FOREVERWELL ACTIVITIES IN-BRANCH

Registration is required for any In-Branch Activity contact Kim at 763-717-1811 to register. Space is limited.

Card Club- Meet every Tuesday at 10:30am-12pm in Meeting Room.
Coloring Club- Meet every Tuesday at 1pm-3pm in Senior Lounge.
Walking Club- Meet every Wednesday at 11:30am-12:30pm. Meet at the YMCA upstairs by the fitness studio. To walk the track and play walking poker for a prize.
Knit & Crochet Club- Meet every Friday at 10:30am-12:00pm in Senior Lounge.
Blank Slate Game- Wednesday, December 1st at 1:30pm-2:30pm in Meeting Room. Join us for this clever party game where you try to predict what others are thinking to win prizes.
Wreath Craft Class- Tuesday, December 7th at 1:00pm-3:00pm in Community Room. Join us to decorate your own mesh holiday wreath. Space is limited. Registration opens on 11/24/21 deadline is December 3rd.
Bingo- Thursday, December 9th at 1:30pm-2:30pm in Community Room. Come and play bingo with other adults for prizes. Only 2 bingo cards per game. Bring non-perishable or canned good to play. Help us stock the local food shelf. Space is limited.

Holiday Craft Class- Tuesday, December 14th at 1:00pm-3:00pm in Community Room. Join us to decorate your own holiday cards. Registration opens on 11/24/21 deadline is December 7th.
Book Club- Thursday, December 16th at 12:45pm-1:45pm in Senior Lounge. Come join us for a discussion on the book The Boys in the Boat by Daniel James Brown.
VIRTUAL EXPERIENCE SCHEDULE
SOCIALIZE FROM THE COMFORT OF YOUR OWN HOME

To join any of these virtual experiences register at www.ymcanorth.org/activity_finder. Any questions contact the ForeverWell coordinator Kim at 763-717-1811 or kim.gemlobush@ymcamn.org. Classes use Zoom format.

Monday
• **Coffee Talk.** Meet new people and reconnect with friends during this virtual experience. Meeting every Monday at 9:00am-10:00am.

Tuesday
• **Trivia & Brain Teasers.** You will need a piece of paper and pencil to write down your answers. Meeting is on 12/21/2021 at 10:30am-11:30am.

Thursday
• **Bible Study.** Is for all interested adults, people of faith and seekers alike. This is an opportunity for participants to reflect on what the text might mean for them in their daily lives. Meeting every Thursday at 10:30am-11:30am.

Friday
• **Happy Hour Group.** Join us with your beverage of choice to chat about a variety of topics. Meeting every Friday at 4:00pm-5:00pm.

FOREVERWELL NEW MEMBER ORIENTATIONS
These are for new or returning members that want to get information on programming for the active older adult. You can do this orientation virtually from home or come into the branch. Please contact me directly to set up the orientation at 763-717-1811.

YMCA FITNESS ASSESSMENTS
Register for a fitness assessment with a personal trainer. A fitness assessment is a free meeting one on one with a personal trainer for an hour. You will discuss your goals, perform a fitness assessment and receive a free fitness plan tailored to your interests. Register at www.ymcanorth.org/health_fitness or with Barb Jacob at 952-435-9014.

ORTHOTOLOGY FUNCTIONAL ASSESSMENT
Orthology at the YMCA offers a free 30-minute assessment. It is a hands-on physical therapy approach to address the root cause of your pain. You will receive a thorough evaluation including a history and physical examination to address your ailment(s). The treatment will use several different types of manual (hands-on) therapy and a specialized exercise program to improve your pain and help you manage your condition in the future. Contact David at david.anderson@orthology.com with questions.
ADDITIONAL ACTIVITIES

SOCIAL COFFEE TIME
Tuesdays at 8:30am-10am in Meeting Room.
Coffee is back at the YMCA only on Tuesdays. Come and socialize with other active older adults while having a fresh brewed cup of coffee while it lasts. No registration needed. We will provide cups but if you like, you can bring your own cup.

PICKLEBALL
Monday/Wednesday/Fridays at 8am-11am & Thursday at 1pm-3pm in Gym.
Come and play pickleball with other active older adults. If you have never played, come on Thursday it is for beginners. No registration needed.

SENIOR LOUNGE
Monday-Thursday at 8am-12pm & Friday at 8am-10am.
Come and check out the lounge area! Sit and socialize with friends or choose from a variety of games to play.

GIFTS FOR SENIORS PROGRAM
Drop off items in the barrel in the lobby.
The YMCA has collaborated with Gift for Seniors to collect new unwrapped gift items. Help us remember our isolated seniors with a gift this holiday season. See brochure on the barrel for wish list of items to donate.

FOREVERWELL HOLIDAY PARTY
Wednesday, December 8th at 11:30am-1pm in Community Room.
Come join other seniors for a catered holiday party at the YMCA. We will have music by Brad C. You will get a catered meal & coffee or water. Cost: $12.00/member & $15.00/nonmember. Register to be placed on the waitlist.

TRIP TO LYRIC ARTS MAIN STREET STAGE
It’s a Wonderful Life on Sunday, December 12th at 2:00pm
Let us spend the afternoon enjoying a show at Lyric Arts Theater. Contact Lyric Arts at 763.422.1838 or www.lyricarts.org to purchase your tickets. Ticket prices vary from $33.00-44.00/ticket. You must have your own transportation to the theater at 420 E Main Street in Anoka.

KNIT & CROCHET CRAFT SALE
Tuesday, December 14th at 9am-1pm in Lobby Area.
Come and check out all the items made by the members of the Knit & Crochet club. Get gifts for that someone special. All proceeds go to the YMCA Annual Giving Campaign.

YMCA FOREVERWELL PAINTING CLASS
Wednesday, December 15th at 11:30am-2:00pm in Community Room.
Have you ever wanted to paint a masterpiece? Then register for the painting class with Sandy from Cheerful Hearts Painting. Registration opens December 1st at member services. Cost is $25.00/member & $30.00/non-member (all materials included). She will take you through the step-by-step process to painting your Snow Bunny masterpiece.