

MAY 2024

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		COFFEE & CHAT LOBBY W/RENEE' 9:00AM - 9:45AM TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM	MATTER OF BALANCE CLASS: ROOM 103 9:30 - 11:30AM MAHJONG LUNCH GROUP MEET AT NAKATO (\$) N. MANKATO 11:30AM - 12:30PM MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM	CRIBBAGE LOBBY W/RENEE' 9:00AM - 10:00AM FW TOUR/ORIENTATION MEET IN LOBBY 11:30AM
ADULT COLORING LOBBY W/RENEE' 9:30AM - 10:30AM FW TOUR/ORIENTATION MEET IN LOBBY 11:00AM	SCRABBLE LOBBY W/RENEE' 8:45AM - 9:45AM INDOOR TRACK/WALKING POKER (5 LAPS) ROOM 203 W/RENEE' 10:00AM - 10:30AM	TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM MADISON EAST MALL WALK MEET NEAR HOLLIGAN'S MALL ENTRANCE; LUNCH (\$) AFTER 11:30AM - 1:00PM	MATTER OF BALANCE CLASS ROOM 103 W/ZACH & RENEE' 9:30AM - 11:30AM MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM	VOLUNTEER OPP: YMCA PARKING LOT CLEAN UP GLOVES & BAGS PROVIDED 9:45AM - 10:45AM NICOLLET BIKE SHOP: E-BIKE TOUR/RIDE SIGN UP AT FRONT DESK MEET IN LOBBY 11:30AM - 1:00PM
LEARN HOW TO USE WEIGHT EQUIPMENT WELLNESS CENTER 9:30AM - 10:15AM VETTERSTONE AMPHITHEATRE WALK/MOM & POPS ICE CREAM(\$) 11:30AM - 12:30PM MEET IN LOBBY	YAHTZEE LOBBY W/RENEE' 9:00AM - 10:00AM BOOKCLUB: 'THE HAUNTING OF BRYNN WILDER' BY WENDY WEBB ROOM 202 W/RENEE' 10:30AM - 11:30AM	CRIBBAGE LOBBY 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 CLASS ROOM 103 W/ZACH & RENEE' 9:30AM - 11:30AM MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM	YAHTZEE LOBBY W/RENEE' 9:00AM - 10:00AM INTRO TO PICKLEBALL BLUE GYM W/RENEE' 10:30AM - 11:30AM
COFFEE & CHAT LOBBY W/RENEE' 9:00AM - 9:30AM HELP PLANT FLOWERS AROUND THE YMCA MARQUEE MEET IN LOBBY 9:30AM - 11:30AM	INDOOR TRACK/WALKING POKER (5 LAPS) ROOM 203 W/RENEE' 10AM - 10:30AM OUTSIDE WALK ON THE RED JACKET TRAIL MEET IN LOBBY 10:45AM - 11:45AM	TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM ADULT COLORING LOBBY W/RENEE' 11:00AM - 12:00PM	MATTER OF BALANCE CLASS ROOM 103 W/ZACH & RENEE' 9:30AM - 11:30AM MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM	CRIBBAGE LOBBY W/RENEE' 9:00AM - 10:00AM EDENVALE GARDEN CENTER TOUR SIGN UP AT FRONT DESK MEET IN LOBBY 10:15AM - 11:45AM
YMCA CLOSED	NO CLASSES	TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM	MATTER OF BALANCE CLASS ROOM 103 W/ZACH & RENEE' 9:30AM - 11:30AM MAHJONG YMCA REC ROOM W/RENEE' 1:00PM - 3:00PM	NO CLASSES

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