

# NOVEMBER 2022

## FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>INTRO TO PICKLEBALL</b> BLUE GYM W/RENEE' 10:15AM - 11:00AM <b>1</b>	<b>COFFEE &amp; CHAT</b> LOBBY W/RENEE' 8:30AM - 9:00AM <b>2</b>  <b>CRIBBAGE/CARD GAMES</b> ROOM 202 W/RENEE' 9:00AM - 10:30AM	<b>MATTER OF BALANCE CLASS</b> <b>3</b> ROOM 103 W/RENEE' & ZACH 9:30AM - 11:30AM	<b>DOMINOES</b> ROOM 202 W/RENEE' 9:30AM - 11:00AM <b>4</b>  <b>FW YMCA TOUR/ORIENTATION</b> MEET IN LOBBY W/RENEE' 11:30AM
<b>ADULT COLORING/COFFEE</b> <b>7</b> LOBBY W/RENEE' 8:30AM - 9:30AM  <b>INTRO TO PICKLEBALL</b> BLUE GYM W/RENEE' 11:00AM - 11:45AM	<b>INDOOR TRACK: WALKING POKER (5 LAPS)</b> <b>8</b> MEET ROOM 203 W/RENEE' 10:00AM - 10:30AM  <b>VOLUNTEER OPPORTUNITY: CONNECTIONS SHELTER</b> MEET IN LOBBY W/RENEE' 11:00AM - 11:30AM	<b>FW YMCA TOUR/ORIENTATION</b> <b>9</b> MEET IN LOBBY W/RENEE' 9:00AM  <b>CHRISTMAS THEMED DIAMOND DOTS</b> ROOM 103 W/MARY ANN 9:30AM - 11:00AM	<b>MATTER OF BALANCE CLASS: GRADUATION</b> <b>10</b> ROOM 103 W/RENEE' & ZACH 9:30AM - 11:30AM	<b>COFFEE &amp; CHAT</b> <b>11</b> LOBBY W/RENEE' 8:30AM - 9:00AM  <b>PUZZLES/SCRABBLE</b> ROOM 202 W/RENEE' 9:00AM - 10:00AM
<b>LEARN HOW TO USE WEIGHT MACHINES</b> <b>14</b> WELLNESS CENTER W/RENEE' 8:30AM - 9:15AM  <b>COMMUNITY TRAIN/DOMINOES</b> ROOM 201 W/RENEE' 9:30AM - 11:30AM	<b>BOOKCLUB: 'THE MAN IN THE WINDOW' BY JON COHEN</b> <b>15</b> ROOM 202 W/RENEE' 9:30AM - 10:30AM	<b>THE GREAT AMERICAN LIGHTHOUSE QUIZ</b> <b>16</b> W/MARY & CHUCK ROOM 103 9:30AM - 10:30AM  <b>INTRO TO PICKLEBALL</b> BLUE GYM W/RENEE' 11:00AM - 11:45AM	<b>CRIBBAGE/CARD GAMES</b> <b>17</b> LOBBY OR ROOM 202 W/RENEE' 9:00AM - 10:00AM  <b>DOMINOES/UNO @WINE CAFE (\$)</b> SIGN UP AT FRONT DESK 4PM - 6PM	<b>INDOOR TRACK: WALK &amp; TALK</b> <b>18</b> W/RENEE' 9:00AM - 9:45AM  <b>FW YMCA TOUR/ORIENTATION</b> MEET IN LOBBY W/RENEE' 10:30AM
<b>INTRO TO PICKLEBALL</b> <b>21</b> BLUE GYM W/RENEE' 10:45AM - 11:45AM	<b>INDOOR TRACK: WALKING POKER (5 LAPS)</b> <b>22</b> MEET ROOM 203 W/RENEE' 10:00AM - 10:30AM  <b>WALK/LUNCH (\$) @ MADISON EAST CENTER</b> LUNCH AT SADAKA'S 10:30AM - 11:30AM MEET IN LOBBY	<b>BUNCO DICE GAME</b> <b>23</b> ROOM 202 W/RENEE' 9:30AM - 11:30AM	<b>HAPPY THANKSGIVING!</b> <b>24</b>  <b>YMCA CLOSED</b>	<b>25</b>  <b>NO CLASSES</b>
<b>CIRCUIT TRAINING EXERCISES</b> <b>28</b> MEET IN WELLNESS CENTER W/ZACH & RENEE' 8:45AM - 9:30AM	<b>PUZZLES &amp; COOKIES</b> <b>29</b> ROOM 200 W/RENEE' 9:30AM - 11:00AM	<b>FAST COOKING WITH AN INSTANT POT</b> <b>30</b> (SAMPLES PROVIDED!) ROOM 103 W/RENEE' 9:30AM - 11:00AM		

\*\*\*ALL CLASSES SUBJECT TO CHANGE OR CANCELLATION BASED ON INSTRUCTOR AVAILABILITY OR UNFORSEEN EVENTS.

\$ - INDICATES COST FOR CLASS OR SELF-PAY AT EVENT

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