



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY HEALTH PROGRAMS AT THE WEST CABARRUS YMCA LIVESTRONG AND PATH TO WELLNESS

Active Older Adults | Lunch & Learn | WEST CABARRUS YMCA

LIVESTRONG at the YMCA is an evidence-based physical activity and well-being program designed to help adult cancer survivors regain their total health.

Path to Wellness is a 6-week lifestyle management program devised to help participants achieve a healthier lifestyle while improving the health of our community.

Both are designed to provide guidance, encouragement, and education to help you reclaim your health and well-being.

Thursday, November 20, 2025
12 pm – 2 pm in the Williams Room
*lunch will be provided



Please Register online, through the
YMCA360 App or scan the QR code.

For more information email:
Jeana Gispert, AOA Coordinator
jgispert@rocabymca.org



ROWAN-CABARRUS YMCA
www.rocabymca.org



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KNOW WHAT YOU ARE TAKING ASK THE PHARMACIST ONE ON ONE

Active Older Adults | Lunch & Learn | Potluck
WEST CABARRUS YMCA

Atrium Health Pharmacists will sit with you one on one so you may ask them questions about your prescriptions, vitamins and supplements. Get some answers from an expert.

Thursday, October 23 , 2025
12 - 2 PM in the Williams Room
*Please bring a dish to share!

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MOVING BETTER LIVING BETTER WITH A HEALTHY BACK

Active Older Adults | Lunch & Learn (potluck) *
WEST CABARRUS YMCA

Join us for a discussion with Dr. Sierra Zinke, DC, MS,
Associate Doctor with Health Source of Concord about the
importance of your back health and your age.

Thursday September 25, 2025
12- 2 pm in the Williams Room.
*Please bring a dish to share

Please Register online, through the
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END OF SUMMER GATHERING AOA DAY OF FUN TIME TO PLAY LIKE YOU MEAN IT

ACTIVE OLDER ADULTS | DAY OF FUN | WEST CABARRUS YMCA

Join us for an afternoon of socializing, fun, games, and lunch! We will be playing Minute to Win It games specifically designed with your physicality in mind. Come hang out, team up, and cheer for your fellow members while seeing what you are made of. Stack some cups, do a rubber band soda can shootout, and roll for team points.

Thursday, August 28, 2025, 12- 2 pm in the Williams Room, Lunch will be provided

Please Register online, through the
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ACTIVE OLDER ADULTS | LUNCH AND LEARN WEST CABARRUS YMCA

Learn to recognize the signs and symptoms of mental health challenges that may be affecting you or a loved one. Discover how to offer support and when to seek professional evaluation for yourself or others.

Thursday, May 22, 2024
12- 2 pm in the Williams Room
Lunch will be provided

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FOR YOUTH DEVELOPMENT®
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ELDER LAW LEGAL INFORMATION FOR THIS STAGE OF LIFE

Active Older Adults | Lunch & Learn | Potluck*
WEST CABARRUS YMCA

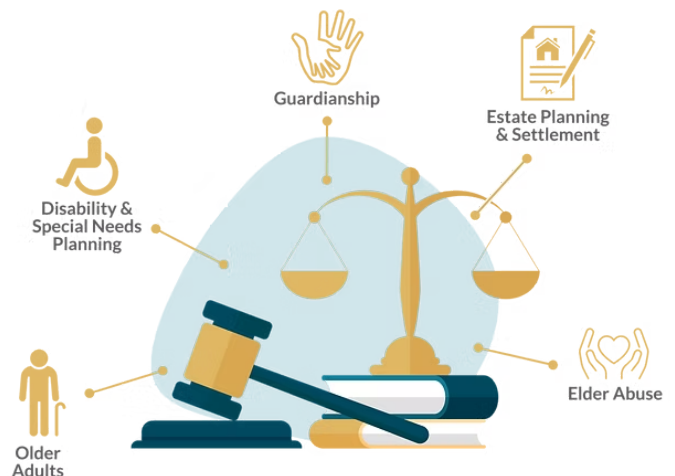
Join us to learn about navigating laws that apply to your life right now
with guest speaker Attorney Andrew Phillips.

Thursday April 24 , 2024
12- 2 pm in the Williams Room
*please bring a dish to share

Please Register online, through the
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HOME SECURITY SAFETY STARTS WITH AWARENESS AWARENESS STARTS WITH YOU

Active Older Adults | Lunch & Learn | Potluck
WEST CABARRUS YMCA

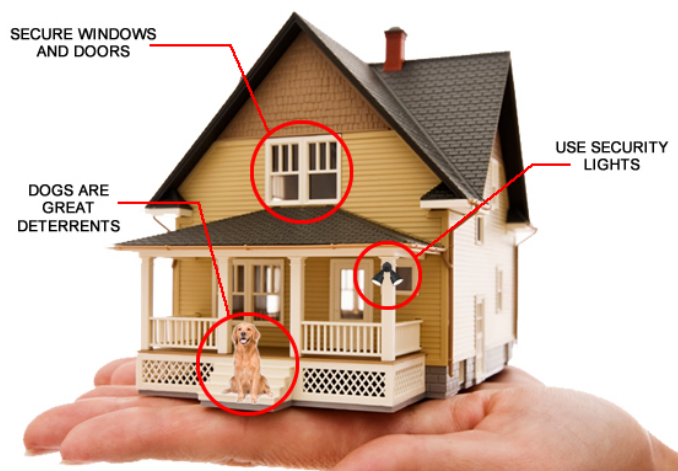
The Cabarrus County Sheriff's Department will be speaking to us about what we can do to make our homes more secure.

