



# West Cabarrus YMCA

February 2026

## Active Older Adults

**Game Day** Tuesday, February 3rd and 17th from 11:30-1 pm in the Teen Center where we will play classic games. We have Mexican Train Dominos, Uno, Skip-Bo, Yahtzee, Rummy Cube... Let's play!

**Line Dancing** Friday, February 6th and 20th. Join us for an AOA activity where you will connect mind and body to learn a fun dance. Studio A 12 – 12:45 pm.

**Book Club** Thursday, February 19th, 9:30 am in the Conference Room, "The Frozen River", by Ariel Lawthorn.

March Selection: "James", by Percival Everett

**Bingo** Tuesday, February 24th from 11:30 -1 pm in the Teen Center. Come for the numbers, stay for the popcorn and sass.



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### February Lunch and Learn (potluck\*):

The Cabarrus County Sheriff's Department will be speaking to us about key factors for your personal safety. What to focus on to remain vigilant and prepared.

Thursday, February 26th from 12 – 2 pm in the Williams Room.

Registration required. Please register through the YMCA360 App, at the front desk or use the QR Code on the flyers throughout the building.

\*please bring a dish to share

*It always seems impossible until it's done" -Nelson Mandela*

**The West Cabarrus Service Club** meets the first Thursday of every month from 9 - 10 am 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!

704.795.9622

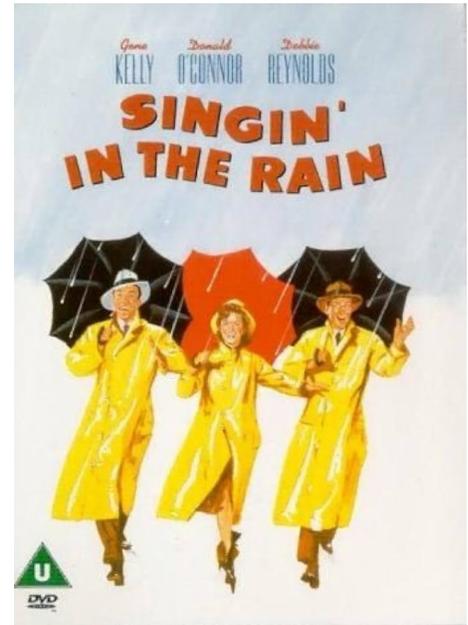
## Movie Time

There will be a screening of "Singin' in the Rain" starring Gene Kelly, Donald O'Connor and Debbie Reynolds on Tuesday, February 10th at 12 pm in the Teen Center.

*A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood.*

1952, rated G with a run time of 1 hour 43 minutes

If you like, bring your lunch and something to drink to enjoy while we watch the movie, and a little blanket if you get chilly. We will provide the popcorn!



## 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...

*"Don't count the days, make the days count"*

Mark you calendars!

The **Active Living & Wellness Expo** is on March 18th, from 10:30 am to 2 pm at the Cabarrus County Arena.

### AT A GLANCE

**Game Day** Tuesday, February 3rd and 17th

**Line Dancing** Friday, February 6th and 20th

**Book Club** Thursday, February 19th

**AOA Bingo** Tuesday, February 24th

**Lunch and Learn** Thursday, February 26th

Looking for part time employment?  
We may have just the thing for you!

We are looking for **bus drivers** (CDL and non CDL) to help gather the school children 5 days a week while school is in session. It's about 2 hours per day.

We are also looking for staff to look after the children in the playhouse.

Samantha Adams,  
[sadams@rocabymca.org](mailto:sadams@rocabymca.org) is the point of contact if you are interested.