## NOVEMBER EVENTS & ACTIVITIES 2019

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<td>Thursdays 9:15am AO</td>
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<tr>
<td>FREE FRIEND</td>
<td>Fri 1 (Photo ID Required) ALL DAY</td>
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<tr>
<td>Hand &amp; Foot Card Tournament</td>
<td>Fri 1 9am-2pm A/B</td>
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<td>Escape Room Games</td>
<td>Sat 2 10am-7pm A/B</td>
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<td>Make Christmas Shirt</td>
<td>Wed 6 10:00am A/B</td>
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<td>THANKful Potluck (date change)</td>
<td>Wed 6 12:15pm A/B</td>
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<td>Acrylic Painting Class</td>
<td>Thur 7 12:00pm A/B</td>
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<td>Thur 7 Tentative</td>
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<td>Lunch &amp; Learn/Hospice 101</td>
<td>Fri 8 11:30am A</td>
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### Y GIVE WEEK-Y GIVE WEEK-Y GIVE WEEK

- Veterans Day Open House Appreciation Mon 11 11am-1pm A Page 4
- Annual Craft & Bake Sale Wed 13 9am-1pm A/B Page 4
- Legacy Writing Wed 13 9:00am Poolroom Page 4
- Boozapalooza Wed 13 3:00pm AE Page 4
- Genealogy Class Thur 14 12:30pm A Page 4
- Couples Night Out Thur 14 5:00pm Page 4
- Creating for Charity Fri 15 10:00am A Page 4

### BRANSON TRIP-TOURCO TRAVEL NOVEMBER 18-22

- Volunteer Sewing Mon 18 12:30pm AO Page 4
- Book Club Wed 20 10:00am A Page 5
- Stabilize/Repair your Gait by Orthology Thur 21 11:30am A Page 5
- PJ’s, Pancakes & Pillowcases Mon 25 10am-1pm A/B Page 5
- JAM Session Tue 26 11:30am AE Page 5

### Planning Ahead:

- Sweden, Norway, Russia Trip Tuesday, December 3
- Tourco Christmas Trip Thursday, December 5
- FlyOver America at Mall of America Trip Friday, December 6
- Yellow Tree Theater Wednesday, December 11
- Craft Retreat Friday, December 13
- Cookie Creations Thursday, December 19
- FALLapalooza Thursday, December 19
- FALLapalooza Monday, January 13
- Murder Mystery Party Wednesday, January 15
- 50th Wedding Celebration Thursday, January 20

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 ORIENATIONS
CHECK CALENDAR ON PAGE 6 FOR DAYS/TIMES CHECK-IN AT MEMBER SERVICES MEET IN LOBBY
For new and returning members who want to learn about the ForeverWell program. Please register in advance at the Member Service Desk as this is limited to 6 people per orientation.

TAI CHI MOVING FOR BETTER BALANCE
MOST MONDAYS 8:30AM COMMUNITY ROOM A/B
The ancient discipline of Tai Chi combines agile steps, joint-safe exercise and mental strength to improve mobility, breathing, and relaxation in ways that help you feel in greater control over your daily life. Tai Chi helps with relaxation, concentration, memory, balance, muscle strength, stamina and more.

HAND N FOOT/MISC. GAMES
MOST MONDAYS AND FRIDAYS COMMUNITY ROOMS
Come and play Hand n Foot or a game of your choice. LEAD VOLUNTEERS: SUZANNE A., CAROL H., PAT N., KAREN V.

DIME BINGO!
MOST TUESDAYS AND THURSDAYS 9:30AM COMMUNITY ROOM A/B
Join us Tuesdays and Thursdays for Dime Bingo. Bring your friends and your dimes! LEAD VOLUNTEERS: JULIE E., CAROL H., JOHN J., MARY M., KAREN V.

TAI CHI FOR ARTHRITIS AND FALLS PREVENTION (NO CLASS ON 11/7, 11/28)
TUESDAYS & THURSDAYS 9:30AM ARBOR ESTATES (ADDRESS ON PG 6)
Tai Chi improves muscular strength, flexibility, fitness, improve immunity, relieve pain and improve quality of life. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move more easily, and facilitate circulation of body fluid and blood, which enhance healing. Fitness is important for overall functioning of the heart, lungs, and muscles. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls.

