



FOREVERWELL

NOVEMBER 2024 | HAROLD MEZILE NORTH COMMUNITY YMCA

CHECK IT OUT!

TACO



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.



in
everything
GIVE
Thanks

1 Thessalonians 5:18

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**



GROUP EXERCISE CLASSES

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	ForeverWell Combo 11:00-11:45am -Rene	Core Conditioning 11:00-11:30am -Eric