



FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

November/Early December 2024 | SOUTHDALE

At a Glance...

HAPPENING IN NOVEMBER

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MONTHLY CALENDAR

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ATTITUDE OF GRATITUDE

November's ForeverWell theme is, "Attitude of Gratitude"

This month's special focus is being grateful for what we have; health, loved ones, neighbors and our YMCA community!

Calm your mind by participating in a sound bowl meditation provided by our newest community partner; Herself Health. **November 8th**. (See page 3 for details).

Celebrate the season of gratitude by sharing your favorite traditional Food at our "Attitude of Gratitude" potluck. **Friday November 15th** (See page 3 for details)

We are selling Christmas trees this year! This has been a popular Southdale YMCA tradition that begins the weekend of Thanksgiving. Your purchase supports our YMCA programs serving our youth. Thank you for your support! (See page 4 for details)

Open enrollment for Medicare continues to early December. Get Your questions answered to give you ease of mind as you move into the new year!

We have a lot to be grateful for at the Southdale YMCA! Most of all we are beyond thankful for your generous support towards are Annual Support campaign. See the details of our success on page 10.

Cathy Quinlivan | Nick Hanks -Associate Executive Directors

HOURS

Monday - Friday: 5am - 9pm
Saturday & Sunday 7am - 5pm

SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435
ForeverWell program contact:
Cathy Quinlivan, Associate Executive Director
Email: catherine.quinlivan@ymcamn.org
https://www.ymcanorth.org/locations/southdale_ymca
Member Services: 952-835-2567

FOREVERWELL AT THE SOUTHDALE YMCA

WHAT IS FOREVERWELL AT THE YMCA?

Staying active mentally, physically, and spiritually is important for feeling your best. ForeverWell is programming geared toward all Y members 55 and up, developed to build healthy mind, body and spirit and is based on the **Five Dimensions of Health – Connect – Restore – Nourish – Move – Reflect**. ForeverWell programming includes group fitness classes, as well as life-long learning, volunteer opportunities, social events, and a wide range of on-going clubs and activities.

NEW TO THE Y OR COMING BACK AFTER TIME AWAY...

Let's connect!

- *ForeverWell Orientations* are held each Thursday at 9:30 am. You get a tour of the entire facility and learn about the things you have available to you with your YMCA membership. Visit the welcome desk to sign up.
- *Let's Connect Orientation* is a monthly meet-up with Associate Executive Director, Catherine Quinlivan. Get Connected Orientations are held the second Tuesday of each month from 10:00 – 11:00 am. This is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

YOUR ASSOCIATE EXECUTIVES AT SOUTHDALE YMCA ARE HERE FOR YOU!



Catherine Quinlivan, Associate Executive Director:

Catherine.quinlivan@ymcamn.org

651-2924138

Nick Hanks, Associate Executive Director:

Nick.hanks@ymcamn.org

952- 230 6680

HAPPENING IN NOVEMBER/EARLY DECEMBER

WELCOME TO “HERSELF HEALTH”, OUR NEWEST COMMUNITY PARTNER!

Friday, November 8th, 10:00-10:45am Herself Health will be in the lobby to answer your questions about their practice followed by a Sound Bath Experience from 11-11:30 in the Rotary Room. *No registration required.*

Herself Health is a primary care practice specifically designed for women aged 65 and above. Our mission is to improve health outcomes and enhance overall quality of life. We provide a whole-person, focused approach to care and work with you on solutions for health conditions commonly affecting women 65 and above. Herself Health offers meaningful support from providers and your care team to genuinely get to know you.



More about Sound Bath Experience: *Sound Bath Meditation led by Ruby Berg of Time Machine Healing*
Sink into a "bath" of soothing sounds and vibrations that take you on an inner journey of transformation and total relaxation. Using the frequencies of Tibetan singing bowls in combination with other sound healing instruments, a sound bath facilitates a shift in brainwaves from our normal waking state to alpha and theta states akin to meditation - this is where true somatic healing can occur. Benefits can include lowered blood pressure, relaxation, reduced anxiety, happiness and bliss.



