

NOVEMBER 2024

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				ADULT COLORING LOBBY W/MICHELLE 9:30AM - 10:30AM 1
COFFEE & CHAT LOBBY W/MICHELLE 8:30AM - 9:15AM 4 FW TOUR/ORIENTATION MEET IN LOBBY W/MICHELLE 12:00PM	NO CLASSES 5 ELECTION DAY FALL GRATITUDE CHALLENGE PICK UP SHEETS AT THE FRONT DESK	TAI CHI FOR OLDER ADULTS 6 AEROBICS STUDIO W/SANDRA 10:00AM - 11:00AM	WALK-N-TALK 7 MEET ON INDOOR TRACK 10:00AM - 11:00AM W/MICHELLE MAHJONG YMCA REC ROOM W/MICHELLE 1:00PM - 3:00PM	CRIBBAGE 8 LOBBY W/MICHELLE 1:00PM - 2:00PM
CRIBBAGE 11 LOBBY W/MICHELLE 9:45AM - 10:45AM MONDAY MATINEE! (\$) 11 MOVIE TBD FRIDAY BEFORE 1:00PM - 3:00PM SIGN UP AT THE FRONT DESK	WALKING POKER ON THE WALKING TRACK (5 LAPS) 12 MEET IN ROOM 203 10:00AM - 10:30AM INTRO TO PICKLEBALL BLUE GYM W/RENEE 10:30AM - 11:30AM	COFFEE & CHAT 13 LOBBY W/MICHELLE 9:00AM - 9:45AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO W/SANDRA 10:00AM - 11:00AM	FW TOUR/ORIENTATION 14 MEET IN LOBBY W/MICHELLE 11:30AM MAHJONG YMCA REC ROOM W/MICHELLE 1:00PM - 3:00PM	SAKATAH TRAIL WALK 15 & LUNCH @TRUCK STOP (\$) 15 MEET IN LOBBY W/MICHELLE 10:30AM - 12:30PM
COFFEE & CHAT 18 LOBBY W/MICHELLE 8:30AM - 9:15AM THANKSGIVING TURKEY CRAFT ROOM 103 9:30AM - 11:00AM	PUZZLES & COFFEE 19 LOBBY 9:00AM - 10:00AM BOOK CLUB ROOM 103 10:30AM - 11:30AM	YAHTZEE 20 LOBBY W/MICHELLE 9:00AM - 10:00AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO W/SANDRA 10:00AM - 11:00AM	MAHJONG 21 YMCA REC ROOM 1:00PM - 3:00PM	ADULT COLORING 22 LOBBY W/MICHELLE 9:30AM - 10:30AM FW TOUR/ORIENTATION MEET IN LOBBY W/MICHELLE 11:30AM
CRIBBAGE 25 LOBBY 8:45AM - 9:45AM GROUP STRETCH CLASS WELLNESS CENTER 10:00AM - 10:30AM	WALKING POKER ON THE WALKING TRACK (5 LAPS) 26 MEET IN ROOM 203 10:00AM - 10:30AM INTRO TO PICKLEBALL BLUE GYM W/RENEE 10:30AM - 11:30AM	NO CLASSES 27	YMCA CLOSED 28 HAPPY THANKSGIVING!	NO CLASSES 29

***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 MICHELLE AT 507-345-9805 OR MCORDS@MANKATOYMCA.ORG