

# MARCH 2025

# FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ADULT COLORING LOBBY</b> 9:00AM - 10:00AM <b>3</b>	<b>WELLNESS SERIES: MEDITATION &amp; MINDFULNESS</b> YOGA STUDIO 9:30AM - 11:00AM <b>4</b>	<b>TAI CHI FOR OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM <b>5</b>	<b>CRIBBAGE LOBBY</b> 8:45AM - 9:45AM <b>6</b> <b>MAHJONG</b> YMCA REC ROOM 1:00PM - 3:00PM	<b>CUPS &amp; CRUMBS COFFEE: TRAVELING COFFEE SOCIAL</b> 8:30AM - 9:30AM MEET AT TANDEM BAGELS (\$) <b>7</b>
<b>CRIBBAGE LOBBY</b> 9:00AM - 10:00AM <b>10</b>	<b>INDOOR TRACK: WALKING POKER ROOM 203</b> 10:00AM - 10:30AM <b>11</b> <b>WELLNESS SERIES: HOW TO TALK TO YOUR DR. ROOM 103</b> 10:30AM - 11:30AM <b>WOW! ZONE BINGO/SOCIAL (\$)</b> MEET AT WOW! ZONE 6:00PM	<b>YAHTZEE/QWIXX GAME LOBBY</b> 9:00AM - 10:00AM <b>12</b> <b>TAI CHI FOR OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM	<b>COUNTRY LINE DANCE AEROBICS STUDIO W/HAILEY</b> 11:30AM - 12:30PM <b>13</b> <b>MAHJONG</b> YMCA REC ROOM 1:00PM - 3:00PM	<b>PI3. 14 DAY PIE CONTEST ROOM 103</b> 10:30AM - 12:30PM <b>14</b> SIGN UP AT FRONT DESK OR WITH MICHELLE
<b>ST PATRICK'S DAY TREATS &amp; COFFEE LOBBY</b> 8:30AM - 10:00AM <b>17</b> <b>OUTSIDE WALK</b> MEET IN LOBBY 11:00AM - 12:00PM	<b>INTRO TO PICKLEBALL BLUE GYM 8:30 - 9:30AM</b> <b>18</b> <b>BOOK CLUB (BLACK CAKE) ROOM 103</b> 10:30AM - 11:30AM <b>WELLNESS SERIES: SLEEPING ROOM 103</b> 11:30AM - 12:30PM	<b>TAI CHI FOR OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM <b>19</b>	<b>CRIBBAGE LOBBY</b> 8:45AM - 9:45AM <b>20</b> <b>MAHJONG</b> YMCA REC ROOM 1:00PM - 3:00PM	<b>CUPS &amp; CRUMBS COFFEE: TRAVELING COFFEE SOCIAL</b> 8:30AM - 9:30AM <b>21</b> MEET AT COFFEE HAG (\$) <b>LEARN TO USE Y-FIT GYM EQUIPMENT</b> 10:30AM - 11:30AM 15-MINUTE DROP-INS
<b>LEARN TO USE NEW WELLNESS EQUIPMENT WELLNESS CENTER</b> 9:00AM - 10:00AM 15-MINUTE DROP-INS <b>24</b>	<b>CRIBBAGE LOBBY</b> 9:30AM - 10:30AM <b>25</b> <b>WELLNESS SERIES: ACUPUNCTURE</b> YOGA STUDIO 11:00AM - 12:00PM	<b>TAI CHI FOR OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM <b>26</b>	<b>COUNTRY LINE DANCE AEROBICS STUDIO W/HAILEY</b> 11:30AM - 12:30PM <b>27</b> <b>MAHJONG</b> YMCA REC ROOM 1:00PM - 3:00PM	<b>CHAIR MESSAGES</b> 9AM - 11AM <b>28</b> 10 MIN EACH SIGN UP LOWER LEVEL FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM)
<b>CRIBBAGE LOBBY</b> 9:30AM - 10:30AM <b>31</b>				

\*\*\*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