



# FOREVERWELL

NOVEMBER | DAYTON YMCA

## SAVE THE DATE

### **FW HAPPY HOUR!**

**HELLS KITCHEN**

**80 S 9th Street**

**TUESDAY NOV 19TH**

**4-6PM**

**SIGN UP AT FRONT DESK**

### **Medicare Q & A table**

**Monday, 11/18**

**10 am-1pm**

Contact Maureen  
Maureen.Bowen@ymcamn.org  
if you would like a Pilates  
reformer demo or balance  
assessment done in  
November

### Keeping Winter Safe at the Y

Last winter may have been mild, but predictions for this winter prepare us to expect the cold, ice and snow that we are used to at YMCA of the North. November is a great month to double check the condition of all your winter weather tools and resources. Be sure to prepare for winter weather in advance. Reach out to your friends, family and community to make plans that ensure all have what they need in the case of travel challenges due to road conditions.

Remember to WALK LIKE A PENGUIN to stay safe in winter conditions at home, around your community, and on your way into the Y!



### **BRANCH HOURS**

Monday - Thursday: 6am-8pm  
Fridays: 6am-7pm  
Saturdays: 7am-12pm

### **DAYTON YMCA AT GAVIIDE**

651 NICOLLET MALL  
MPLS, MN 55402  
612-230-3475

# ForeverWell

## Thankfulness & Connections with Family & Friends

Words can go be found in eight different directions

C O M M U N I T Y R L F F O R G I V E R K  
 R E M E M B R A N C E D A Y R N B F B B L  
 N B T B R K M M M K R Y M K D G X H P M K  
 S R L T Q P B M P C Z J T M R X Y G K Y H  
 S I M Y V R Z L U T O F T J N A V M M O T  
 E N K S X F V V D M N N X K D J Z R L Q P  
 N G T K R R M L C Q E F N N G V W I P G C  
 E A C N E M M J T G B H O E F T D B N K Z  
 R F N A G W B M H X X I T J C A K I L F K  
 A R C H N T N V K M T K F N Y T V Q N K D  
 W I O T A D R V F C G A W S A I I W Y N G  
 A E O G H X D A E A L L E N G S H O I K G  
 S N L N C X R L V L M A T S M R Y K N G V  
 E D W I E Z E G S E S I K G J Q E R P S V  
 T J E V M G A E Y O L N L N M B L X H Q N  
 E P A I I F A P N M A V T Y D M Y K K C Z  
 B H T G T S F W O H Q W J K L X M J P C C  
 A X H B O F Q G T T V K V D B Q V L N L C  
 I R E N M R Y A D S N A R E T E V D C N M  
 D P R N P G M J X G A T H E R I N G S V R  
 J G K T V B S N I G E B G N I P P O H S B

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Created for Blaisdell YMCA

Be Kind	Election Day	Remembrance Day
Bring A Friend	Fall Season	Shopping Begins
Chrysanthemum	Family	Thanksgiving
Community	Forgive	Time Change
Connections	Gatherings	Topaz
Cool Weather	Giving Thanks	Travel
Diabetes Awareness	Holiday Season	Veterans Day