

JANUARY 2026

FOREVERWELL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | | |
|---|---|---|---|--|---|
| | | | | 1 YMCA CLOSED NEW YEARS DAY | 2 COFFEE & CHAT LOBBY 9:00AM - 11:00AM |
| BAKER MONDAY: HOME-MADE TREATS LOBBY 9:30AM - 10:30AM | 5 TAI - CHI FOR BEGINNERS YOGA STUDIO 10:30AM - 10:00AM INDOOR TRACK/WALKING POKER ROOM 203 10:00AM - 10:30AM | 6 TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM | 7 CRIBBAGE LOBBY 9:30AM - 10:30AM MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM | 8 CRIBBAGE LOBBY 9:30AM - 10:00AM 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) |
| CRIBBAGE LOBBY 9:00AM - 10:00AM | 12 EDUCATION: CHANGES TO MEDICARE WITH SENIOR LINKAGE LINE ROOM 103 9:30AM | 13 TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM | 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 |
| PUZZLES LOBBY 9:00AM - 10:30AM | 19 BOOK CLUB: ROUND TABLE BOOK ROOM 103 10:30AM - 11:30AM TAI - CHI FOR BEGINNERS YOGA STUDIO 10:30AM - 10:00AM | 20 CRIBBAGE LOBBY 9:00AM - 10:00AM TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM | 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 MASSAGES 9AM - 11AM 10 MIN EACH SIGN UP FRONT DESK FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM) |
| SEQUENCE GAME LOBBY 10:30AM - 11:30AM | 26 CRIBBAGE LOBBY 9:30AM - 10:30AM | 27 WALK N TALK WALKING TRACK 9:00AM - 10:00AM TAI-CHI CHIH WITH SANDRA AEROBIC STUDIO 10:00AM - 11:00AM | 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