ATTITUDE OF GRATITUDE POTLUCK: SHARE YOUR FAVORITE TRADITIONAL FOOD

Friday, November 15th, 11:30-1pm, Rotary Room

Bring your favorite family/traditional dish to share and a non-perishable donation for Briar Hills in Eden Prairie. We encourage you to bring a friend! We will hear from Lashauna Franklin, Program Director, at Briar Hills Neighborhood Center about how the YMCA is involved with this wonderful community. *No registration required.* See pictures below of the kids at Briar Hills!



Lashauna

MEDICARE OPEN ENROLLMENT PRESENTATIONS

Monday, November 11th, 10–Noon, Resource table in the lobby

Saturday, November 16th, 11am

Monday, November 25th, 6pm

Come hear about one of 2025's most popular Advantage plans, and have your questions answered about changes to Medicare for 2025. Presented by Lee Ziesmer, Gold Leaf Insurance 763-465-3532

CHRISTMAS TREE LOT

November 29th, 30th. December 1st, 7th and 8th; Full-Service Hours 10am–5pm | Self Service Monday–Thursday from 8am–4pm in December.

Get into the holiday spirit at the Southdale YMCA Christmas Tree Lot! Our tree lot offers a variety of beautiful trees, all perfect for your holiday celebrations. Our friendly volunteers and staff will be on hand to help you choose the best tree for your home and help load it onto your vehicle. Plus, every purchase supports our YMCA community programs.



WINTER CRAFT SALE – SATURDAY, DECEMBER 7TH | 9AM–2PM



Get into the holiday spirit at the Southdale YMCA on Saturday on December 7th from 9 AM to 2 PM! Discover unique handmade crafts, one-of-a-kind gifts, and festive decorations created by local artisans. Whether you're shopping for yourself or looking for the perfect gift for loved ones, you're sure to find something special! Bring your friends and family to celebrate the season while supporting local craftspeople. Don't miss out on the holiday fun—mark your calendars and spread the word! We can't wait to see you there!

Calling all vendors, crafters and bakers! We still have space for crafters and bakers to sell their crafts and baked goods! The cost is \$30 per table and space is limited so reserve your table now! Table reservations can be paid for at the member service desk. Funds collected go towards supporting our kids and families. Plan for a festive day to celebrate the season of giving! For more information contact Cathy Quinlivan at catherine.quinlivan@ymcamn.org or 651-292-4138.

GIVE THE GIFT OF HEALTH IN NOVEMBER



GIVE THE GIFT OF HEALTH



We are **THANKFUL** you are here. Do you know a friend or family member who could benefit from all the YMCA has to offer?

Refer a friend who would be **THANKFUL** for the YMCA November 1st-21st & they will receive a free week of membership* courtesy of **YOU!**

HOW? Please complete the information sheet and return to the front desk! We will reach out to the contact on your behalf and invite them to the Y. If they sign up for membership after the free week or are eligible for an insurance supported membership you receive **\$25 Wellness Dollars!**

SHARE YOUR Y!

Refer a friend who should try the Southdale YMCA
(We will reach out to them!)

Friend or Family Name: _____

Phone Number: _____

Your Name: _____



We Appreciate you!

Questions?

Contact Karl.Wilbur@ymcamn.org or
952-897-5476

SAFETY AT THE YMCA – NOVEMBER

WALK LIKE A PENGUIN

Winter is coming! Be prepared for the snow and ice! Make sure you wear slip resistant soles outside and walk like a penguin to avoid slipping!



ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

NEW! OPEN PING PONG PLAYING TIME:

Monday-Friday 1:00-4:00pm

Did you know that 1 out of 100 people over the age of 60 are diagnosed with Parkinson's? It is also more common in Men.

Ping Pong to the rescue! Ping-pong has clearly been shown to have a positive impact on the progression of the disease and in a way that the medication alone is not doing," said Dr. Elana Clar, a neurologist at Hackensack University Medical Center in New Jersey. "While all forms of exercise are beneficial, the thing that makes ping-pong unique is that it incorporates a focus on balance, hand-eye coordination, and the rhythm or pace of reciprocal play," Clar said. "So it really hits the trifecta of physical, cognitive and social activities."



Playing ping pong on a regular basis can improve attention, movement, mood and social connection among people striving to outpace a progressive disease, which affects one in every 100 people aged 60 and older. When people with Parkinson's disease are playing the game, areas of the brain that handle tasks like planning and problem-solving — usually impacted by the disease — are activated.

