

FOREVERWELL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER EVENTS & ACTIVITIES 2016

ACTIVITY	DAY	TIME	PAGE
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FREE FRIEND	Fri: 25 (Photo ID REQUIRED)	ALL DAY	

YMCA OF THE GREATER TWIN CITIES ANDOVER YMCA

15200 Hanson Blvd, Andover MN 55304

Please remember that for trips and activities that cost MONEY, you must secure your spot by:
1ST-Pay at Member Services AND
2ND-Sign up on the Adult Board unless specified

All trips are subject to cancellation, please check with Jodi prior to trip. No refunds unless for medical reasons.
Jodi Blowers (763)230-6552

ForeverWell

New name, same great benefits!



QUESTIONS, COMMENTS, IDEAS?

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www.facebook.com/YMCATwinCities

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INDOOR WALK MOST MONDAYS-FRIDAYS 5-9AM FIELD HOUSE (NO 11/8)

INTRO TO PICKLEBALL EVERY MONDAY 9:15-11:15AM FIELD HOUSE

Three courts are available for those who have never tried pickle ball and would like an introduction. The YMCA will provide an instructor who will teach the basics of playing pickle ball, including the rules, serving, scoring etc. Balls and wooden paddles are provided. Graphite paddles are available to rent at the ACC Info Desk. **Admission: Free Graphite Paddle Rental \$2.00**

This activity is most Mondays but not all Mondays, please refer to the Andover Community Center's Open Gym Schedule at www.andovermn.gov/acc under Activity Calendars, or call 763-755-3238 for additional information.
LEAD VOLUNTEER: MICHELLE

GAMES GALORE AND MORE MONDAYS & FRIDAYS 10AM-12PM COMMUNITY ROOM (NO 11/11, 11/25)

Join this fun filled group who LOVES to play all sorts of games-Cribbage, Dominos, 500, Bridge, etc. the 1st & 3rd Monday of the month and every Friday. LEAD VOLUNTEERS: SUZANNE A., CAROL H., KAREN V.

HAND & FOOT CARD GAME MONDAYS & FRIDAYS 12:00PM COMMUNITY ROOM (NO 11/11, 11/25)

Hand & Foot is a strategic game full of excitement and is similar to Canasta and Rummy but much more fun! The object of the game is to play all 22 cards in a "Hand and a Foot", 11 cards each, as quickly as possible while tormenting your opponents! LEAD VOLUNTEER: SUZANNE A., JULIE E., CAROL H., MARYLYN J., PAT N.

DIME BINGO! TUESDAYS 9:30AM-11:00AM COMMUNITY ROOM

Join us every Tuesday for Dime Bingo. The 4th Tuesday of the month is WHITE ELEPHANT BINGO-bring a "Wrapped White Elephant Item" to add to the prize table. Bring your friends and your dimes!
LEAD VOLUNTEERS: JULIE E., CAROL H., JOHN J., MARY M., PAM S., KAREN V.

CARDS TUESDAYS, 11:30AM COMMUNITY ROOM B (NO 11/22)

Join us and play all types of fun card games! Beginners welcome-we will teach you how to play. Bring your friends on Tuesday for some card fun! LEAD VOLUNTEER: SUZANNE A., CAROL H., PAT N., KAREN V.

MAH JONG TUESDAYS 1:00PM ARBOR OAKS (ADDRESS ON PG 6)

Join the fun on Tuesday. This is a game of Chinese origin usually played by four persons with 144 domino-like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces. LEAD VOLUNTEER:

WALK THROUGH THE BIBLE THUR. 9:15AM CHAPEL AT ARBOR OAKS (NO 11/24)

(ADDRESS ON PG 6)

Join us each week as we discuss verses in the Old and New Testaments. Treats and coffee in the Dining Room after the discussion. LEAD VOLUNTEER: MARY C., JULIE E.

TOURS WITH JODI FRIDAYS 10AM AND WED, NOV 2 11AM CHECK-IN FRONT DESK (NO 11/4)

For new and returning members who want to learn about the Active Older Adult program.

AMAZING RACE DAY MONDAY, NOVEMBER 1 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 10:30-11:00am. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

GRATITUDE SOCIAL TUESDAY, NOVEMBER 1 11:30AM ARBOR OAKS

We all need a little Attitude of Gratitude. Join us at Arbor Oaks for our Gratitude Social. We will create Gratitude Jars and enjoy pumpkin treats in the Bistro.

