



ACTIVE OLDER ADULTS

Calendar of Events

ROBINHOOD ROAD FAMILY YMCA

Friday, January 24	12:00pm	Lunch at Village Tavern
Wednesday, February 5	11:45am	BINGO
Thursday, February 13	12:00pm	Warm Your Heart Social
Friday, February 28	12:00pm	Lunch at Cafe Aurthur
Wednesday, March 5	11:45am	BINGO
Friday, March 14	12:00pm	St Patty's Potluck
Friday, March 28	12:00pm	Lunch at The Carving Board
Wednesday, April 2	11:45am	BINGO
Tuesday, April 22	2:00pm	Estate Planning
Friday, April 25	12:00pm	Lunch at Sage and Salt
Wednesday, May 7	11:45am	BINGO
Monday, May 5	12:00pm	Cinco De Mayo Taco Bar
Friday, May 30	12:00pm	Lunch at Mozelle's
Wednesday, June 4	11:45am	BINGO
Friday, June 6	12:00pm	Ice Cream Social
Friday, June 27	12:00pm	Lunch at West End Cafe
Wednesday, July 2	11:45am	BINGO
Tuesday, July 15	12:00pm	Novant Health Talk: Sleep Hygiene
Friday, July 25	12:00pm	Lunch at Dairi-o
Wednesday, August 6	11:45am	BINGO
Friday, August 22	12:00pm	Novant Health Talk: Take a Deep Breath
Friday, August 22	12:00pm	Lunch at The Sherwood
Wednesday, September 3	11:45am	BINGO
Friday, September 19	12:00pm	Novant Health Talk: Depression vs. Feeling Down
Friday, September 26	12:00pm	Lunch at Mama Zoe's
Wednesday, October 1	11:45am	BINGO
Wednesday, October 15	12:00pm	Hidden Benefits Within Your Insurance Plans
Friday, October 31	12:00pm	Halloween Potluck
Wednesday, November 5	11:45am	BINGO
Tuesday, November 18	12:00pm	Novant Health Talk: Healthy Holiday Eating
Thursday, November 20	12:00pm	Lunch at River Birch Lodge
Wednesday, December 3	11:45am	BINGO
Friday, December 12	12:00pm	Christmas Potluck

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

Questions? Please contact Ciera King at c.kingymcanwnc.org