

OCTOBER 2023

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPRING LAKE/HINIKER POND FALL COLORS WALK 2 MEET IN Y LOBBY W/RENEE' 9:30AM - 11:00AM	LEARN HOW TO USE WEIGHT EQUIPMENT 3 WELLNESS CENTER W/RENEE' 9:00AM - 10:00AM INDOOR TRACK/WALKING POKER (5 LAPS) W/RENEE' 10:00AM - 10:30AM	COFFEE & CHAT 4 LOBBY W/RENEE' 8:30AM - 9:30AM TAI CHI FOR OLDER ADULTS W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM	FLU SHOT/COVID BOOSTER CLINIC Y LOBBY 6:00AM - 11:00AM (BRING INSURANCE CARD) 5 MATTER OF BALANCE CLASS ROOM 103 9:30AM - 11:30AM MAHJONG @LOOSE MOOSE 2:00PM - 4:00PM MEET AT 1 FOR OPT LUNCH (\$)	CRIBBAGE 6 LOBBY W/RENEE' 9:00AM - 10:30AM FW TOUR/ORIENTATION MEET IN LOBBY W/RENEE' 11:30AM
NO CLASSES 9	NO CLASSES 10	TAI CHI FOR OLDER ADULTS 11 W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM	MATTER OF BALANCE CLASS 12 W/ZACH & RENEЕ' ROOM 103 9:30AM - 11:30AM MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM MEET AT 1 FOR OPT LUNCH (\$)	NO CLASSES 13
SCRABBLE/YAHTZEE 16 LOBBY W/RENEE' 9:00AM - 10:30AM SPELLING BEE FOR ADULTS ROOM 203 W/RENEE' 10:45AM - 11:30AM PRIZE FOR THE WINNER!	CRIBBAGE LOBBY 17 9:00AM - 10:30AM INDOOR TRACK/WALKING POKER (5 LAPS) W/RENEE' 10 - 10:30AM BOOKCLUB: 'THE THINGS THEY CARRIED' BY TIM O'BRIEN ROOM 202 10:30AM - 11:30AM	TAI CHI FOR OLDER ADULTS 18 W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM	MATTER OF BALANCE CLASS 19 W/ZACH & RENEЕ' ROOM 103 9:30AM - 11:30AM MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM MEET AT 1 FOR OPT LUNCH (\$)	INTO TO PICKLEBALL 20 BLUE GYM W/RENEE' 9:30AM - 10:30AM LET'S GO SEE A MOVIE! (TBD) MATINEE SHOW 12:00PM - 3:00PM SIGN UP AT FRONT DESK
COMMUNITY TRAIN/DOMINOES ROOM 201 23 W/RENEE' 9:00AM - 11:00AM MAYO MILE WALK AT CIVIC CENTER; LUNCH @FLASK AFTER MEET IN Y LOBBY 11AM - 12:30PM SIGN UP AT FRONT DESK	FW TOUR/ORIENTATION 24 MEET IN LOBBY W/RENEE' 10:00AM ARTIFACT: POTTERY PAINTING (\$) 321 N RIVERFRONT ST. 2:30PM - 4:00PM	INTRO TO PICKLEBALL 25 BLUE GYM W/RENEE' 9:00AM - 10:00AM TAI CHI FOR OLDER ADULTS W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM	MATTER OF BALANCE CLASS 26 W/ZACH & RENEЕ' ROOM 103 9:30AM - 11:30AM MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM MEET AT 1 FOR OPT LUNCH (\$)	CRIBBAGE 27 LOBBY W/RENEE' 9:00AM - 10:30AM WINE, GAMES & SOCIAL (\$) @9 MILE CORNER, EAGLE LAKE 4:00PM - 6:00PM SIGN UP AT FRONT DESK
INTRO TO PICKLEBALL 30 BLUE GYM W/RENEE' 10:30AM - 11:30AM FW TOUR/ORIENTATION MEET IN LOBBY W/RENEE' 11:00AM	ADULT COLORING LOBBY 31 9:30AM - 10:30AM MADISON EAST CENTER WALK MEET INSIDE BY HANDI MEDICAL LUNCH (\$) @SADAKA'S 11:00AM - 12:00PM SIGN UP AT FRONT DESK			

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

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

QUESTIONS? CALL OR EMAIL RENEЕ' AT 507-345-9805 OR RSOLOMONWISE@MANKATOYMCA.ORG