



# ACTIVE OLDER ADULTS

## Calendar of Events

### WILLIAM G. WHITE, JR FAMILY YMCA

Wednesday, February 12	11:30am	BINGO
Monday, March 3	9:30am	Caregiver Academy
Tuesday March 11	2:00pm	Estate Planning
Wednesday, March 12	11:30am	BINGO
Monday, April 7	9:30am	Caregiver Academy
Wednesday, April 9	11:30am	BINGO
May 6, 13, 20, 27	12:00pm	You Go Girl
Wednesday, May 14	11:30am	BINGO
Monday, May 19	9:45am	Water Aerobics Potluck
Monday, June 2	9:30am	Caregiver Academy
Wednesday, June 11	11:30am	BINGO
Thursday, June 12	12:00pm	Health Talk: Hot Mama Or Menopause?
Wednesday, July 9	11:30am	BINGO
Monday, August 4	9:30am	Caregiver Academy
Wednesday, August 13	11:30am	BINGO
Friday, August 29	12:45pm	Ice Cream Social
Tuesday, September 9	11:45am	Health Talk: Bladder What's The Matter
September 12-21	12:00pm	Multicultural Fair
Monday, October 6	9:30am	Caregiver Academy
Wednesday, October 8	11:30am	BINGO
Thursday, October 9	10:00am	Classic Fair
Tuesday, November 11	12:00pm	Health Talk: Osteoporosis!
Wednesday, November 12	11:30am	BINGO
Friday, November 21	2:00pm	Holiday Potluck
Monday December 8	9:30am	Caregiver Academy
Wednesday, December 10	11:30am	BINGO

**SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!**  
Questions? Please contact Ciera King at [c.kingymcanwnc.org](mailto:c.kingymcanwnc.org)