March Activities
All activities take place in the Community Room unless otherwise indicated.

MY FAIR LADY at the ORPHEUM, Saturday, March 7 at 2:00pm. Join us for a wonderful classic. We will depart the Y at 1:00pm for a 2:00pm show. Cost is $43.00 and includes show and transportation.

ST. PATRICK’S DAY BINGO, Tuesday, March 17, 10:00am-12:00pm. Wear something GREEN and you might win a Pot of Gold! Bingo cards are $.25 per card per game. Each game, the winner takes the pot. Sign up in the ForeverWell Binder.

AARP iPHONE TECHNOLOGY CLASSES, Thursday, March 19. Free hands-on workshops to help you get more out of your iPhone. Intro to i-Phone: 10:00am. Beyond the Basics—iPhone: 12:00pm. MUST SIGN UP ON-LINE at: https://learn.aarp.org/in-person-learning? If needed, check flyer for more info or call Gabe.

BELL MUSEUM AND PLANETARIUM, FRIDAY, March 20, depart at 12:30pm. We’ll get a guided tour of the exhibit galleries of this beautiful museum of natural history as well as a showing of “One Giant Leap”. This 45 minute production "allows audiences to stand on the surface of the Moon with Neil Armstrong, using archival recordings". Price is $39.75 per person and includes transportation. Register at Member Services.

CONSUMER PROTECTION TALK, Tuesday, March 24, 10:30am. Denice Gibson from Leg Up Life Skills will discuss how you can protect yourself from Identity Theft, and how to handle the e-mails and calls that are frauds, scams and phishing attempts. She’ll also provide some Routines that you can use to keep you safe. Sign up in the ForeverWell Binder.

LUNCH at ANSARI’S MEDITERRANEAN GRILL, 1960 Rahncliff Court, Eagan, Wednesday, March 25, 11:30am. Bring a friend or meet some new ones. Drive/pay on your own. Sign up in ForeverWell Binder.

MEMORY CAFÉ, Thursday, March 26, 1:00pm. This is a time for people with Alzheimer’s, dementia or traumatic brain injuries to come together with their family members to socialize. Sign up in ForeverWell Binder or call Gabe at 952-435-9019.

CATCH A MOVIE: EXTREMELY LOUD AND INCREDIBLY CLOSE, Friday, March 27, 2:00pm. Popcorn and light refreshments will be served while we enjoy this movie starring Tom Hanks and Sandra Bullock. Sign up in the ForeverWell Binder.

SEED MOSAIC WORKSHOP, TUESDAY, MARCH 31, 1:00pm-2:30pm. Learn about the history and techniques of mosaic art, and then get your creative juices flowing to create a design of your own to take home. Cost is $10 for the class. Register at Member Services

Orientations
We highly recommend that new members attend one of our orientation sessions. You are welcome to drop-in. You’ll get information on the pool, classes, equipment, social activities and exercise guidelines.

Meet in the Community Room. Choose one:
- Monday, March 2 at 11:00am
- Thursday, March 5 at 2:00pm
- Wednesday, March 18 at 2:00pm
- Wednesday, March 25 at 10:00am
- Friday, March 27 at 11:00am
- Tuesday, March 31 at 10:00am

Unable to make it to the Orientation? — A free Personal Consultation or Equipment Orientation with a trainer may also be scheduled at Member Services.

Pickleball
Open Gym: See Schedule available at ForeverWell Board.

Lessons: 1.0 (Basics) and Levels 1.0-2.0 and 2.5 Drills — see reverse side for more information.

Contact Info
Gabe at 952-435-9019 or e-mail: Gabriela.Kaiser@ymcamn.org

Burnsville YMCA
13850 Portland Avenue,
Burnsville 55337
Phone: 952-898-9622

Hours: M-Th: 5am-10pm
F: 5am-9pm
S-S: 6am-8pm

Direct link to newsletter:
Recurring Activities
All activities are drop in.

**Basketball Open Gym** — Play a game or “Horse” around. Every Wednesday from 9:30am-10:30am in the North Gym.

**Book Club** — Thursday 3/19, 1:00pm—2:30pm. Our book this month is *Bettyville* by George Hodgman.

**Bring Your Own Lunch Club** — Thursday, 3/5, 1pm–2pm, following SilverSneakers® Classic.

**Hand & Foot Cards** — Wednesday 3/4, Friday 3/20 and Monday 3/30 from 10:15am to 12:30pm.

**Mah Jongg** — Wednesdays from 1:00pm—4:00pm, Youth Room.

**Knitting / Crocheting Group** — Mondays from 1:30-3:30pm in the Lounge.

**Papercrafting** — Tuesday 3/10, 1:00–3:00pm in the Youth Room. Handcrafting cards for special occasions. Supplies provided.

**Walking Group** — Fridays at 9:00am. Burnsville Center. Meet in front of Macy’s on the 2nd floor.

Future Activities (Save the Date)
* Bachmann’s Lyndale tour, April 15.
* Art in Bloom, MIA, Friday, April 24.

Pickleball Lessons

**Pickleball 1.0 (Basics)** — If you have never played, or only played occasionally and have limited or no knowledge of rules and scoring:
* Tuesday, March 3
* Monday, March 16

**North Gym**—11am–Noon
There is no charge for the Basics. All equipment is supplied. Sign up in the ForeverWell Binder.

**Skills & Drills**

**Pickleball 1.0-2.0 Drills** — If you know the basic rules and scoring and want to work on strategy and improving skills:
* Tuesday, March 10—(Serving)
* Tuesday, March 31—(Dinking)

**North Gym**—11:00am–12:00pm
Cost is $10.00 per one hour class. Register at Member Services — Maximum 8 participants.

**Pickleball 2.5-3.0 Drills** — If you have a good grasp of fundamentals, but want to improve direction and consistency of shots, serves, dinks, volleys and more:
* Fridays, March 6, 13, 20 & 27

**North Gym**—10:30am–12:00pm
Cost is $15.00 for one 1-1/2 hour class. Register at Member Services — Maximum 8 participants.

**Tai Chi Moving For Better Balance**
Monday, March 23—Monday, May 11, 1:30pm-2:15pm, Studio B. Work on your balance and coordination by joining us to learn the 8 forms of Tai Chi Moving for Better Balance. Each week we will learn 1 or 2 forms and rehearse the ones learned in previous weeks. Drop in.

Eat 5-7 different colors of foods per day for each day in March. When completed, turn in your sheet to us and receive your choice of a Y T-Shirt or 4 guest passes.

Worksheet available at the ForeverWell Board or at Member Services.

Valentine’s Bingo—February 14, 2020