 14</b> | 12pm | Kids Zone            | <b>Warm Your Heart Social</b>  |
| <b>Friday, February 23</b>    | 12pm | Kids Zone/<br>Atrium | <b>Lunch Bunch</b>   |
| <b>Friday, March 15</b>       | 12pm | Kids Zone            | <b>Potluck/St Patty's Day<br/>Baked Potato Bar</b>                     |
| <b>Friday, March 29</b>       | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Thursday, April 18</b>     | 12pm | Kids Zone            | <b>Salad Potluck/Garden<br/>Expert Speaker</b>                         |
| <b>Friday, April 26</b>       | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Monday, May 6</b>          | 12pm | Kids Zone            | <b>Potluck/Cinco De Mayo<br/>Taco Bar</b>                              |
| <b>Friday, May 31</b>         | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Friday, June 7</b>         | 12pm | Kids Zone            | <b>Ice Cream Social</b>  |
| <b>Friday, June 28</b>        | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Monday, July 15</b>        | 12pm | Kids Zone            | <b>Bring Your Lunch and<br/>Learn/Sleep Hygiene</b>                    |
| <b>Friday, July 26</b>        | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Thursday, August 22</b>    | 12pm | Kids Zone            | <b>Bring Your Lunch and<br/>Learn/Take a Deep Breath</b>               |
| <b>Friday, August 30</b>      | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Friday, September 27</b>   | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Wednesday, October 16</b>  | 12pm | Kids Zone            | <b>Jill Berlin/Hidden<br/>Benefits within your<br/>Insurance Plans</b> |
| <b>Thursday, October 31</b>   | 12pm | Kids Zone            | <b>Halloween Potluck</b>   |
| <b>Monday, November 18</b>    | 12pm | Kids Zone            | <b>Bring Your Lunch and<br/>Learn/Healthy Holiday<br/>Eating</b>       |
| <b>Friday, November 29</b>    | 12pm | Kids Zone            | <b>Lunch Bunch</b>   |
| <b>Friday, December 13</b>    | 12pm | Kids Zone            | <b>Christmas Potluck</b>   |
| <b>Friday, December 27</b>    | 12pm | Kids Zone            | <b>Lunch Bunch</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