

JUNE 2025

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRIBBAGE LOBBY 9:30AM - 10:30AM 2	COFFEE & CHAT (& TREATS) LOBBY 8:30AM - 10:00AM 3	WALK ON TRACK/ OUTDOORS & CHAT MEET IN LOBBY 9:00AM - 9:45AM 4 TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	SONGS ON THE LAWN 10:45AM - 12:15PM MEET IN LOBBY TO CARPOOL/WALK 5 MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	GOLF OUTING TERRACE VIEW: SHORT OR LONG SIDE MEET AT COURSE 8:30AM 6
BIKE RIDE ON RED JACKET TRAIL MEET IN LOBBY 8:30AM - 10:00AM 9 YMCA ANNUAL GOLF TOURNAMENT REGISTER ONLINE 11:00AM	CRIBBAGE LOBBY 9:00AM - 10:00AM 10 INDOOR TRACK (5 LAPS): WALKING POKER ROOM 203 10 - 10:30AM	QUIXX/SCRABBLE LOBBY 9:00AM - 10:00AM 11 TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	SONGS ON THE LAWN 10:45AM - 12:15PM MEET IN LOBBY TO CARPOOL/WALK 12 MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	7-MILE CREEK HIKE OPTION FOR LUNCH AFTER (\$) 10:00AM - 11:00AM 13
OUTDOOR YOGA W/LAYLA MEET IN LOBBY 8:30AM 16 HABANERO'S NIGHT 6:35PM GAME SIGN UP AT THE FRONT DESK FIRST COME, FIRST SERVE	BOOK CLUB: THE LONG-SHINING WATERS ROOM 103 10:30AM - 11:30AM 17 HUBBARD HOUSE GARDEN WALK MEET IN LOBBY 9:30AM - 10:30AM	YAHTZEE/PHASE 10 LOBBY 9:30AM - 10:30AM 18 TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	CRIBBAGE LOBBY 9:30AM - 10:30AM 19 SONGS ON THE LAWN 10:45AM - 12:15PM MEET IN LOBBY TO CARPOOL/WALK MAHJONG @BEAN'S COFFEE W/ EARLY LUNCH 12PM - 3PM	WALKING ART SCULPTURE TOUR; LUNCH AFTER (\$) MEET IN LOBBY 10:45AM 20
SIBLEY PARK WALK-N-TALK MEET IN LOBBY 9:00AM - 10:30AM 23	EASY DUMBBELL EXERCISES FOR SENIORS Y-FIT GYM 8:00AM - 9:00AM 24 PAINT & CHAT (\$) ROOM 103 9:00AM - 10:30AM SIGN UP AT FRONT DESK	CRIBBAGE LOBBY 8:45AM - 9:45AM 25 TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	SONGS ON THE LAWN 10:45AM - 12:15PM MEET IN LOBBY TO CARPOOL/WALK MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1 - 3PM MOONDOGS NIGHT 6:35 GAME SIGN UP AT FRONT DESK FIRST COME, FIRST SERVE 26	CHAIR MASSES 9AM - 11AM 10 MIN EACH SIGN UP LOWER LEVEL FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM) 27
GOLF OUTING TERRACE VIEW MEET AT COURSE 12:15PM 30				

***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