FOREVERWELL STRENGTH EXERCISE CLASS (NO CLASS ON 11/7, 11/28)
TUESDAYS & THURSDAYS 10:10AM ARBOR ESTATES (ADDRESS ON PG 6)
This 30 minute class aims to improve daily living skills through better balance, strength, flexibility and agility.

CORNHOLE BAG GAMES
MOST TUESDAYS 11:30AM-12:30PM AND 12:30-1:30PM COMMUNITY ROOM A/B
Do you love sports and fun competition? Then this is for you. This is an easy, fun game that ANYONE can play. No experience or sports skill is needed. Games will be played on Tuesdays from 11:30am-1:30pm beginning October 8-December 17. Each player will have a 30 minute time slot and will play up to 3 games each Tuesday. COST: $20 members/$25 nonmembers (pay at Member Services: cost includes 9 weeks of play, refreshments, LOTS of fun and a last day “season finale” ). No games on 11/5, 12/3. Please let Jodi know any dates that you are not available to play and she will try to work with your schedule or you will have a “by” for that day.

CARDS GAMES
MOST TUESDAYS AND THURSDAYS 11:30AM COMMUNITY ROOM B
Join the fun on “most” Tuesdays playing all sorts of games. Cards, Cribbage, Dominos, Hearts, Bunco, etc. The room will be shared with the Cornhole Bag Games on Tuesdays. LEAD VOLUNTEERS: SUZANNE A., JULIE E., CAROL H.

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:

BIBLE DISCUSSION (NO DISCUSSION 11/28)
THURSDAY 9:15AM CHAPEL ARBOR OAKS (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 VOLUNTEERS: MARY C., JULIE E.

HAND & FOOT CARD TOURNAMENT
FRIDAY, NOVEMBER 1 9:00AM-2:00PM COMMUNITY ROOM A/B
A fun Hand & Foot tournament for you seasoned players! Pre-register with Suzanne A. or Cary M. during one of the regular Hand & Foot games.
ESCAPE ROOM GAMES
SATURDAY, NOVEMBER 2 10:00AM–7:00PM COMMUNITY ROOM A/B
This is a FIRST ever event at the Andover YMCA and it is for YOU!!! Come and play in the “Escape Alcatraz Room” and/or the Toy Collectors Stolen Toy Room”. Each room is built onsite in the Community Rooms and is ready for you and your family and friends to play. You will have 30 minutes to try and figure out how to ‘escape’ the room! Don’t miss out on this fun, interactive experience! Book your “room” at: https://book.peek.com/s/72e17333–22b1–4dbb–9df6–c85fe783ec61/ExbzP
This is open to ANYONE!! Cost: $15 per person booked by midnight November 1, $18 at the door. You can book by going to our website, facebook or ask at Member Services.

VOLUNTEER MEETING
MONDAY, NOVEMBER 4 10:00AM COMMUNITY RM A
Jodi is looking for volunteers to help out with the Veterans Day Open House scheduled for Monday, November 11 from 11am–1pm. If you would like to help with this event please come to the volunteer meeting.

LUNCH BUNCH
MONDAY, NOVEMBER 4 12:00PM HAM LAKE SENIOR CENTER
Each week there is Senior Dining at noon on Mondays & Wednesdays–RESERVATIONS ARE REQUIRED. Please call no later than the Thursday prior (the office is closed on Friday). Cost: $5 anyone 55+ and $8 everyone else. 763 434-0455

FALLAPALOOZA Event Tuesday, November 5 12:00pm (Instructions at Member Service Desk)

DEMENTIA DIALOGUE
TUESDAY, NOVEMBER 5  6:30PM RUM RIVER LIBRARY–4201 6TH AVE ANOKA  763 324-1520
A film and book discussion group that explores dementia through stories, both real and fictional. Presented in coordination with the Anoka County Family Caregiver Connection. We will be discussing Loving Zelda by Sue Anne Kirkham. The author will join us to talk about her book.

