

# MAY 2026

# FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				VOLUNTEER: CLEAN UP FLOWER BEDS AT Y AND Y PARKING LOT MEET IN LOBBY 10:00AM - 11:30AM <b>1</b>
COFFEE & CHAT LOBBY 8:45AM - 9:45AM <b>4</b>	CRIBBAGE LOBBY 8:45AM - 9:45AM <b>5</b>  INDOOR TRACK/WALKING POKER (5 LAPS) ROOM 203 10:00AM - 10:30AM	TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM <b>6</b>  YMCA DAY OF GIVING	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM MEET FOR LUNCH @12PM <b>7</b>	LYMPHEDEMA EDUCATION W/RIVERES EDGE HOSP. ROOM 103 10:30AM - 11:30AM <b>8</b>
GROUP BIKE RIDE: ON THE TRAIL (WEATHER PERMITTING) MEET IN LOBBY 8:30AM - 10:00AM <b>11</b>  VOLUNTEER: DIG OUT PLANTS: STAIRS @Y MEET IN LOBBY 1:00PM - 3:00PM	INTERGENERATIONAL ACTIVITY INFORMATION MEETING ROOM 103 11:30AM <b>12</b>	TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM <b>13</b>	CRIBBAGE LOBBY 9:00AM - 10:30AM <b>14</b>  MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	OUTSIDE WALK ON MN RIVER TRAIL MEET IN THE LOBBY 8:30AM - 9:30AM <b>15</b>
VOLUNTEER: HELP PLANT FLOWERS AROUND YMCA MEET IN LOBBY 10:30AM - 12:30PM <b>18</b>	BOOK CLUB: 'LESSONS IN CHEMISTRY' ROOM 103 10:30AM - 11:30AM <b>19</b>	CRIBBAGE LOBBY 9:00AM - 10:00AM <b>20</b>  TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM	MEMORIAL DAY CRAFT ROOM 103 9:30AM - 10:30AM SIGN UP AT FRONT DESK <b>21</b>  MAHJONG @BEAN'S COFFEE 1:00PM - 3:00PM	TERRACE VIEW GOLF: PAR 3 (\$) <b>22</b> MEET AT GOLF COURSE 12:45PM
YMCA CLOSED MEMORIAL DAY <b>25</b>	SEQUENCE LOBBY 9:00AM - 10:00AM <b>26</b>	TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM <b>27</b>	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM <b>28</b>	CRIBBAGE LOBBY 9:30AM - 10:30AM <b>29</b>

\*\*\*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