

JULY 2024

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LEARN HOW TO USE THE Y-FIT GYM W/RENEE' MEET AT FRONT DESK 9:00AM - 10:00AM 1</p> <p>PUZZLE FUN LOBBY W/RENEE' 10:00AM - 11:00AM</p>	<p>COFFEE & CHAT LOBBY W/RENEE' 9:00AM - 10:00AM 2</p> <p>OUTSIDE WALK @SIBLEY PARK GARDENS MEET IN Y LOBBY DRIVE TO SIBLEY 10:30AM - 11:30PM</p>	<p>PHASE 10 CARD GAME LOBBY W/RENEE' 8:45AM - 9:45AM 3</p> <p>TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM</p>	<p>YMCA CLOSED 4</p>	<p>COMMUNITY TRAIN DOMINOES LOBBY W/RENEE' 9:00AM - 10:30AM 5</p> <p>FW TOUR/ORIENTATION MEET IN LOBBY 9:30AM</p>
<p>WALK AROUND RED JACKET TRAIL MEET IN LOBBY W/RENEE' 9:00AM - 11:00AM 8</p> <p>FW TOUR/ORIENTATION MEET IN LOBBY 11:30AM</p>	<p>CRIBBAGE ROOM 203 W/RENEE' 10:00AM - 10:30AM 9</p> <p>CARD GAMES & LUNCH (\$) @CURIOS-TEA HOUSE 11:30AM - 12:30PM SIGN UP AT FRONT DESK</p>	<p>COFFEE & CHAT LOBBY W/RENEE' 8:45AM - 9:15AM 10</p> <p>TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM</p>	<p>BALANCE EXERCISES FOR OLDER ADULTS WELLNESS CENTER 9:30AM - 10:30AM 11</p> <p>MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM (LUNCH BEFORE AT 1PM)</p>	<p>YAHTZEE LOBBY W/RENEE' 9:00AM - 10:00AM 12</p> <p>HOW TO BUILD AN EMERGENCY SEVERE WEATHER KIT ROOM 202 W/RENEE' 10:00AM - 10:45AM</p>
<p>SCRABBLE LOBBY W/RENEE' 8:45AM - 9:30AM 15</p> <p>ADULT COLORING LOBBY W/RENEE' 9:45AM - 10:45AM</p>	<p>FW TOUR/ORIENTATION MEET IN LOBBY 9:00AM 16</p> <p>BOOKCLUB: 'CLOCK DANCE' BY ANNE TYLER ROOM 203 W/RENEE' 10:30AM - 11:30AM</p>	<p>OUTSIDE WALK WITH WALKING POLES RED JACKET TRAIL; MEET IN LOBBY W/RENEE' 8:45AM - 9:45AM 17</p> <p>TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM</p>	<p>LEARN TO PLAY PICKLEBALL MEET IN LOBBY; DRIVE TO TOURTELOTTE PARK 10:00AM - 11:30AM 18</p> <p>MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM</p>	<p>COFFEE & CHAT LOBBY W/RENEE' 8:45AM - 9:30AM 19</p> <p>BIKE RIDE TO LAND OF MEMORIES & BACK MEET IN LOBBY 9:45AM - 11:30AM SIGN UP AT THE FRONT DESK</p>
<p>LEARN HOW TO USE WEIGHT MACHINES WELLNESS CENTER 9:15AM - 10:00AM 22</p> <p>WALK AROUND SPRING LAKE PARK MEET IN LOBBY 10:15AM - 11:00AM</p>	<p>WALK & CHAT INDOOR TRACK W/RENEE' 9:00AM - 9:45AM 23</p> <p>LET'S GO SEE A MOVIE - TBD NOON - 3:00PM (MOVIE POSTED WEEK BEFORE) SIGN UP AT FRONT DESK</p>	<p>FW TOUR/ORIENTATION MEET IN LOBBY 9:30AM 24</p> <p>TAI CHI FOR OLDER ADULTS W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM</p>	<p>VOLUNTEER DAY AT THE Y WEEDS & FLOWER CARE 9:00AM - 11:00AM MEET IN LOBBY 25</p> <p>MAHJONG LOOSE MOOSE W/RENEE' 2:00PM - 4:00PM</p>	<p>CRIBBAGE ROOM 203 9:00AM - 10:00AM 26</p> <p>HAPPY HOUR & GAMES 9-MILE CORNER VINEYARD (HWY 14 & 60, EAGLE LAKE) 4:00PM - 6:00PM SIGN UP AT FRONT DESK</p>
<p>CALVARY CEMETERY WALK MEET IN FRONT OF HOLLIGANS 10:00AM - 10:45AM 29</p> <p>LUNCH AT HOLLIGANS (\$) MEET THERE 11:00AM - 12:30PM SIGN UP AT FRONT DESK</p>	<p>DOMINOES LOBBY W/RENEE' 9:00AM - 10:00AM 30</p> <p>POTTERY PAINTING @ARTIFACT MEET AT 321 N RIVERFRONT 1:00PM - 3:00PM SIGN UP AT FRONT DESK</p>	<p>STRETCHING EXERCISES FOR OLDER ADULTS WELLNESS CENTER 8:45AM - 9:30AM 31</p> <p>TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM</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