



ACTIVE OLDER ADULTS

Calendar of Events

STOKES FAMILY YMCA

Friday, January 24	12:00pm	BINGO
Friday, February 7	12:30pm	Warm Your Heart Social
Friday, February 28	12:00pm	BINGO
Friday, March 7	12:00pm	Novant Health Talk: Fall Prevention
Friday, March 28	12:00pm	BINGO
Friday, April 11	12:00pm	Potluck and Plant Swap
Friday, April 25	12:00pm	BINGO
Tuesday, May 6	2:00pm	Estate Planning
Friday, May 23	12:00pm	BINGO
Friday June 6	12:00pm	Novant Health Talk: Hydration
Friday, July 25	1:00pm	Lunch Outing
Thursday, August 7	12:00pm	Novant Health Talk: Sleep Hygiene
Friday, August 22	12:00pm	BINGO
Friday, September 5	12:00pm	Fall Potluck
Friday, September 26	12:00pm	BINGO
Friday, October 24	12:00pm	BINGO
Friday, November 14	12:00pm	Thanksgiving Potluck
Friday November 28	12:00pm	BINGO
Friday, December 5	12:00pm	Christmas Potluck
Friday, December 26	12:00pm	BINGO

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