Come give Ping Pong a try! Open time is available Monday, Tuesday, Thursday from 1-4pm and Wednesdays and Fridays from 11:30-4pm in the Rotary Room unless scheduled events are taking place. Consult calendar near Rotary room door.

PARKINSON'S CYCLE (FORMALLY PEDALING FOR PARKINSON'S)

Parkinson's Cycle is an evidence based indoor cycle program that aims to improve the lives of those living with Parkinson's disease and their caregivers. Regular exercise is one of the key components in treating the many symptoms of Parkinson's disease. Research shows that pedaling a bicycle may change the life of someone with Parkinson's disease.

PICKLEBALL

OPEN COURT TIME

Monday 11:30 am – 2:30 pm; Wednesday 11:30 – 3:00 pm; Tuesday & Thursday: 11:00 am – 12:45 pm; Friday: 10:30 am – 3 pm. **ADDITIONAL COURT TIME: SUNDAYS 9:00 – 11:30 AM. NOTE: HALF COURT IS AVAILABLE FOR PICKLEBALL ON SUNDAYS.** *Skill and athletic ability should not limit participation.* Prerequisites, however, do include knowledge of the game such as scoring, court etiquette, etc., as well as minimum ability to play (serving over the net and returning balls in play).

BEGINNER/INEXPERIENCED PLAYERS OPEN COURT TIME

Monday 2:30 pm – 3:30 pm; Wednesday 3:00 pm – 4:00 pm; Friday 3:00 – 4:00pm.

This time is reserved for new players who are learning the game or who have never played before, or those who just simply want to practice their skills. All three courts will be open and reserved for those members just learning the game. Seasoned players are typically on hand most days and can help new participants get settled and learn the game. Limited equipment is available for checkout at the Welcome Desk at no cost to members. Once the beginners have started play, if there are remaining open courts, experienced players are welcome to stay.

FREE BLOOD PRESSURE CHECKS

Second Saturday of each month. 10:30-11:30am. Personal Trainer, Stephanie Behrens will be in the lobby to offer free blood pressure checks. (November 9th)



SIP HAPPENS... COFFEE IN THE LOBBY

Thursdays at 9:00 am until the pot is empty in the Lobby. Each Thursday coffee will be available in the lobby. Come hang out with your friends and make new friends.

BEGINNING BRIDGE

Mondays 9:30 – 11:00 am in the Lobby.

Learn how to play the game of Bridge. Beginners and explorers' welcome.

BOOK CLUB

Join fellow book lovers the 2nd Wednesday of each month from 11:30 am – 12:30 pm to visit and discuss the monthly reading selection. New faces always welcome! If you opportunity to read the book, come anyway to enjoy the *registration required.*

Upcoming Book Club Selections:

November 13th, "Of Mice and Men", John Steinbeck

December 11th, "The Man Who Died Twice", Richard Osman

January 8th, "The Boy With Four Names", Doris Rubenstein



haven't had the discussion. *No*

FRESH AIR TAI CHI

Fresh air Tai Chi meets at Arneson Acres Park every Wednesday 2:00–2:45pm. Enjoy quiet practice of the movements in Sun41, the Tai Chi for Arthritis Program by the Tai Chi for Health Institute. Arneson Acres Park: 4711 W 70th St, Edina, MN 55424.

VIRTUAL YMCA

Livestream classes are broadcast daily from the Virtual Studio located right in our own Southdale YMCA! The range of classes offered is huge with many options aimed at our ForeverWell audience. Check out the schedule online at the YMCA website www.ymcanorth.org, or on the YMCA of the North mobile app. If a class doesn't fit your schedule, no problem! Many classes are available on the website for later On Demand viewing. If you have difficulties logging in, the Customer Service Desk can help you 612-230-9622.

VIRTUALLY LED GROUP X CLASSES AT SOUTHDALE YMCA

Virtually led classes are a hit and we invite you to participate in a virtually led classes taking place in a Southdale YMCA studio! Our class numbers are growing with over 10 people in attendance on average for each class. We invite you to experience our virtually led offerings from 1:15–2:00pm; Wednesdays; Silver Sneakers Yoga, Thursdays; Silver Sneakers Classic, Fridays; Foreverwell Strength.



CHINESE MAHJONG

Mahjong is a tile-based game that originated in the early 20th century in China. Over the years various versions of the game have developed, including American Mahjong.

