



Active Older Adults West Cabarrus YMCA

OCTOBER 2026

Line Dancing Friday, October 2 and 16. Join us for an AOA activity where you will connect mind and body to learn a fun dance. Studio A 12 - 12:45 pm.

Game Day Tuesday, October 6 and 20, from 11:30 - 1 pm in the Teen Center where we play classic games. We have Mexican Train Dominos, Uno, Skip-Bo, Yahtzee, Cards, Rummy Cube...

Mahjong Tuesdays from 11- 2 in the Williams Room and Wednesdays from 1-4 in Studio B. Play if you know, learn if you don't!



Lunch and Learn (potluck) Thursday, October 22 , 12 - 2 pm, Alzheimer's Association will be here to explain the signs, symptoms and differences between Dementia and Alzheimer's.

Please Register at the front desk, online or through the YMCA360 app.

Book Club Thursday, October 15, 9:30 am in the Conference Room, October's Selection: "Code Name Helene," by Ariel Lawhorn
November selection: "Broken Country," by Clare Leslie Hall

Bingo Tuesday, October 27 from 11:30 - 1 pm in the Teen Center. Come for the numbers, stay for the popcorn and sass.



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!

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...

FIELD TRIP TO Meg-Art

Join us for a fun trip to Meg-Art, a paint-your-own pottery studio!

When we arrive, you will choose and purchase the pottery piece you would like to paint and take home. Prices vary based on the item selected.

You may also choose to participate in a special community service project by painting a "BELIEVE" mug for \$15. These mugs will be donated to the Novant Health Huntersville Infusion Center to help brighten the day of cancer patients receiving treatment.



Date: Tuesday, October 13

Time: 11:30 AM - 2:30 PM

Transportation Cost: \$2 per person

Please note that the \$2 bus fee covers transportation only. The cost of your pottery project will be paid directly to Meg-Art upon arrival.

Feel free to bring your own lunch or snacks. Meg-Art also has a coffee bar with drinks available for purchase.

IS IT A COLD OR FLU?		
Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

CDC

AT A GLANCE

Game Day Tuesday, Oct 6 and 20

Book Club Thursday, Oct 15

Lunch and Learn Thursday, Oct 22

Bingo Tuesday, Oct 27

Line Dancing Friday, Oct 2 and 16

Field Trip Tuesday, Oct 13

Mahjong Tuesdays and Wednesdays