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CROCHET & KNIT WEDNESDAY, NOVEMBER 2 10:00AM COMMUNITY ROOM

Come and enjoy conversation with others as you work on your own project. We discuss ideas for next month.

NEW MEMBERS RECEPTION WED., NOVEMBER 2 12:30PM COMMUNITY ROOM

Welcome to the Andover YMCA, we are pleased you have chosen our location to work out, to attend educational seminars, participate in social events and spend time with friends. Join us as we get to know some new faces, learn more about the classes and enjoy some refreshments. Refreshments are provided. RSVP to Jodi Blowers and let us know you are coming. LEAD VOLUNTEER: DONNA B., MARY M.

AMAZING RACE DAY THURSDAY, NOVEMBER 3 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 1:15-1:30pm. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

ART 2B SMART THURSDAY, NOVEMBER 3 11:00AM COMMUNITY ROOM

Do you enjoy exploring new and interesting ways to enrich your life through the arts....zentangle, coloring, painting, jewelry, poetry, string art, mosaics, beads, etc.? Then join us for Art 2B Smart! LEAD VOLUNTEER: SUZANNE A., TERI G.

TOGETHERHOOD MEETING TUES., NOVEMBER 3 12:30-1:00PM COMMUNITY ROOM

The Andover YMCA is running a nation-wide program called TOGETHERHOOD which provides Y members with an easy, fun and rewarding way to volunteer for service projects that strengthen the community where we live. The program is led by a committee of Y members that helps organize and run service projects throughout the year. Join us if you would like to help with the Veterans Celebration scheduled for November 11 and discuss ideas for working with our after school youth program. LEAD VOLUNTEERS: SUZANNE A., MARY M., JOYCE S.

SINGLES WHO MINGLE THURSDAY, NOVEMBER 3 5:00PM MAXX'S BAR & GRILL

Are you single and want to meet new people? Then come to Singles Who Mingle. We will meet at Maxx's and enjoy dinner and conversation (cost of meal and tip on your own). LEAD VOLUNTEER: SUZANNE A., MARY C., CAROL H., PAT N

TWIN CITIES LIVE TV SHOW FRIDAY, NOVEMBER 4 MEET IN LOBBY AT 12:00PM

If you are part of the group that is going to the Twin Cities Live TV audience please make sure to smile!

AMAZING RACE DAY MONDAY, NOVEMBER 7 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 8:30-9:00am. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

PRAYER CIRCLE TUESDAY, NOVEMBER 8 12:30PM COMMUNITY ROOM B

If you have a heart for prayer than join us once a month to pray for those who have filled out a prayer request during the past month. LEAD VOLUNTEER: JOYCE S.

CRIBBAGE WEDNESDAY, NOVEMBER 9 10:00AM COMMUNITY ROOM

Join the fun on the 2nd Wednesday of the month. Loads of fun for everyone! LEAD VOLUNTEER: SUZANNE A., JULIE E., CAROL H.

FAMILY STYLE GIVING THANKS POTLUCK WED., NOV. 9 12:30PM COMMUNITY ROOM

This is our annual Family Style "Giving Thanks" Potluck Lunch. Instead of our random seating and banquet potluck, you will have the opportunity to sign up in groups of 10. Each table seats 10 people. Each person (couples count as 2 people) will bring food for only those 10 people at your specific table. Please bring your own tableware, serving utensils, coffee urns, cups, etc. Bring whatever YOUR table of 10 people will need and use. Sign up on the Adult Board at a specific table of 10! LEAD VOLUNTEER: SUZANNE A., TERI G., CAROL H., JOHN J., PAT N., PAM S.

TRAVEL GROUP MEETING WED., NOVEMBER 9 1:30PM COMMUNITY ROOM

Bring a bag lunch and discuss upcoming trip plans, past trip memories and dreams for future trips. LEAD VOLUNTEER: CAROL H., MARILYN J., PAT N.

ADULT COLORING THURSDAY, NOVEMBER 10 11:00AM COMMUNITY ROOM

Relaxing-coloring-friends-creativity! Bring in your own supplies or use what we have. LEAD VOLUNTEER: SUZANNE A., TERI G.

