



ACTIVE OLDER ADULTS

Calendar of Events

STOKES FAMILY YMCA

Friday, February 16	12:30	Warm Your Heart Social
Friday, March 1	12:00	Bring Your Lunch and Learn/ Fall Prevention
Friday, May 17	12:30	Spring into Summer Potluck
Friday, June 7	12:00	Bring Your Lunch and Learn/ Hydration
Friday, August 2	12:00	Bring Your Lunch and Learn/ Sleep Hygiene
Friday, September 13	12:30	Fall Potluck
Friday, October 4	12:00	Bring Your Lunch and Learn/ What is the Difference Between Depression and just Feeling Down
Friday, November 15	12:30	Thansgiving Potluck
Friday, December 6	12:30	Christmas Potluck

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

Questions? Please contact Sherry Corson at s.corson@ymcanwnc.org or 336 721 2100 Ext. 6265