

FOREVERWELL

NOVEMBER 2024 | HAROLD MEZILE NORTH COMMUNITY YMCA



TUESDAY

ENJOY LUNCH ON US!!

TACO TUESDAY

NOVEMBER 5TH 12PM-2PM

BLOOD PRESSURE OUTREACH

Volunteers of America Minnesota will be onsite this month on November 4th and 18th from 10:30am-12:30pm.

This service is free to the senior community. No membership needed.

FRESH COFFEE

Enjoy a fresh cup of coffee or two and some good conversation with fellow seniors. Weekday mornings until noon.



BE THANKFUL

THIS MONTH, WE ARE FOCUSING ON THANKFULNESS.
THANKFULNESS IS GRATITUDE. GRATITUDE IS STRONGLY AND
CONSISTENTLY ASSOCIATED WITH GREATER HAPPINESS.
GRATITUDE HELPS US FEEL MORE POSITIVE EMOTIONS, POSITIVE
EXPERIENCES, MANAGE ADVERSITY, IMPROVES OUR HEALTH AND
HELPS US BUILD STRONG AND HEALTHY RELATIONSHIPS. ALL
NOVEMBER I CHALLENGE YOU TO PRACTICE THANKFULNESS
EVERYDAY AND REJOICE ALWAYS, PRAY WITHOUT CEASING, GIVE
THANKS IN ALL CIRCUMSTANCES; FOR THIS IS THE WILL OF GOD IN
CHRIST JESUS FOR YOU.

BRANCH HOURS

M-F: 7am-8pm Sat: 8am-2pm Sun: Closed

HAROLD MEZILE NORTH COMMUNITY YMCA

Tanisha Randolph ForeverWell Coordinator 612-492-2054



THANKSGIVING POTLUCK LUNCHEON

Greetings ForeverWell Family,

The Holiday Season is here! Let's come together in love and unity for our annual Thanksgiving Potluck Luncheon.

We will enjoy some good food,

great conversation, and wonderful people as we fellowship and give thanks. We look forward to seeing

you. All ForeverWell members welcome.

November 21st @11am-2pm



LADIES, PLEASE JOIN ME ON MONDAY NOVEMBER 11TH
TO WELCOME PEGGY BABCOCK FROM HERSELF HEALTH
OVER COFFEE & DONUTS. HERSELF HEALTH IS A
PRIMARY MEDICAL CLINIC DESIGNED FOR WOMEN 65+.
IF YOU ARE INTERESTED IN LEARNING MORE, COME
CHECK HER OUT.

12-1PM IN THE TEACHING KITCHEN.



Harold Mezile provides
acupuncture free to the
community. Our
acupuncturist is here every
Tuesday morning 9-11am and
Saturday mornings from
10am-12pm. This service is
free and open to the
community.

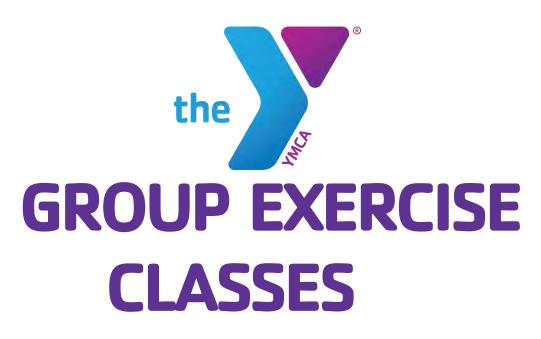


MOVIE MATINEE
NOVEMBER 14TH
@NOON



MANAGING MEDICARE

WITH UNITED
HEALTHCARE
NOVEMBER 15TH
10:30AM-NOON



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SilverSneakers Classic 9:30-10:15am -Tanisha		SilverSneakers Classic 9:30-10:15am -Tanisha		
	Strength & Core Conditioning 10:30-11:15am -Eric			ForeverWell Group Cycle 10:00-11:00am -Eric
ForeverWell Combo 11:00-11:45am -Rene		Water In Motion 11:00-11:45am -Quiaira		Core Conditioning 11:00-11:30am -Eric