



ACTIVE OLDER ADULTS

Calendar of Events

YADKIN FAMILY YMCA

Tuesday, February 6	12-1pm	Group Ex Studio	Health Education Series/Disease Prevention/What Do My Number Means
Friday, March 15	12-1pm	Group Ex Studio	TRIPLE P Potluck, Philanthropy, St Patrick's Day
Friday, May 3	11:30-1pm	Shelter	Cinco De Mayo Potluck
Tuesday, July 30	12-1pm	Shelter/Lobby	Health Education Series/Fall Prevention
Tuesday, September 17	11:30am-1:30pm	Shelter	Picnic Potluck
Thursday, November 7	12-1pm	Group Ex Studio/Gym	Lunch and Learn/Attitude of Gratitude
Friday, December 6	11:30am-1:00pm	Lobby	Christmas Potluck

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

Questions? Please contact Sherry Corson at s.corson@ymcanwnc.org or 336 721 2100 Ext. 6265