

OCTOBER 2025

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		TAI CHI CHIH W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM	CITY OF MANKATO PUBLIC TRANSIT BUS TOUR MEET IN LOBBY 10:00AM - 11:30AM MAHJONG @BEAN'S COFFEE 1:00PM - 3:00PM	CRIBBAGE LOBBY 9:30AM - 10:30AM
EUCHER LOBBY 10:30AM - 11:30AM	EDUCATION: RIVER'S EDGE SENIOR FIT TEST (GET YOUR BASELINE & VISIT 1:1 W/PT ON YOUR RESULTS) ROOM 103 9:30AM - 10:30AM SIGN UP AT THE FRONT DESK	TAI CHI CHIH W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM MSU COOKING CLASS: 30 MINUTE MEALS (\$) 11:30AM - 1:00PM SIGN UP ON FLYER	CRIBBAGE LOBBY 9:45AM - 10:45AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	FALL GROUP BIKE RIDE MEET IN LIME VALLEY PARKING LOT 10:00AM
MAKER MONDAY: HOMEMADE TREATS TO SHARE LOBBY 9:30AM - 10:30AM	EDUCATION: RIVER'S EDGE CORE STRENGTH ROOM 103 9:30AM - 10:30AM INTRO TO TAI CHI W/SANDRA YOGA STUDIO 10:00AM - 10:45AM	CRAFTS W/MARY ANN ROOM 103 9:30AM - 11:00AM TAI CHI CHIH W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM	CRIBBAGE LOBBY 9:00AM - 10:00AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	WALK 'N' TALK: ON THE TRAILS MEET IN LOBBY 9:00AM
CRIBBAGE LOBBY 9:00AM - 10:00AM	EDUCATION: RIVER'S EDGE FEET & BALANCE ROOM 103 9:30AM - 10:30AM BOOK CLUB: "NEWS OF THE WORLD" ROOM 103 10:30AM - 11:30AM	TAI CHI CHIH W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM	EUCHER LOBBY 10:30AM - 11:30AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	CHAIR MASSES 9AM - 11AM 10 MIN EACH SIGN UP LOWER LEVEL FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM)
LEARN TO USE THE WEIGHT EQUIPMENT WELLNESS CENTER 10:00AM	CRIBBAGE LOBBY 8:30AM - 9:30AM EDUCATION: RIVER'S EDGE WATER EXERCISE & CONDITIONING ROOM 103 9:30AM - 10:30AM	TAI CHI CHIH W/SANDRA AEROBICS STUDIO 10:00AM - 11:00AM	CARDS TBD LOBBY 9:00AM - 10:00AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	HAPPY HALLOWEEN!

***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