Thursday, March 27, 2025
12 - 2 PM in the Williams Room
*Please bring a dish to share!

Register online, through the
YMCA360 App or scan the QR code.



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Safety isn't expensive, it's priceless.

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YOUR ORAL HYGENE AND YOUR SMILE HOW DOES YOUR DENTAL HEALTH IMPACT YOU?

Active Older Adults | Lunch & Learn | Potluck*
WEST CABARRUS YMCA

Meet Dr. Henry Duncan, D.D.S., who will discuss the importance of dental health as you age.

Thursday, February 27, 2025
12 pm – 2 pm in the Williams Room
*Please bring a dish to share

Please Register online, through the
YMCA360 App or scan the QR code.



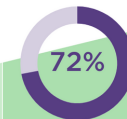
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**Your smile is
the prettiest thing
you'll ever wear.**

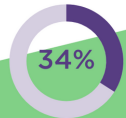
Senior Oral Health Report Of Older Americans



Don't go to the dentist as often as recommended



Wish they had taken better care of their teeth when they were younger



Say the last time they went to the dentist was more than 2 years ago



Smile less than when they were younger due to the appearance of their teeth

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HOW TO PROTECT YOURSELF FROM ONLINE SCAMS

Active Older Adults | Lunch & Learn | Potluck
WEST CABARRUS YMCA

The Cabarrus County Sheriff's Department will be speaking about the latest online scams and how to prevent yourself from falling victim.

Thursday, May 23, 2024
12 - 2 PM in the Williams Room
*Please bring a dish to share!

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YMCA360 App or scan the QR code.



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We're all worried about money.
**Don't let scammers
take yours.**

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**FOR YOUTH DEVELOPMENT®
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GET YOUR HOUSE IN ORDER! START THE NEW YEAR OFF STRONG BY GETTING ORGANIZED

**Active Older Adults | Lunch & Learn *
WEST CABARRUS YMCA**

Lori Fike English, Founder & Director of Chaos to Calm is an organizational expert. She will be speaking with us about the steps we can take to get our homes in order.

**Thursday, January 23, 2025
12 pm – 2 pm in the Williams Room
*Lunch will be provided**

**Please Register online, through the
YMCA360 App or scan the QR code.**



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HOW CAN YOU SERVE YOUR COMMUNITY? YMCA SERVICE CLUB BE PART OF THE CHANGE

ACTIVE OLDER ADULTS | LUNCH AND LEARN | POTLUCK*
WEST CABARRUS YMCA

Join us to learn how the West Cabarrus YMCA Service club is making a positive impact in our community and how your skills and time can help make a real difference!

Thursday, September 26, 2024
12- 2 pm in the Williams Room
*Please bring a dish to share

Please Register online, through the
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“WHEN I’M GONE...” DO IT YOURSELF ESTATE PLANNING

Active Older Adults | Lunch & Learn *
WEST CABARRUS YMCA

Join us for tips, suggestions, and ideas to help you organize your affairs and make estate settlement easier for your loved ones.
With guest Speaker Janet Biggs.

Thursday August 22, 2024
12- 2 pm in the Williams Room
*lunch will be provided

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HOME FIRE PREVENTION AND SAFETY

Active Older Adults | Lunch & Learn | Potluck
WEST CABARRUS YMCA

Join us to learn about fire prevention in your home and how to identify potential fire hazards, with the Concord Fire Department.

Thursday, April 25, 2024
12 – 2 PM in the Williams Room
*Please bring a dish to share!

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AGING GRACEFULLY WITH GOOD NUTRITION

Active Older Adults | Lunch & Learn | Potluck
WEST CABARRUS YMCA

Join us to learn how your nutrition is vital for aging gracefully, with guest speaker Alicia Knetsche, RDN, CDCES, LDN, CPT of Atruim Health.

Thursday, March 21, 2024

12 - 2 PM in the Williams Room

*Please bring a healthy dish to share!

Please Register online, through the YMCA360 App or scan the QR code.



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"Aging is an extraordinary process when you become the person you always should have been."
-David Bowie

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KNOW YOUR NUMBERS YOUR HEART HEALTH

Active Older Adults | Lunch & Learn
WEST CABARRUS YMCA

Join us to learn about your heart health, and
what exactly your numbers mean, with guest
speaker BSN Jane Kelly of Atruim Health.

Thursday, February 22, 2024
12 – 2 PM in the Williams Room
*Lunch provided.

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