

MAY 2025

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WALK N TALK: ON THE TRAIL 1 MEET IN THE LOBBY 8:30AM - 9:30AM	TAI CHI FOR OLDER ADULTS 2 AEROBICS STUDIO 10:00AM - 11:00AM	VOLUNTEER OPPORTUNITY: HOLY GROUNDS BREAKFAST 1 8:30AM - 10:15AM SIGN UP AT FRONT DESK MAHJONG YMCA REC ROOM 1:00PM - 3:00PM	GROUP BIKE RIDE: ON THE TRAIL 2 MEET IN LOBBY 8:30AM - 10:00AM FW TOUR/ORIENTATION MEET IN LOBBY 11:30AM
YAHTZEE/QUIXX 5 LOBBY 9:30AM - 10:30AM	INDOOR TRACK (5 LAPS): WALKING POKER 6 ROOM 203 10 - 10:30AM FLOWER ARRANGING CLASS (\$) ROOM 103 W/ROBIN FROM BECKY'S FLORAL 11:30AM - 12:30PM SIGN UP AT FRONT DESK	COFFEE & CHAT 7 LOBBY 8:45AM - 9:45AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	COUNTRY LINE DANCE 8 AEROBICS STUDIO W/HAILEY 11:30AM - 12:15PM MAHJONG YMCA REC ROOM 1:00PM - 3:00PM	CRIBBAGE 9 LOBBY 9:30AM - 10:30AM TERRACE VIEW PAR3 GOLF OUTING (\$) MEET AT THE COURSE 10:45AM
CRIBBAGE 12 LOBBY 8:45AM - 9:45AM	MEMORIAL DAY CRAFT 13 ROOM 103 9:30AM - 10:30AM SIGN UP AT FRONT DESK	OUTSIDE WALK: MN RIVER TRAIL 14 MEET IN LOBBY 8:30AM - 9:30AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	MAHJONG 15 YMCA REC ROOM 1:00PM - 3:00PM	VETTERSTONE 16 AMPHITHEATRE WALK + MOM & POP'S ICE CREAM (\$) MEET IN LOBBY 11:30AM - 12:30PM
HELP PLANT FLOWERS AROUND THE YMCA (MARQUEE/STAIRS) 19 MEET IN LOBBY 9:30AM - 11:30AM	BOOK CLUB 20 ROOM 103 10:30AM - 11:30AM TERRACE VIEW PAR 3 GOLF OUTING (\$) MEET AT THE COURSE 12:45PM	CRIBBAGE 21 LOBBY 9:00AM - 10:00AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	COUNTRY LINE DANCE 22 AEROBICS STUDIO W/HAILEY 11:30AM - 12:15PM MAHJONG MEET AT FILLIN' STATION 1:00PM - 3:00PM	CROOKED PINT: SOCIAL TIME/ PICKLEBALL/BREWS (\$) 4:00PM MEET AT THE PINT
YMCA 26 CLOSED MEMORIAL DAY	PUZZLE COMPETITION 27 ROOM 103 PRIZES & SNACKS 11:30AM - 12:30PM REGISTER TEAMS AT THE FRONT DESK	NATIONAL SENIOR HEALTH & FITNESS DAY 28 KICK OFF 7AM: 1 MILE WALK/RUN ON TRAIL FULL SCHEDULE COMING SOON TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10 - 11AM	CRIBBAGE 29 LOBBY 9:30AM - 10:30AM MAHJONG MEET AT FILLIN' STATION 1:00PM - 3:00PM	CHAIR MASSES 30 9AM - 11AM 10 MIN EACH SIGN UP LOWER LEVEL FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM)

***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