

AUGUST 2025

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				GOLF @TERRACE VIEW MEET AT THE COURSE 1030AM
CRIBBAGE LOBBY 8:30AM - 9:30AM	EDUCATION: PELVIC FLOOR HEALTH W/RIVERS EDGE HEALTH ROOM 103 9:00AM - 10:00AM	COFFEE & CHAT LOBBY 9:00AM - 9:30AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	AUTUMN ACRES: SUNFLOWER FIELD TOUR MEET IN LOBBY TO CAR POOL 10:00AM
ADULT COLORING LOBBY 8:30AM	WALK 'N' TALK: MN RIVER TRAIL MEET IN LOBBY 8:00AM	CRIBBAGE LOBBY 9:00AM - 10:00AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM SOCIAL TIME @INDIAN ISLAND WINERY 4:30PM (\$)	STEELE COUNTY FAIR: FIELD TRIP MEET IN LOBBY TO CAR POOL 10:30AM
COFFEE & CHAT LOBBY 8:30AM - 9:15AM YMCA CORN ROAST BLUE GYM 4:00PM - 7:00PM ADULTS \$10; CHILDREN \$5	CRIBBAGE LOBBY 9:30AM - 10:30AM BOOK CLUB: A THOUSAND ACRES ROOM 103 10:30AM - 11:30AM	PHASE 10 LOBBY 9:00AM - 10:00AM TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	EDUCATION: MANKATO MORTUARY - END OF LIFE PLANNING ROOM 103 INCLUDES LUNCH 11:30AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1 - 3PM	PUZZLE TIME LOBBY AREA 9:00AM - 10:30AM
EUCHER LOBBY 9:00AM - 10:00AM	MINNEOPA CEMETERY WALK MEET IN LOBBY; CARPOOL TO PARK 10:00AM	TAI CHI FOR OLDER ADULTS AEROBICS STUDIO 10:00AM - 11:00AM	CRIBBAGE LOBBY 8:30AM - 9:30AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1 - 3PM	SOCIAL TIME @PLEASANT GROVE PIZZA FARM (\$) 4:00PM BRING LAWN CHAIR OR BLANKET

***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