

NOVEMBER 2023 FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		COFFEE & CHAT 1 LOBBY W/RENEE' 9:00AM - 9:30AM TAI CHI FOR OLDER ADULTS W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM	MATTER OF BALANCE CLASS 2 W/ZACH & RENEE' ROOM 103 9:30AM - 11:30AM MALL WALK @MADISON EAST 12:00 - 1:30PM LUNCH AFTER. MEET NEAR HOLLIGANS'S MALL ENTRANCE	CRIBBAGE 3 LOBBY W/RENEE' 9:00AM - 10:30AM FW TOUR/ORIENTATION MEET IN LOBBY W/RENEE' 11:00AM
COMMUNITY TRAIN/DOMINOES 6 ROOM 201 W/RENEE' 9:30AM - 11:00AM INTRO TO PICKLEBALL BLUE GYM W/RENEE' 11:15AM - 12:00PM	SCRABBLE/PHASE 10 CARD GAMES 7 LOBBY W/RENEE' 8:30AM - 9:30AM FW TOUR/ORIENTATION MEET IN LOBBY W/RENEE' 11:30AM	TAI CHI FOR OLDER ADULTS 8 W/SANDRA WALBERG AEROBICS STUDIO 10:00AM - 11:00AM ADULT COLORING/COFFEE LOBBY W/RENEE' 11:00AM - 12:00PM	MATTER OF BALANCE CLASS 9 W/ZACH & RENEE' ROOM 103 9:30AM - 11:30AM MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM	LEARN HOW TO KNIT/CROCHET 10 ROOM 202 W/RENEE' 9:30AM - 10:30AM YAHTZEE LOBBY W/RENEE' 11:00AM - 12:00PM
SMALL CANVAS ART PROJECT 13 ROOM 103 W/RENEE' 9:30 - 11:00AM LEARN HOW TO USE WEIGHT MACHINES WELLNESS CENTER W/RENEE' 11:15AM - 12:00PM	INDOOR TRACK/WALKING POKER (5 LAPS) W/RENEE' 14 10:00AM - 10:30AM BOOKCLUB: 'LOVE & OTHER CONSOLATION PRIZES' BY JAMIE FORD ROOM 202 W/RENEE' 10:30AM - 11:30AM	CRIBBAGE LOBBY 15 9:00AM - 10:00AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM FW TOUR/ORIENTATION MEET IN LOBBY 11:30AM	MATTER OF BALANCE GRADUATION 16 ROOM 103 9:30AM - 11:30AM MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM	YAHTZEE LOBBY W/RENEE' 17 9:00AM - 10:30AM INTO TO PICKLEBALL BLUE GYM 11:00AM - 12:00PM LET'S GO SEE A MOVIE! (TBD A WEEK BEFORE) 12:00 - 3:00PM SIGN UP AT FRONT DESK
COFFEE & CHAT 20 LOBBY W/RENEE' 9:00AM - 9:30AM PUZZLES & PIE ROOM 201 W/RENEE' 9:30AM - 10:30AM	NO CLASSES 21	NO CLASSES 22	NO CLASSES 23 Happy Thanksgiving!	NO CLASSES 24
FW TOUR/ORIENTATION 27 MEET IN LOBBY W/RENEE' 9:00AM VOLUNTEER OPPORTUNITIES IN THE MANKATO COMMUNITY ROOM 103 W/RENEE' 10:00AM - 10:30AM	INDOOR TRACK/WALKING POKER (5 LAPS) W/RENEE' 28 10:00AM - 10:30AM DEFENSIVE DRIVER TRAINING AGES 55+ (8 HOURS VIRTUAL) ROOM 103 1:30PM - 5:30PM \$23/EA (MUST ATTEND BOTH DAYS)	INTRO TO PICKLEBALL 29 BLUE GYM W/RENEE' 10:30AM - 11:30AM DEFENSIVE DRIVER TRAINING AGES 55+ (8 HOURS VIRTUAL) ROOM 103 1:30PM - 5:30PM \$23/EA (MUST ATTEND BOTH DAYS)	CRIBBAGE LOBBY 30 9:00AM - 10:00AM FREE WEIGHT EXERCISES: UPPER BODY WELLNESS CENTER 10:30AM - 11:15AM MAHJONG @LOOSE MOOSE 2:00PM - 4:00PM	

***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 RENEE' AT 507-345-9805 OR RSOLOMONWISE@MANKATOYMCA.ORG