GENEALOGY CLASS THURSDAY, NOVEMBER 10 12:30PM COMMUNITY ROOM

This class will be taught by Cathi Weber, owner of NorthStar Genealogy and president of the Anoka County Genealogical Society. Sign up for one class or all of them. Cost is \$7 members/\$10 nonmembers (per class) **Please pay at Member Services to secure your spot and then sign up on the Adult Board. 11/10-Church & Cemetery Records. 12/8-Using Maps and Land Records

VETERANS DAY OPEN HOUSE FRI., NOVEMBER 11 11AM-1PM COMMUNITY ROOM

Join us in the Community Room for our Veterans Day Open House. We welcome all veterans and their loved ones to stop by for some refreshments. This is an informal, casual, open house-all are welcome

AMAZING RACE DAY FRIDAY, NOVEMBER 11 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 11:15-11:30am. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

CAREGIVERS RESPITE MON., NOVEMBER 14 & 28 9:30-11:30AM POOLSIDE ROOM

Caregivers Respite gives you the opportunity to spend some time relaxing, exercising, reading a book or visiting with friends while your loved one is in the care of our volunteers. **Requirements:** You or your loved one must be a member of the YMCA. You must sign up on the Adult Board in advance.

(NO WALK-INS). 2nd & 4th Monday of most months. **9:30-9:45am check-in/11:15-11:30am check out.** LEAD VOLUNTEERS: DONNA B., CAROL H., PAT N., JOYCE S.

AMAZING RACE DAY TUESDAY, NOVEMBER 15 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 11:30-12:00pm. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

ANNUAL CRAFT & BAKE SALE WED, NOVEMBER 16 9AM-1PM COMMUNITY ROOM

Bring your money and get ready to SHOP, SHOP, SHOP till you drop! We will have tons of unique, one of a kind hand crafted gifts for you to buy! Christmas is right around the corner and you can get everyone crossed off your list by coming to the Annual Craft & Bake Sale!

AFTERNOON BAKE SALE WED, NOVEMBER 16 3:00-5:00PM LOBBY

The Annual Giving Program is here and we are ready to fill your bellies with lots of yummy treats. All donations will go directly to the Annual Giving Program. If you would like to donate baked goods please drop them off at Member Services no later than Tuesday, November 15.

VOLUNTEER OPPORTUNITY THURSDAY, NOVEMBER 17 7:45AM-12:00PM LOBBY

Help with the Jail Break! Sit in lobby and collect donations to free Jodi and Cyndi from Jail!

JAIL BREAK THURSDAY, NOVEMBER 17 8:00AM-12:00PM LOBBY

Jodi and Cyndi have been put in Jail. Their bond has been set at \$1500. All the donations raised will go directly to the Annual Giving Program.

AMAZING RACE DAY THURSDAY, NOVEMBER 17 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 12:30-1:00pm. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

FIDGET QUILTS THURSDAY, NOVEMBER 17 12:00PM COMMUNITY ROOM

Join us as we create "Fidget Quilts" for people with Alzheimer's and Autism. All materials and instructions are provided. No sewing skills required-everyone is welcome! Optional to bring: sewing machine, extension cord, needle, thread, scissors. LEAD VOLUNTEER:

SINGLES WHO MINGLE THURSDAY, NOVEMBER 17 TBD

Are you single and want to meet new people? Then come to our "Singles Who Mingles" group on the 1st & 3rd Thursday of the month. Details for our outings will be posted on the Adult Board at the Andover YMCA. LEAD VOLUNTEER: MARY C., CAROL H., PAT N., KAREN V.

JUNE ANDERSON PRESENTS "MINNESOTA MEDAL OF HONOR RECIPIENTS" FRIDAY, NOVEMBER 18 1:00PM COMMUNITY ROOM A

Did you know that 72 Minnesota men serving their country from the Civil War to Vietnam have been awarded the Congressional Medal of Honor, our nation's highest honor? Three of them were from Anoka County. Their names are enshrined upon the memorial in Bunker Park. On October 3rd the National Medal of Honor Society met on the grounds of the State Capital to unveil a memorial honoring these Minnesota men. In commemoration of this event members of the Daughters of the American Revolution throughout the state researched and wrote the biographies of these heroes and the Anoka Chapter of the DAR undertook the task of collecting and compiling these biographies into a 240 page 8-1/2" x 11" book, complete with photographs. The bios have unearthed some interesting facts about the wars fought and the men who fought in them. June Anderson, one of the 28 DAR biographers and editor of the book, *Minnesota Medal of Honor Recipients—from the Civil War to Vietnam*. The book is now available to the public for \$20.00. Profits will be used to benefit veterans throughout and within the State of Minnesota.