Mondays 9:30–11:30: Beginner Mahjong: Learn how to play: 4-week sessions beginning the first Monday of every month. Next session begins November 4th. \$40 member | \$60.00 Non-member. Space is limited, register at member services.

Rotary Room

Fridays 9:30 – 11:45 am: Open Play | Previous experience required. Lobby

LET'S CONNECT ORIENTATION

Second Tuesday of each month; 10:00 – 11:00 am (November 12th). The "Let's Connect" Orientation with Associate Executive Director, Catherine Quinlivan is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

- Group exercise
- Pickleball
- eGym strength line
- How to navigate the YMCA app to find classes and make pool reservations
- Personal Training
- Pilates Reformer classes



Perfect for new or returning members, you will enjoy coffee and conversation with Cathy and other members like yourself.

Cathy has over 30 years' experience in the health and wellness industry and is passionate about helping people navigate their wellness journey. Cathy looks forward to connecting with you about how to make your experience at the Southdale Y the best it can be. To register for the orientation, contact Cathy at catherine.quinlivan@ymcamn.org or 651-292-4138.

WHOLE PERSON WELLBEING

PERSONAL TRAINING SPOTLIGHT: FEATURING MEMBER, JINNET FOWLES AND HER PERSONAL TRAINER KIM BRAUN:

Interview with Jinnet:

What are your goals?

I am old and getting older by the day. My goal was/is to slow the degenerative process so that I can stay active, mentally and physically, as long as possible.

How has your fitness and wellness improved?

I don't have data to prove that working with a trainer has slowed my degeneration, but I notice that I am among the decreasing number of my cohort who remain physically active.

What are the best qualities of your trainer, Kim?

My trainer is knowledgeable, patient, encouraging, flexible, and has a good sense of humor.

What is your favorite workout/exercise?

I do not enjoy physical activity. The best I can say is that I enjoy having done it and Kim keeps me motivated and accountable.

Why do you like training with Kim?

If I did not work out with a trainer, I would not work out (see above).

Interview with Kim:

What inspires the trainer about their client?

Jinnet has a wide variety of interests, and at the same time prioritizes her health and quality of life.

How they have helped improve their client's fitness/wellness?

We have been working together since 2018 and within that time, Jinnet has continued to travel often, added daily walks into her schedule, participated in water aerobics as well as our strength training sessions twice a week.

What improvements they have seen from their client?

Client's fitness level has not decreased over the over 6 years we've been together. She has been able to increase her resistance on exercises and made balance improvements. She's been adventurous with the activities that she participated on when she has traveled.

What they have learned from their client?

Even though exercise is not Jinnet's favorite activity, she has tenacity and perseverance. I don't think she's ever canceled an appointment other than when she is traveling. Because she lives such an active and balanced life, I have learned much about so many different subjects (my favorite are the book, movie, and restaurant reviews). She also loves to try new healthy recipes, which she will share if requested.

Why they like training with their client?

Jinnet usually has several stories to share about what she has been busy with over the previous days. I appreciate that she shares when certain exercises don't work for her and then we can find an alternative. I enjoy that Jinnet has found a consistency that she has stuck with for many years and she has reaped the benefits.

If you are interested in personal training and to set up a fitness assessment, contact Jo Goulding at jo.goulding@ymcamn.org or 651-739-6597



THANK YOU FOR GIVING BACK TO YOUR SOUTHDALE YMCA!

WHAT A WEEK!

2024 Stewards of the North X Match Week Update



YOUR IMPACT!

\$44,767 Match Eligible Dollars Raised

\$89,534 in Total Support After Match

129 NEW or INCREASED Donations from the Community

200+ Hot Dog Meals Served during our Branch Celebration



THANK YOU FROM THE SOUTHDALE YMCA!

THE SOUTHDALE YMCA PROVIDED \$427,921 IN FINANCIAL ASSISTANCE IN 2023. YOUR SUPPORT DIRECTLY IMPACTS BETTER OUTCOMES FOR PEOPLE IN OUR COMMUNITY.

CONSIDERING A DONATION TO THE SOUTHDALE YMCA?



COMING SOON AT THE SOUTHDALE YMCA:

SR. CELESTE'S SING-ALONG EVENT: WARM UP YOUR VOCAL CORDS WITH CLASSIC CAROLS AND A HOLIDAY BEVERAGE!

