

JANUARY 2026

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 YMCA CLOSED NEW YEARS DAY	2 COFFEE & CHAT LOBBY 9:00AM - 11:00AM
5 BAKER MONDAY: HOME- MADE TREATS LOBBY 9:30AM - 10:30AM	6 TAI - CHI FOR BEGINNERS YOGA STUDIO 10:30AM - 10:00AM INDOOR TRACK/WALKING POKER ROOM 203 10:00AM - 10:30AM	7 TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM	8 CRIBBAGE LOBBY 9:30AM - 10:30AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	9 SNOWSHOE ADVENTURE: MEET IN Y LOBBY 10:00AM CARPOOL TO FALLS (BRING YOUR OWN SNOWSHOES)
12 CRIBBAGE LOBBY 9:00AM - 10:00AM	13 EDUCATION: CHANGES TO MEDICARE WITH SENIOR LINKAGE LINE ROOM 103 9:30AM	14 TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM	15 MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	16 VOLUNTEER: HOLY GROUNDS BREAKFAST SIGN UP AT FRONT DESK 8:30AM - 10:00AM
19 PUZZLES LOBBY 9:00AM - 10:30AM	20 BOOK CLUB: ROUND TABLE BOOK ROOM 103 10:30AM - 11:30AM TAI - CHI FOR BEGINNERS YOGA STUDIO 10:30AM - 10:00AM	21 CRIBBAGE LOBBY 9:00AM - 10:00AM TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM	22 EDUCATION: FIRE CIDER WORKSHOP ROOM 103 (\$-SEE FLYER) 11:30AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1 - 3PM	23 CHAIR MASSES 9AM - 11AM 10 MIN EACH SIGN UP FRONT DESK FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM)
26 SEQUENCE GAME LOBBY 10:30AM - 11:30AM	27 CRIBBAGE LOBBY 9:30AM - 10:30AM	28 WALK N TALK WALKING TRACK 9:00AM - 10:00AM TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM	29 CRAFTS: VALENTINES CRAFTS WITH JANE ROOM 103 9:00AM - 10:30AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1 - 3PM	30 RED JACKET TRAIL WALK MEET IN LOBBY 10:45AM WEATHER PERMITTING

***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