MAKE CHRISTMAS SHIRTS
WEDNESDAY, NOVEMBER 6 10:30AM COMMUNITY RM A
We have assorted sizes of shirts that you can turn into a fun, silly, “ugly” Christmas shirt to wear at our events in December. We will provide the “decorations” and shirts (assorted sizes). You can bring your own shirt if you want to make sure of the sizing.

THANKFUL POTLUCK LUNCH
WEDNESDAY, NOVEMBER 6 12:15PM COMMUNITY ROOM A/B
Bring your favorite Thanksgiving dish to share with the group! Sign up on the Adult Board and let us know what you are bringing. LEAD VOLUNTEERS: SUZANNE A., TERI G., CAROL H., JOHN J., PAT N.

ACRYLIC PAINTING WITH RUMRIVER ART CENTER
THURSDAY, NOVEMBER 7 12:00PM COMMUNITY ROOM A/B
The instructor from RumRiver Art Center will walk you through step-by-step to paint your own one-of-a-kind painting. No experience is necessary! All the materials are supplied by RumRiver Art Center!

ALZHEIMERS SUPPORT GROUP
THURSDAY, NOVEMBER 7 1:30PM ARBOR OAKS (ADDRESS ON PG 6)
Join us on the first Thursday of the month for an Alzheimer’s Support Group at Arbor Estates.

SINGLES WHO MINGLE  (DATE CHANGE)
THURSDAY, NOVEMBER 7 4:30PMCHANTICLEAR PIZZA–11706 CROOKED LAKE BLVD COON RAPIDS
Are you single and want to meet new people, join us for dinner at Chanticlear Pizzal Please sign up on the Adult Board. LEAD VOLUNTEERS: SUZANNE A., MARY C., CAROL H., PAT N., KAREN V.

BEAUTY AND THE BEAST “LIVE PERFORMANCE”
THURSDAY, NOVEMBER 7 7:00PM MAPLEWOOD COMMUNITY CENTER
This is a special preview night just for seniors (age 60+). Please watch the Adult Board for details and registration. We did not have final information on this when the newsletter was printed.
LUNCH & LEARN - HOSPICE 101
FRIDAY, NOVEMBER 8 11:30AM COMMUNITY ROOM A/B
Taking the fear out of Hospice, and discussing the benefits of when and how to take advantage of this wonderful service for yourself, your loved ones, your family and your friends. Sign up on the Adult Board for this Lunch & Learn presentation on Hospice 101 presented by St. Croix Hospice. Space is limited—don’t miss out!

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VETERANS DAY OPEN HOUSE APPRECIATION
MONDAY, NOVEMBER 11 11:00AM-1:00PM COMMUNITY ROOM A
Join us in the Community Room for our Veterans Day Open House Appreciation. We welcome all veterans and their loved ones to stop by for some refreshments. This is an informal, casual, open house—all are welcome.

ANNUAL CRAFT & BAKE SALE
WEDNESDAY, NOVEMBER 13 9AM-1PM COMMUNITY ROOM A/B
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, books and garage sale items for you to buy.

LEGACY WRITING
WEDNESDAY, NOVEMBER 13 9:00AM POOLSIDE ROOM
What kind of legacy will you leave for your loved ones? Money? Stuff? There’s something better. Something that won’t cost you a dime, and that won’t be wasted or sold or thrown away by your heirs. It’s a little piece of yourself that will delight you, the giver, as much as it will the family and friends who receive your gift. Please join this bi-monthly workshop which serves as a springboard for sharing the most precious legacy you own—your life. We’ll be writing our life stories in manageable chunks of memories that matter. In no time at all, you will have created a collection of short vignettes that tell a story unique to you. When we remember our own parents and grandparents, it’s typically not the material things they left us that we treasure. It’s the memories. LEAD VOLUNTEER: MARY M.

BOOZAPALOOZA
WEDNESDAY, NOVEMBER 13 3:00PM ARBOR ESTATES
Tonya (Arbor Estates) and Jodi (YMCA) will be sharing their favorite beverage recipes! Come and taste test the specialty drinks that Tonya and Jodi are creating. Donations to Arbor Estates are accepted at the event to help pay for expenses.

