



FOREVERWELL

MARCH 2024 | HAROLD MEZILE NORTH COMMUNITY



SMOOTHIE THYME!

MARCH 6TH 11:00AM-NOON

MOVIE MATINEE



March 7th 12pm-2pm

MARCH 12TH



11:30am-1:30PM

FREE COFFEE!



WEEKDAY MORNINGS IN THE LOBBY

MAKE AN IMPACT

Hello ForeverWell Family! This month we will be focusing on making an impact. An impact is described as the powerful effect that something has on a situation, process, or person. Even though it may sound like a difficult task, each and every one of us have the power within to make an impact, especially in our communities. Sometimes small gestures such as smiling more, listening to someone, random acts of kindness, or simply being motivating and encouraging is enough to make an impact in a person's life.

You are important. You are needed. In March, consider volunteering at your local YMCA, school, or church. You can make a difference. The power to make an impact lives within you. ❤️



BRANCH HOURS

Monday-Friday: 7am-8pm
Saturday: 8am-2pm
Sunday: Closed

HAROLD MEZILE NORTH COMMUNITY YMCA

1711 West Broadway Avenue
Minneapolis, MN 55411

Tanisha Randolph

ForeverWell Coordinator

612-492-2054

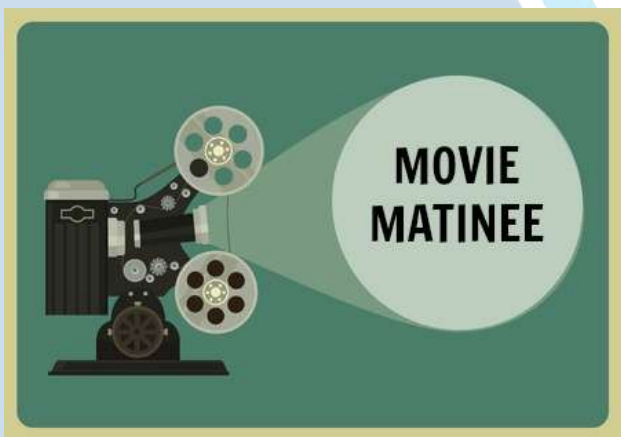
tanisha.randolph@ymcamn.org

MANAGING YOUR MEDICARE



Meet with Don Baker of United Healthcare to ask questions, address concerns about your plan, or to get an overall understanding of Medicare and what it offers you.
March 20th @ 10:30am

MOVIE MATINEE



MARCH 7TH & 19TH 12:00-2:00PM

GARDENING & LEMONADE



MARCH 21ST
11:00am-12:30pm

CARD DAY



SPADES EVERY FRIDAY!!
10AM-1PM



Veronica & Georgia
In the greenhouse at Harold Mezile

GROUP EXERCISE CLASSES!

Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers Classic 9:30- 10:15am Tanisha		SilverSneakers Classic 9:30- 10:15am Tanisha	ForeverWell Combo 11:00am- 12:45pm Renee	
ForeverWell Combo 10:30- 11:15am Renee	Strength & Core Conditioning 10:20- 11:05am Eric			ForeverWell Group Cycling 10:00- 11:00am Eric
		Water in Motion 11:00- 11:45am Q		Core Conditioning 11:00- 11:30am Eric

Harold
Mezile
North

Community
YMCA

Is a safe
community
space.

All
seniors are
welcome.