

JANUARY

2026

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1	2	3	4
			YMCA CLOSED New Year's Day			
5	6	7	8	9	10	11
			Intro to Senior Wellness Challenge & Activities Community Room 12:30 pm		Tech Support for Older Adults Program House 11:00 am	
12	13	14	15	16	17	18
	Learn Shoulder & Hand Massage Community Room 12:30 pm		Brain Games Community Room 12:30 pm			
19	20	21	22	23	24	25
	BINGO Community Room 12:30 pm		Pain Relief & Wellness with PEMF* Speaker: Wendy Graham Community Room 12:30 pm			
26	27	28	29	30	31	1
	Navigating Eldercare* Community Room 12:30 pm		Name that Tune & Singing Community Room 12:30 pm			

*Advanced online registration is required