

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

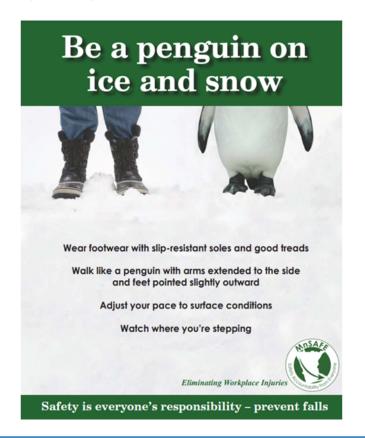
Monday, 11/18 10 am-1pm

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

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							Α												В	
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В	Н	Т	G	Т	S	F	W	O	Н	Q	W	J	K	L	Х	Μ	J	Ρ	C	C
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J	G	K	Т	٧	В	S	Ν	1	G	Ε	В	G	Ν	1	Р	P	O	Н	S	В

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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				