

AUGUST 2026

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUTUMN ACRES SUNFLOWER FIELD TOUR (\$) MEET IN LOBBY TO CAR POOL 10:00AM LUNCH IN JANESVILLE AFTER	LSS SENIOR COMPANIONS /FOSTER GRANDPARENTS ROOM 103 W/FRED 9:30AM	CRIBBAGE LOBBY 9:00AM - 10:00AM TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM MEET FOR LUNCH @ 12PM (FIRST THUR OF THE MONTH)	SEQUENCE LOBBY 9:00AM - 10:00AM MOVIE IN THE PARK SPRING LAKE PARK 8:00PM BRING CHAIR/BLANKET
CRIBBAGE LOBBY 8:45AM - 9:45AM	WALK SIBLEY PARK/ LOOK AT FLOWERS MEET IN LOBBY 9:00AM	TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	SCRABBLE LOBBY 10:30AM - 11:30AM
SEQUENCE GAME LOBBY 9:00AM - 10:00AM YMCA CORN ROAST YMCA BLUE GYM 4:00PM - 7:00PM PURCHASE TICKETS ONLINE OR AT THE FRONT DESK	BOOK CLUB: 'MY GRANDMOTHER ASKED ME TO TELL YOU SHE'S SORRY' ROOM 103 10:30AM - 11:30AM	CRIBBAGE LOBBY 9:00AM - 10:30AM TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM INTERGENERATIONAL CRAFT W/PRESCHOOL: SUMMER SPLASH ROOM 103 9:30AM - 10:30AM	YOGA IN THE PARK 9:00AM W/LAYLA MEET IN THE LOBBY PRIOR TO WALK TO THE PARK BRING YOUR OWN MAT
CRIBBAGE LOBBY 9:00AM - 10:00AM	GROUP TRAIL WALK MEET IN LOBBY 8:30AM	TAI-CHI CHIH AEROBIC STUDIO 10:00AM - 11:00AM	MAHJONG @BEAN'S COFFEE (NEUTRAL GROUNDS) 1:00PM - 3:00PM	CHAIR MESSAGES 9AM - 11AM 10 MIN EACH SIGN UP FRONT DESK FIRST COME, FIRST SERVE (\$ FREE WILL DONATION TO FW PROGRAM)
FW CRAFTING DAY ROOM 103 9:00AM - 10:30AM				

***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