"S.O.S." SAVE OUR SELF GROUP MON., NOV. 21 12:30-1:30PM POOLSIDE ROOM

We all need support for different reasons. We may be suffering from the loss of a loved one, a job, a friendship. No matter what your story is, you have a friend in the S.O.S. Group. They mail cards of encouragement, make visits and phone calls. LEAD VOLUNTEERS: GEORGE D., JULIE E., CARY M., PAT N.

VOLUNTEER SEWING MONDAY, NOVEMBER 21 12:30PM ARBOR OAKS (ADDRESS ON PG 6)

If you love to volunteer AND sew then this is for YOU! We are making walker bags and clothing protectors. Bring your sewing machine & scissors or just your smile and we will put you to work! LEAD VOLUNTEER: TERI G., MARY M.

JAM SESSION TUESDAY, NOVEMBER 22 11:30AM COMMUNITY ROOM

Do you love to sing, play an instrument or perform? Whether you're a seasoned musician or just beginning, this is for YOU! Bring your voice, instrument and talent (or not) and share it with others. Any style, ACOUSTIC PLEASE.

AMAZING RACE DAY WEDNESDAY, NOVEMBER 23 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 11:30-12:00pm. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

BOOK CLUB WEDNESDAY, NOVEMBER 23 10:00AM POOLSIDE ROOM (LOCATION CHANGE)

Join us as we discuss "The Rosie Project" by Graeme Simsion. Books can be ordered and/or picked up from the Anoka County Library. Watch the board for book details if you missed the discussion. LEAD VOLUNTEER: DONNA B., PAM S.

AMAZING RACE DAY FRIDAY, NOVEMBER 25 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 7:45am-8:15am. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

AMAZING RACE DAY MONDAY, NOVEMBER 28 MEMBER SERVICE DESK

Amazing Race team players need to pick up today's clue at the Member Service Desk between 10:45-11:15-am. After receiving your clue, solve it as quickly as possible and go to the desired destination. Jodi will be waiting there for you to arrive. Each "race" is timed so don't dilly dally!

FIDGET QUILTS THURSDAY, NOVEMBER 17 12:00PM COMMUNITY ROOM

Join us as we create "Fidget Quilts" for people with Alzheimer's and Autism. All materials and instructions are provided. No sewing skills required-everyone is welcome! Optional to bring: sewing machine, extension cord, needle, thread, scissors. LEAD VOLUNTEER:

MURDER MYSTERY "MAIMING OF THE SHREW" WED., NOV.30 10AM-2PM COMMUNITY RM

When frosty winter shall besiege thy brow, come ye, my friends to Twelfth Night at the Glib. Such revelry the gods may still allow for foodstuffs sticking tightly to the rib. Her Royal Highness Queen Illisibeth shall with her presence deign us at our spree. With recipes of our Lady MacDeth, O verily what foods these morsels be! My lovely lady Katheter DeVane doth with me host our heavenly soiree. Her beauty driveth many man insane; But only I could steal her heart away. So join us at our genuine behest and take the blade of revelry to breast. Cost: \$10 members/\$13 non-members includes full lunch. NO REFUNDS. Pay at Member Services to secure your spot-sign up on Adult board to receive your game instructions. LEAD VOLUNTEERS: CAROL H., TERI G

Plan Ahead-Save the Date-Plan Ahead-Save the Date

AWAY IN THE BASEMENT WEDNESDAY, DECEMBER 21 10:30-4:30PM MEET IN LOBBY

This fun day begins at The Golden Coral for a buffet lunch and then get ready to Laugh Out Loud at the Church Basement Ladies Christmas showing of "Away in the Basement". It is 1959 and the day of the Sunday School Christmas Program. The ladies of the kitchen are finishing up the goodie bags and putting final touches on the nativity pieces. Little do they know what surprises are in store for them as they are called upon to, once again, step in and save the day. **Cost:** \$48 member/\$53 non-member **Pay at Member service desk and sign up on adult board** (includes transportation, buffet Lunch & Show ticket) No refunds-you will need to find your own replacement.

