

# SEPTEMBER 2025

## FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YMCA</b> <b>CLOSED</b> <b>LABOR DAY</b>	<b>COFFEE &amp; CHAT</b> LOBBY 9:00AM	<b>TAI CHI FOR</b> <b>OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM	<b>CRIBBAGE</b> LOBBY 8:30AM - 9:30AM  <b>MAHJONG</b> @BEAN'S COFFEE 1:00PM - 3:00PM  <b>MUSIC IN THE PARK</b> WHEELER PARK, N. MANKATO 5:30PM	<b>GOLF @TERRACE VIEW</b> MEET AT THE COURSE (\$)           SHORT/LONG SIDE - ALL           ABILITIES WELCOME! 9:45AM
<b>DOMINOS</b> LOBBY 9:30AM - 10:30AM	<b>WALK 'N' TALK:</b> <b>RED JACKET TRAIL</b> MEET IN LOBBY 8:00AM  <b>YAHTZEE</b> LOBBY 10:00AM	<b>TAI CHI FOR</b> <b>OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM	<b>MAHJONG</b> @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM  <b>MUSIC IN THE PARK</b> WHEELER PARK, N. MANKATO 5:30PM	<b>CRIBBAGE</b> LOBBY 9:30AM - 10:30AM
<b>CRIBBAGE</b> LOBBY 9:00AM - 10:00AM	<b>BOOK CLUB: "THE</b> <b>HAPPIEST MAN ON EARTH"</b> ROOM 103 10:30AM - 11:30AM  <b>VINE'S 55+ EXPO</b> MAYO CLINIC HEALTH EVENT CENTER 1:00PM - 4:00PM	<b>TAI CHI FOR</b> <b>OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM	<b>CRAFT W/JANE</b> ROOM 103 9:30AM  <b>MAHJONG</b> @BEAN'S COFFEE 1:00PM - 3:00PM  <b>MUSIC IN THE PARK</b> WHEELER PARK, N. MANKATO 5:30PM	<b>GROUP BIKE RIDE</b> MEET IN LOBBY 9:30AM
<b>MAKER MONDAY:</b> HOMEMADE TREATS TO SHARE LOBBY 9:30AM - 10:30AM	<b>CRIBBAGE</b> LOBBY 9:45AM - 10:45AM  <b>SOCIAL TIME: BINGO</b> @WOW ZONE (\$)           BINGO STARTS AT 6PM	<b>TAI CHI FOR</b> <b>OLDER ADULTS</b> AEROBICS STUDIO 10:00AM - 11:00AM  <b>MSU COOKING CLASS</b> (SEE FLYER) MUST PRE-REGISTER (\$)           11:30AM - 1:00PM	<b>EDUCATION: EDIBLE</b> <b>GARDEN WEEDS</b> W/DIANE ROOM 103 9:30AM  <b>MAHJONG</b> @BEAN'S COFFEE 1:00PM - 3:00PM  <b>MUSIC IN THE PARK</b> 5:30PM WHEELER PARK, N. MANKATO	<b>CHAIR MASSAGES</b> 9AM - 11AM 10 MIN EACH SIGN UP LOWER LEVEL FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM)
<b>CRIBBAGE</b> LOBBY 9:00AM - 10:00AM	<b>GOLF @MINNEOPA</b> MEET AT THE COURSE (\$)           ALL ABILITIES WELCOME! 12:30PM			

\*\*\*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