GENEALOGY CLASS
THURSDAY, NOVEMBER 14 12:30PM COMMUNITY ROOM A
This class will be taught by Cathi Weber, owner of NorthStar Genealogy and president of the Anoka County Genealogical Society. Cost is $7 members/$10 nonmembers. Please pay at Member Services and sign up on the Adult Board. Today's class theme "What's new in Family Tree Maker". Great class for beginners or a wonderful refresher class for those that are more advanced. Next month is our field trip to MHS!

COUPLES NIGHT OUT
THURSDAY, NOVEMBER 14 5:00PM JOY KITCHEN
Couples this is for you. A night out with friends. Dinner at Joy Kitchen—13650 Hanson Blvd Suite 102 Andover. Please sign up on the Adult Board and let us know you are coming. LEAD VOLUNTEERS: MARY & JERRY M.

CREATING FOR CHARITY
FRIDAY, NOVEMBER 15 10:00AM COMMUNITY ROOM A
This fun group LOVES to make things for other people. We laugh, we craft, we drink coffee and we become friends. Come join us and see what we will be making this month. Everything is provided—we just need YOU! LEAD VOLUNTEERS: SHARON A., TERI G., RUTH N.

BRANSON TRIP-TOURCO TRAVEL NOVEMBER 18-22

VOLUNTEER SEWING
MONDAY, NOVEMBER 18 12:30PM ARBOR OAKS
If you love to volunteer AND you love to sew, cut or just sit and visit with friends, then this is for YOU! We are creating simple items for Arbor Oaks (walker bags, clothing protectors, etc.). Bring your sewing machine and scissors or just your smile and we will put you to work! LEAD VOLUNTEERS: TERI G., MARY M.
BOOK CLUB
WEDNESDAY, NOVEMBER 20 9:00AM COMMUNITY ROOM
Come share your thoughts on the book of the month “Unsheltered” by Barbara Kingsolver. Everyone is welcome even if you didn’t get a chance to read the book, come and be part of the group. Jodi NOVEMBER have books available—check with her. LEAD VOLUNTEER: PAM S.

STABILIZING AND REPAIRING YOUR GAIT BY ORTHOLOGY
THURSDAY, NOVEMBER 21 11:30AM COMMUNITY ROOM A
Come and learn about how you can stabilize and repair your gait. This 60 minute workshop will give you exercises to do in the comfort of your home and help you decide if you need to see a medical professional.

PJ’S, PANCAKES & PILLOWCASES
MONDAY, NOVEMBER 25 10:00AM-1:00PM COMMUNITY ROOM A/B
We had so much fun the first time we did this that we wanted to do it again! Wear your cozy’s (even your pj’s) and spend the day with us making pillowcases for the less fortunate. Please bring (donate) at least one NEW standard size pillow. We will provide the sewing machines, fabric and PANCAKES! We have seven machines to share—if you have your own sewing machine you may want to bring it along.

JAM SESSION
TUESDAY, NOVEMBER 26 11:30AM ARBOR ESTATES
Bring your instruments or just come to listen to the beautiful sounds of our local musicians.

SWEDISH INSTITUTE, RUSSIAN MUSEUM & GINGERBREAD WONDERLAND TRIP
TUESDAY, DECEMBER 3 8:45AM-4:00PM MEET IN LOBBY AT 8:45AM
This trip has it all! Our day begins with a “Historic House Tour” and a traditional “Swedish” lunch at the Swedish Institute, then a tour of the Russian Museum followed by a fun afternoon at the Norwegian Center seeing the Gingerbread Wonderland display and the Norwegian Lutheran Memorial Church. Watch the Adult Board for more details. COST: TBD. Pay at Member Services and Sign up on Adult Board—space is limited!

