

OCTOBER 2026

FOREVERWELL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CRIBBAGE
LOBBY
9:00AM - 10:00AM

28

EDUCATION: GRIEF & GROWTH SERIES
ROOM 103
9:00AM - 10:30AM

29

VINE SENIOR EXPO
MAYO EVENT CENTER
1:00PM - 4:00PM

TAI-CHI
W/RENEE
AEROBIC STUDIO
10:00AM - 11:00AM

30

MAHJONG
@BEAN'S COFFEE
(NEUTRAL GROUNDS)
1:00PM - 3:00PM
MEET FOR LUNCH @ 12PM
(FIRST THUR OF THE MONTH)

1

CRIBBAGE
LOBBY
9:30AM - 10:30AM

2

SEQUENCE GAME
LOBBY
9:00AM - 10:00AM

5

FIRE CIDER WORKSHOP
ROOM 103 9AM - 10:30AM
\$25 SIGN UP AT FRONT DESK

6

INDOOR TRACK: WALKING POKER
ROOM 203 (MUST HAVE MIN 2 PEOPLE) 10:00AM - 10:30AM

TAI-CHI
W/RENEE
AEROBIC STUDIO
10:00AM - 11:00AM
CRIBBAGE
LOBBY
9:45AM - 10:45AM

7

POUND FITNESS CLASS
YOGA STUDIO
9:00AM

8

MAHJONG @BEAN'S COFFEE
(NEUTRAL GROUNDS)
1:00PM - 3:00PM

FALL GROUP BIKE RIDE
(ALL LEVELS WELCOME!)
MEET AT LIME VALLEY
PARKING LOT
10:00AM
WEAR A HELMET!

9

ACTIVE AGING WEEK

ADULT COLORING
LOBBY
9:30AM - 10:30AM

12

CRIBBAGE
LOBBY
9:00AM - 10:00AM

13

TAI-CHI
W/RENEE
AEROBIC STUDIO
10:00AM - 11:00AM

14

MAHJONG
@BEAN'S COFFEE
(NEUTRAL GROUNDS)
1:00PM - 3:00PM

15

**WALK N TALK
ON THE TRAIL**
MEET IN LOBBY
9:00AM

16

CRIBBAGE
LOBBY
9:00AM - 10:00AM

19

BOOK CLUB: 'NEWS OF THE WORLD' ROOM 103
10:30AM - 11:30AM

20

DEMENTIA RESEARCH SUMMIT
MAYO EVENT CENTER
8:00AM - 4:00PM

TAI-CHI
W/RENEE
AEROBIC STUDIO
10:00AM - 11:00AM

21

**HOLIDAY ORNAMENT/
CRAFT MAKING**
ROOM 103
10:00AM - 11:30AM

22

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)

23

YAHTZEE
LOBBY
10:30AM - 11:30AM

26

CRIBBAGE
LOBBY
8:30AM - 9:30AM

27

TAI-CHI
W/RENEE
AEROBIC STUDIO
10:00AM - 11:00AM

28

MAHJONG
@BEAN'S COFFEE
(NEUTRAL GROUNDS)
1:00PM - 3:00PM

29

**HALLOWEEN TREATS
AND TRIVIA**
LOBBY
9:30AM - 11:30AM

30

***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