



ACTIVE OLDER ADULTS

Calendar of Events

WILKES FAMILY YMCA

Wednesday, January 22	12:00pm	BINGO
Thursday, February 6	12:00pm	Warm Your Heart Social
Wednesday, February 26	12:00pm	BINGO
Wednesday March 26	12:00pm	BINGO
Thursday, April 17	12:00pm	Novant Health Talk: Meal Planning
Thursday, May 15	12:00pm	Spring Potluck
Wednesday, May 21	12:00pm	BINGO
Thursday, June 5	12:00pm	Novant Health Talk: Label Lingo
Wednesday, June 25	2:00pm	BINGO
Wednesday, July 23	12:00pm	BINGO
Tuesday August 19	12:00pm	Estate Planning
Wednesday, August 27	12:00pm	BINGO
Wednesday, September 11	12:00pm	Novant Health Talk: Stress
Wednesday, September 24	12:00pm	BINGO
Wednesday, October 22	12:00pm	BINGO
Thursday, October 23	12:00pm	Halloween Party
Wednesday, November 26	12:00pm	BINGO
Thursday, December 3	12:00pm	Christmas Potluck
Wednesday, December 25	12:00pm	No BINGO

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