



# West Cabarrus YMCA

January 2026

## Active Older Adults

**Line dancing** Join us for an AOA activity where you will be connecting mind and body to learn a fun dance. Studio A from 12:00 – 12:45 pm on Friday, January 2nd and 16th.

**Book Club** January 15th, 9:30 am in the Conference Room, "The Seven Husbands of Evelyn Hugo", by Taylor Jenkins Reid.

Future Titles TBD

**Game Day** is January 6th and 20th from 11:30-1 pm in the conference room where we will play classic games. We have Uno, Skip-Bo, Yahtzee, Farkle... come play with us.

**Bingo** on Tuesday, January 27th from 11:30 - 1 pm in the Williams room. Come for the numbers, stay for the popcorn and sass.



*The best is yet to come.*

### January Lunch and Learn:

Learn about senior care options with Alicia Ritchie from CarePatrol of Charlotte. CarePatrol's core values are dedicated to being a comprehensive personal service and valuable resource for families during transitional periods of a loved one.

Thursday, January 22nd from 12 - 2 pm in the Williams Room.

\*Lunch Provided.

The West Cabarrus **Service Club** meets the first Monday of every month from 9 - 10 in the conference room.

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!

## Did you know?

### The Month of January

January was named for the Roman God Janus, known as the protector of gates and doorways, which symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

### "Just for Fun" Days

January is **National Clean Up Your Computer Month** and **National Hot Tea Month**! Here are some more fun things to celebrate in January:

- **January 1:** Z Day (On this day, those whose last name begins with "Z" get to go first instead of last.)
- **January 3:** National Chocolate-Covered Cherry Day
- **January 6:** National Bean Day
- **January 8:** Elvis Presley's Birthday
- **January 10:** National Houseplant Appreciation Day
- **January 14:** National Dress Up Your Pet Day
- **January 20:** National Penguin Day
- **January 22:** National Answer Your Cat's Questions Day
- **January 29:** National Puzzle Day



*Wishing you a year of health, wealth, and the kind of happiness that truly matters. Happy New Year!*



### AT A GLANCE

**Line Dancing** Friday, January 2nd and 16th

**Game Day** Tuesday, January 6th and 20th

**AOA Bingo** Tuesday, January 27th

**Book Club** Thursday, January 15th

**Lunch and Learn** Thursday, January 22nd

### Evening of Prayer & Healing

Come together in faith, friendship and prayer! Every 3rd Tuesday of the month in the Teen Center from 6 pm - until...

### Future activities:

Painting on canvas

Field Trip to Lazy 5 Ranch