It's that time of the year and Sister Celeste is determined to get everyone in pitch-perfect shape for the Holy Season! Join her in the Rotary Room for a wee vocal warm-up before playing a few games of Christmas Bingo for some very interesting prizes. The fun continues with a chance to learn a little history and win your very own glow in the dark rosary with Sister Celeste's pop quiz!

Sister Celeste is brought to life by Michelle Myers Berg! A classically trained actress, Michelle was raised in St. Paul in a big family and an even bigger neighborhood and has a big fat love of the history of St. Paul! A long-time guide at the Wabasha Street Caves, Michelle started her business working from the Celeste St. Paul Hotel and Bar in spring of 2021. Her work can be both seen and heard on TV, radio, film and theatre and on various audiobooks. For more information and a peek at her resume visit: michellemyersberg.com/

Friday, December 13th, 1-3:30pm, Rotary Room

Cost: \$25.00. Registration will be available by Monday, November 18th. Space is limited so do not wait to register! Register at Member Services.

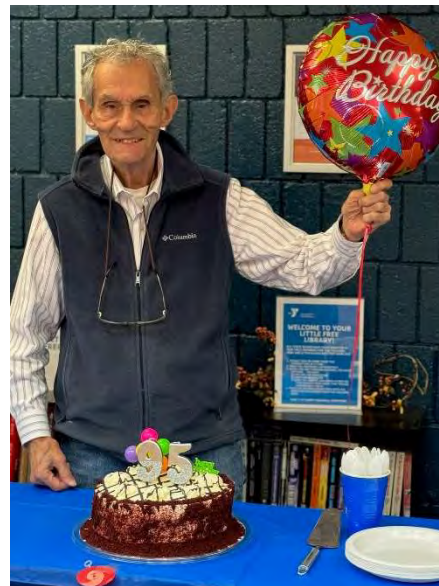


OCTOBER HIGHLIGHTS:

CELEBRATING OUR OCTOGENARIANS AND 95 YEAR OLDS!



Annual Octogenarian Celebration
Over fifty Octogenarians enjoyed lunch and a concert given by the Edina Singing Seniors. We are grateful for these members that enrich our lives every day!



Ron Erhardt; 95 years young!



FOREVERWELL

CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- Shallow Water Exercise
- SilverSneakers® Classic
- SilverSneakers® Yoga
- ForeverWell Tai Chi

ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- Line Dancing
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- ForeverWell Combo
- ForeverWell Strength
- ForeverWell Tai Chi
- Water Exercise

EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- Deep Water Exercise
- Gentle Yoga
- Line Dancing
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- ForeverWell Combo
- ForeverWell Strength

GROUP EXERCISE CLASSES – NOVEMBER

MONDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15 - 9:15am	Studio B	Diane A.
ForeverWell Combo	8:30 -9:15am	Studio A	JoJo G.
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Anne H.

TUESDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15-9:15am	Studio B	Staff.
ForeverWell Cardio Dance	9:45-10:30am	Studio A	Kitty W.
Silver Sneakers Yoga	10:30-11:15am	Studio B	Linda D.
Water X Bootcamp	12:15-1:00pm	Lap Pool	Deb C
Line Dance	12:45-2:00pm	Studio A	Colette I.
SilverSneakers Classic	1:15-2:00pm	Studio B	Kelly D
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

WEDNESDAY

Water Exercise	7:45-8:30am	Leisure Pool	Sheila B.
ForeverWell Combo	8:30-9:15am	Studio A	Jo Jo
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Parkinson's Cycle	11:00am-12:00pm	Cycle Studio	Katy E.
ForeverWell Water Exercise	12:15-1:00pm	Leisure Pool	Patty K.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Staff
Silver Sneakers Yoga	1:15-2:00pm	Studio B	Virtually Led
Outdoor Tai Chi	2:00-2:45pm	Arneson Park	Tom E.

THURSDAY

Water Exercise	7:45-8:30am	Leisure Pool	Kelly D.
ForeverWell Yoga	8:15-9:15am	Studio B	Michelle L.
ForeverWell Cardio Dance	8:30-9:15am	Studio A	Kitty W.
SilverSneakers Yoga	10:30-11:15am	Studio A	Anne H.
Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.
Silver Sneakers Classic	1:15-2:00pm	Studio B	Virtually Led
Tai Chi	2:15-3:15pm	Studio A	Tom E.