Code: 32_LE_3460_30_122116_YHL

Where are we at today?

AO=Arbor Oaks-1640 155th Lane NW Andover (3 blocks North of YMCA)

CF=Chick-fil-A 3590 River Rapids Dr NW Coon Rapids 763-323-9978

SC=Andover Senior Center (next door to YMCA)

A=Community Room A

B=Community Room B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*5:00-9:00am Indoor Walking Monday-Friday</p>	<p>1 AMAZING RACE DAY Clue pickup 10:30-11am 9:30am Dime Bingo 11:30am Gratitude Social*AO 11:30am Cards*B 1:00pm Mah Jong*AO</p>	<p>2 10:00am Crochet/Knit 11:00am Tour w/Jodi 12:30pm New Member</p>	<p>3 AMAZING RACE DAY Clue pickup 1:15-1:30pm 9:15am Bible*AO 11:00am Art 2B Smart 12:30pm Togetherhood Meeting 5pm Singles Who Mingle</p>	<p>4 Twin Cities Live TV Show 10:00am Games & More 12:00pm Hand n Foot</p>
<p>7 AMAZING RACE DAY Clue pickup 8:30-9:00am 9:15am Pickleball 10:00am Games Galore 12:00pm Hand n Foot</p>	<p>8 NO WALKING TODAY 9:30am Dime Bingo 11:30am Cards*B 12:30pm Prayer Circle*A 1:00pm Mah Jong*AO</p>	<p>9 New Orleans Trip 10:00am Cribbage 12:30pm THANKSGIVING "Family Style" Potluck 1:30pm Travel Mtg</p>	<p>10 New Orleans Trip 9:15am Bible*AO 11:00am Adult Coloring 12:30pm Genealogy Class</p>	<p>11 New Orleans Trip AMAZING RACE DAY Clue pickup 11:15-11:30am 10:00am Tour w/Jodi 11:00am Veterans Day Celebration</p>
<p>14 New Orleans Trip NATIONAL PICKLE DAY 9:15am Pickleball 9:30am Caregivers Respite 10:00am Games Galore 12:00pm Hand n Foot</p> 	<p>15 New Orleans Trip Branson Trip AMAZING RACE DAY Clue pickup 11:30-12pm 9:30am Dime Bingo 11:30am Cards*B 1:00pm Mah Jong*AO **Drop off baked goods</p>	<p>16 New Orleans Trip Branson Trip 9:00am-1:00pm Annual Craft & Bake Sale 3:00-5:00pm Bake Sale</p>	<p>17 New Orleans Trip Branson Trip AMAZING RACE DAY Clue pickup 12:30-1pm 8am-12pm ANNUAL GIVING JAIL BREAK 9:15am Bible*AO 12-2pm Fidget Quilts Singles Who Mingle</p>	<p>18 New Orleans Trip Branson Trip 10:00am Tour w/Jodi 10:00am Games & More 12:00pm Hand n Foot*B 1:00pm June Anderson Presentation*A</p> 
<p>21 9:15am Pickleball 10:00am Games Galore 12:00pm Hand n Foot 12:30pm "SOS" Group 12:30pm Sewing*AO</p>	<p>22 9:30am Dime Bingo White Elephant 11:30am JAM Session 1:00pm Mah Jong*AO</p>	<p>23 NO COMMUNITY ROOM AMAZING RACE DAY Clue pickup 11:30-12:00 10:00am Book Club-Poolside Room</p>	<p>24 NO COMMUNITY ROOM Happy Thanksgiving</p>	<p>25 NO COMMUNITY ROOM FREE FRIEND FRIDAY AMAZING RACE DAY Clue pickup 7:45-8:15am 10:00am Tour w/Jodi</p>
<p>28 AMAZING RACE DAY Clue pickup 10:45am-11:15am 9:15am Pickleball 9:30am Caregivers Respite 10:00am Games Galore 12:00pm Hand n Foot</p>	<p>29 Bentleyville "Duluth" Trip 9:30am Dime Bingo 11:30am Cards*B 12-2pm Fidget Quilts*A 1:00pm Mah Jong*AO</p>	<p>30 Bentleyville "Duluth" Trip 10:00am Murder Mystery Party</p> 	<p>AMAZING RACE TEAM WINNERS ANNOUNCED IN NOVEMBER NEWSLETTER</p>	