

JANUARY 2025

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NO CLASSES YMCA HOURS: 12PM-6PM	2 MAHJONG YMCA REC ROOM W/MICHELLE 1:00PM - 3:00PM	3 CHAIR MESSAGES 9:00AM - 11:00AM 10 MINUTES EACH SIGN UP OUTSIDE OF MICHELLE'S OFFICE LOWER LEVEL
6 CRIBBAGE LOBBY W/MICHELLE 8:30AM - 9:30AM TOUR Y-FIT GYM MEET IN LOBBY 9:30AM - 10:00AM	7 MAKE-N-TAKE CHARCUTERIE BOARDS ROOM 103 10:30AM - 11:30AM SIGN UP AT FRONT DESK OR OUTSIDE WELLNESS CENTER	8 SCRABBLE/YAHTZEE POOLSIDE LOUNGE 9:00AM - 10:00AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO W/SANDRA 10:00AM - 11:00AM	9 FW TOUR/ORIENTATION MEET IN LOBBY W/MICHELLE 10:30AM MAHJONG YMCA REC ROOM W/MICHELLE 1:00PM - 3:00PM	10 CUPS & CRUMBS COFFEE: TRAVELING COFFEE SOCIAL 8:30AM - 9:30AM MEET AT BEANS IN NORTH MANKATO (\$)
13 FW TOUR/ORIENTATION MEET IN LOBBY W/MICHELLE 3:45PM	14 ADULT COLORING LOBBY 9:30AM WALKING POKER: WALKING TRACK (5 LAPS) MEET IN ROOM 203 10:00AM - 10:30AM	15 CRIBBAGE LOBBY W/MICHELLE 9:00AM - 9:45AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO W/SANDRA 10:00AM - 11:00AM	16 MAHJONG YMCA REC ROOM W/MICHELLE 1:00PM - 3:00PM	17 WALK-N-TALK 9:00AM - 10:00AM INDOOR TRACK OR ON THE TRAIL (WEATHER PERMITTING)
20 PUZZLES/TREATS LOBBY 10:00AM - 11:30AM LEARN HOW TO USE EXERCISE/ WEIGHT EQUIPMENT MEET OUTSIDE WELLNESS CTR 11:00AM - 11:45AM	21 CRIBBAGE LOBBY 9:30AM - 10:30AM BOOK CLUB ROOM 103 10:30AM - 11:30AM PUB500 BINGO/SOCIAL TIME MEET AT PUB500 (\$) 6:30PM	22 FW TOUR/ORIENTATION MEET IN LOBBY 9:30AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO W/SANDRA 10:00AM - 11:00AM	23 STRING ART CRAFT ROOM 103 10:30AM - 11:30AM MAHJONG YMCA REC ROOM W/MICHELLE 1:00PM - 3:00PM	24 CUPS & CRUMBS COFFEE: TRAVELING COFFEE SOCIAL 8:30AM - 9:30AM MEET AT RIVER ROCK IN MANKATO (\$)
27 KNIT/CROCHET/CHAT POOLSIDE LOUNGE 9:30AM - 10:30AM	28 MAKE-N-TAKE BATH BOMBS ROOM 103 9:30AM - 10:30AM SIGN UP AT FRONT DESK OR OUTSIDE WELLNESS CTR FW TOUR/ORIENTATION MEET IN LOBBY 11AM	29 COFFEE/CHAT LOBBY 8:30AM - 9:30AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO W/SANDRA 10:00AM - 11:00AM	30 CRIBBAGE LOBBY 11:00AM - 12:00PM MAHJONG YMCA REC ROOM W/MICHELLE 1:00PM - 3:00PM	31 OUTSIDE WALK: RED JACKET TRAIL 11:30AM - 12:30PM START FROM THE Y; MEET IN THE LOBBY

***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