



ACTIVE OLDER ADULTS

Calendar of Events

KERNERSVILLE FAMILY YMCA

Wednesday, January 15	11:45am	BINGO
Wednesday, February 19	11:45am	BINGO
March 13	12:00pm	Bring Lunch & Learn: Depression Vs. Feeling Down
Wednesday, March 26	11:45am	BINGO
Monday, April 14	12:00pm	Spring Social Potluck
Wednesday, April 16	11:45am	BINGO
Wednesday, May 21	11:45am	BINGO
Thursday, June 12	12:00pm	Bring Lunch & Learn: Sleep Hygiene
Wednesday, September 17	11:45am	BINGO
Tuesday, September 23	2:00pm	Estate Planning
Wednesday, October 15	11:45am	BINGO
Wednesday, November 19	11:45am	BINGO
Wednesday, December 17	11:45am	BINGO / Holiday Social

SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!
Questions? Please contact Ciera King at c.kingymcanwnc.org