FRIDAY

H2O Flow	7:45-8:30am	Leisure Pool	Kelly
ForeverWell Yoga	8:15-9:15am	Studio B	Diane A.
ForeverWell Combo	8:30-9:15am	Studio A	Gayle
SilverSneakers Classic	9:30-10:15am	GYM	JoJo G.
Parkinson's Cycle	10:30-11:30am	Cycle Studio	Katy E.
SilverSneakers Yoga	11:00-11:45am	Studio A	Kelly D.
ForeverWell Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.
Foreverwell Strength	1:15-1:45pm	Studio A	Virtually Led

SATURDAY

SilverSneakers Classic	12:15-1:00pm	Studio B	Anne/Stephanie
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NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>* open ping pong 1-4pm Mon, Tues, Thursday 11:30-4pm Wednesday and Friday (when programs are not taking place)</i></p>				<p>1</p> <p><i>-Open Mahjong 9:30 - 11:45 am -Pickleball 10:30 am - 4 pm</i></p>	<p>2</p>
<p>3</p> <p><i>-Pickleball 9-11:30 am (HALF GYM) -</i></p>	<p>4</p> <p><i>-Beginning Bridge 9:30-11 am -Beginning Mahjong 9:30 - 11:45 am -Pickleball 11:30a -3:30p</i></p>	<p>5</p> <p><i>-Pickleball 11:00 - 12:45 pm</i></p>	<p>6</p> <p><i>-Pickleball 11:30 am - 4 pm - Book Club 11:30 - 12:30</i></p>	<p>7</p> <p><i>Sip Happens 9 - 11am -ForeverWell Orientation 9:30 am -Pickleball 11am -12:45 pm</i></p>	<p>8</p> <p><i>-Open Mahjong 9:30 - 11:45am -Sound Bowl Meditation 11:00-11:30am -Pickleball 10:30 am -4 pm</i></p>	<p>9</p> <p><i>-Blood Pressure checks 10:30- 11:30</i></p>
<p>10</p> <p><i>-Pickleball 9-11:30 am (HALF GYM)</i></p>	<p>11</p> <p><i>-Beginning Bridge 9:30-11 am Beginning Mahjong 9:30 - 11:45 am -Pickleball 11:30a - 3:30p</i></p>	<p>12</p> <p><i>-Let's Connect Orientation 10- 11am -Pickleball 11am-12:45 pm</i></p>	<p>13</p> <p><i>- Pickleball 11:30 am - 4 pm</i></p>	<p>14</p> <p><i>Sip Happens 9 - 11am - ForeverWell Orientation 9:30 am - Pickleball 11am -12:45 pm</i></p>	<p>15</p> <p><i>-Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am -4 pm -Thanksgiving Potluck 11:30- 1pm</i></p>	<p>16</p> <p><i>-Medicare open enrollment presentation 11am-Noon</i></p>
<p>17</p> <p><i>-Pickleball 9-11:30 am (HALF GYM)</i></p>	<p>18</p> <p><i>-Beginning Bridge 9:30-11 am Beginning Mahjong 9:30 - 11:45 am -Pickleball 11:30a - 3:30p</i></p>	<p>19</p> <p><i>Pickleball 11am -12:45 pm</i></p>	<p>20</p> <p><i>-Pickleball 11:30 am - 4 pm</i></p>	<p>21</p> <p><i>Sip Happens 9 - 11am - ForeverWell Orientation 9:30 am - Pickleball 11am -12:45 pm</i></p>	<p>22</p> <p><i>-Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am - 4 pm</i></p>	<p>23</p>
<p>24</p> <p><i>-Pickleball 9-11:30 am (HALF GYM)</i></p>	<p>25</p> <p><i>-Beginning Bridge 9:30-11 am Beginning Mahjong 9:30 - 11:45 am -Pickleball 11:30a - 3:30p Medicare Open Enrollment Presentation 6- 7pm</i></p>	<p>26</p> <p><i>Pickleball 11am -12:45 pm</i></p>	<p>27</p> <p><i>-Pickleball 11:30 am - 4 pm</i></p>	<p>28</p> <p>THANKSGIVING CLOSED</p>	<p>29</p> <p><i>-Tree lot open -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am - 4 pm</i></p>	<p>30</p> <p><i>-Tree Lot Open</i></p>