

MARCH 2024

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO CLASSES
4 NO CLASSES	<p style="text-align: center;">5</p> <p>ADULT COLORING LOBBY W/RENEE' 9:00AM - 10:00AM</p> <p>GLENWOOD CEMETERY WALK MEET IN LOBBY W/RENEE' 10:30AM - 11:30AM</p>	<p style="text-align: center;">6</p> <p>TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM</p> <p>INTRO TO PICKLEBALL BLUE GYM W/RENEE' 11:00AM - 12:00PM</p>	<p style="text-align: center;">7</p> <p>WALK-N-TALK MEET ON INDOOR TRACK 9:30AM - 10:30AM</p> <p>MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM</p>	<p style="text-align: center;">8</p> <p>CRIBBAGE/SCRABBLE LOBBY W/RENEE' 9:00AM - 10:00AM</p> <p>KNIT & CHAT (BRING YOUR OWN PROJECTS) ROOM 203 W/RENEE' 10:30AM - 11:30AM</p>
<p style="text-align: center;">11</p> <p>INSPIRATIONAL ROCK PAINTING OR SUPERIOR ROCK FLOWERS ROOM 103 W/RENEE' 9:30AM - 10:30AM</p> <p>WALK-N-TALK @MADISON EAST MALL; LUNCH AT HOLLIGANS MEET IN LOBBY 11AM - 12:30PM SIGN UP AT THE FRONT DESK</p>	<p style="text-align: center;">12</p> <p>INDOOR TRACK/WALKING POKER (5 LAPS) ROOM 203 W/RENEE' 10AM - 10:30AM</p> <p>INTRO TO PICKLEBALL BLUE GYM 10:30AM - 11:30AM</p> <p>FW TOUR/ORIENTATION MEET IN LOBBY 11:45AM</p>	<p style="text-align: center;">13</p> <p>PUZZLES & TREATS LOBBY W/RENEE' 9:00AM - 10:00AM</p> <p>TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM</p>	<p style="text-align: center;">14</p> <p>LEARN FREE WEIGHT EXERCISES W/ZACH & RENEE' WELLNESS CENTER 9:00AM - 9:45AM</p> <p>MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM</p>	<p style="text-align: center;">15</p> <p>COFFEE-N-CHAT LOBBY W/RENEE' 9:00AM - 9:45AM</p> <p>HAPPY SPRING TOUR TO DRUMMERS GARDEN CENTER MEET IN LOBBY W/RENEE' 10:00AM - 11:30AM SIGN UP AT THE FRONT DESK</p>
<p style="text-align: center;">18</p> <p>CRIBBAGE LOBBY W/RENEE' 8:45AM - 9:45AM</p> <p>INTRO TO PICKLEBALL BLUE GYM 10:00AM - 11:00AM</p> <p>WALK TO SIBLEY PARK MEET IN Y LOBBY 11:00AM - 12:00PM</p>	<p style="text-align: center;">19</p> <p>INTRO TO PICKLEBALL BLUE GYM W/RENEE' 9:30AM - 10:30AM</p> <p>BOOKCLUB: 'WE'LL BE THE LAST ONES TO LET YOU DOWN' FILLING STATION 630 S. FRONT ST. 10:30AM - 11:30AM</p>	<p style="text-align: center;">20</p> <p>OUTSIDE WALK MEET IN LOBBY W/RENEE' 8:45AM - 9:45AM</p> <p>TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM</p>	<p style="text-align: center;">21</p> <p>MATTER OF BALANCE CLASSROOM 103 W/ZACH & RENEE' 9:30AM - 11:30AM SIGN UP AT THE FRONT DESK</p> <p>MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM</p>	<p style="text-align: center;">22</p> <p>CHILDREN'S MUSEUM VOLUNTEER OPPORTUNITY MEET IN LOBBY W/RENEE' 9:30AM - 10:30AM</p> <p>FW TOUR/ORIENTATION MEET IN LOBBY 11:45AM</p>
<p style="text-align: center;">25</p> <p>COFFEE & CHAT LOBBY 9:00AM - 9:30AM</p> <p>RED JACKET VALLEY TRAIL WALK MEET IN LOBBY W/RENEE' 10:00AM - 11:30AM</p> <p>FW TOUR/ORIENTATION MEET IN LOBBY 11:30AM</p>	<p style="text-align: center;">26</p> <p>INDOOR TRACK/WALKING POKER (5 LAPS) MEET IN ROOM 203 W/RENEE' 10:00AM - 10:30AM</p> <p>GROUP STRENGTH TRAINING WELLNESS CENTER 10:30AM - 11:15AM</p>	<p style="text-align: center;">27</p> <p>TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM</p> <p>GAMES & BREWS @LOCALE BREWING (\$) MEET AT 226 POPLAR ST, MANKATO 4 - 6PM</p>	<p style="text-align: center;">28</p> <p>MATTER OF BALANCE CLASSROOM 103 W/ZACH & RENEE' 9:30AM - 11:30AM SIGN UP AT THE FRONT DESK</p> <p>MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM</p>	<p style="text-align: center;">29</p> <p>CRIBBAGE LOBBY W/RENEE' 9:00AM - 10:00AM</p> <p>INTRO TO PICKLEBALL BLUE GYM W/RENEE' 10:30AM - 11:30AM</p>

***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