FLYOVER AMERICA-MALL OF AMERICA HOLIDAY TRIP
FRIDAY, DECEMBER 6 9:15AM-4:30PM MEET IN LOBBY AT 9:15AM
Get ready to enjoy a weekday flight across the USA with FlyOver America at Mall of America! Once your flight lands, you’ll enjoy a delicious lunch at FireLake Grill House & Cocktail Bar at Radisson Blu Mall of America. Come see all the beautiful holiday decorations at the Mall! Pay at Member Services to reserve YOUR spot! COST: $46 members/$50 non-members (includes motorcoach transportation, flight experience, delicious lunch, Holiday decorations at the MOA, games & fun on bus).

Yellow Tree Theater Wednesday, December 11 COST: $50 Members/$55 Non-Members Pay at Member Services
Craft Retreat Friday, December 13 9:00am-1:00pm
Cookie Creations Thursday, December 19 11:00am-12:30pm Arbor Estates
FALLapalooza Thursday, December 19
FALLapalooza Monday, January 13
Murder Mystery Party Wednesday, January 15
50th Wedding Celebration Thursday, January 20

Upcoming Trips with Tourco Travel (763-780-2985/612-840-2334) Tourcotrav@aol.com
Flyers for all Tourco Travel trips are available at the Member Service Desk. Registration and payment goes directly to Tourco Travel NOT the YMCA. Any questions can be directed to Tourco by phone or email. If your car is left in the parking lot overnight while you are on a trip, please park in the back parking lot (west lot). Give your car make, model and license plate number to Jodi Blowers so that we have a record of the cars in the lot and the Community Center knows that you are approved for extended parking. Visit www.tourcotravel.com for additional trip information.
Where are we at today?

AE=Arbor Estates-1753 156th Lane NW Andover (3 blocks North of YMCA)
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
A=Community Room A   B=Community Room B

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><strong>4</strong></td>
<td>8:30am Tai Chi*A/B</td>
<td>9:00am ForeverWell Orientation*A</td>
<td>9:00am Bible*AO</td>
<td>10am-2pm Hand &amp; Foot Card Games*B</td>
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<td>10:00am Volunteer Meeting*A</td>
<td>9:30am Tai Chi*AE</td>
<td>10:30am Make &quot;Christmas&quot; Shirts*A/B</td>
<td>9:15am Bible*AO</td>
<td>11:30am Lunch &amp; Learn by St. Croix Hospice*A</td>
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<tr>
<td>10:30am Hand &amp; Foot Card*A/B</td>
<td>9:30am Tai Chi*AE</td>
<td>10:00pm Mah Jong*AO</td>
<td>9:30am Dime Bingo*B</td>
<td>11am-1pm Veterans Appreciation*A</td>
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<td>12:00pm Lunch Bunch*HL</td>
<td>11:30/12:30pm Cornhole*A/B</td>
<td>12:30pm Genealogy Class*A</td>
<td>9:30am Tai Chi*AE</td>
<td>12:30pm Volunteer Sewing*AO</td>
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<tr>
<td>Out to Lunch!</td>
<td>11:30am Cards*B</td>
<td>12:00pm Lunch Bunch*HL</td>
<td>11:30am Stabilize &amp; Repair your Gait by Orthology*A</td>
<td>11:30am JAM Session*AE</td>
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<td><strong>11</strong> VETERANS DAY Y GIVE WEEK</td>
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<td><strong>9:00am Bible*AO</strong></td>
<td><strong>10am Creating for Charity*A</strong></td>
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<td><strong>11am-1pm Veterans Appreciation*A</strong></td>
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<td><strong>3pm Boozapalooza*AE</strong></td>
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<td><strong>10:00am Hand &amp; Foot Card Games*B</strong></td>
<td><strong>10am-1pm CJ Tee Shirt-Baking</strong></td>
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<td><strong>18 BRANSON TRIP TVL</strong></td>
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<td><strong>26</strong></td>
<td><strong>27</strong> NO COMMUNITY ROOMS</td>
<td>**28 THANKSGIVING NO COMMUNITY ROOMS</td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
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<tr>
<td><strong>8:30am Tai Chi*A/B</strong></td>
<td><strong>8:30am Tai Chi*AE</strong></td>
<td><strong>1:00~3:30pm Cards*A/B</strong></td>
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</table>