**November Activities**

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

**SEMINAR: YOU DON’T KNOW WHAT YOU DON’T KNOW**, Tuesday, November 5, 10:00am. Jeanne McGill, a Certified Senior Advisor and Pre-Planning consultant will discuss what you should be aware of in planning your funeral arrangements. Bring your questions. **Sign up in the ForeverWell Binder.**

**TALK: STABILIZING AND REPAIRING YOUR GAIT**, Tuesday November 12, 11:00am. Joshua Speckman, Physical Therapist with Orthology will discuss how you can stabilize and repair your gait. **Sign up in the ForeverWell Binder.**

**FAMILY GAME NIGHT**, Saturday, November 16, 5:00pm-7:00pm. Board games, interactive games, yard games, snacks and more. Fun for the whole family. Drop in.

**TALK: LOW BACK PAIN**, Tuesday, November 19, 11:00am. Kristina Fruechtl of Marty Chiropractic will discuss low back pain and chiropractic care. **Sign up in the ForeverWell Binder.**

**MAMMA MIA AT THE CHANHASSEN**, Wednesday, November 20, 10:30am-4:00pm. Cost is $78.00 for all inclusive lunch, show and transportation. **Register at Member Services. SOLD OUT.**

**MEMORY CAFÉ**, Friday, November 22, 3:00pm-4:00pm. An opportunity for individuals with dementia or traumatic brain injuries and their caregivers to meet with others for conversations and reliving memories. Light refreshments will be served. **Sign up in the ForeverWell Binder.**

**BLOOD DRIVE**, Monday, November 25, 9:00am-3:00pm. Sign up by calling 1-800-RED CROSS, or visit RedCrossBlood.org enter Sponsor code: MNValleyY or sign up in the ForeverWell Binder. Drop ins also welcome.

**TURKEY BINGO**, Tuesday, November 26, 10:00am-12:00pm. Bring a friend or come meet some new ones. Bingo cards are $.25 per card per game. Each game, the winner takes the pot. We will have a raffle for a Thanksgiving turkey. **Sign up in the ForeverWell Binder.**

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**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:
- **Tuesday, November 12 at 9:30am**
- **Thursday, November 21 at 9:00am**
- **Wednesday, November 27 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.

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**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
Thanksgiving: 5am-Noon

Direct link to newsletter: https://www.ymcamn.org/sites/default/files/burnsville-foreverwell-newsletter.pdf
Recurring Activities
All activities are drop in, and take place in the Community Room or as indicated.

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

**Book Club** — Thursday 11/21, 1:00pm—2:30pm. The book is Mrs. Poe by Lynn Cullen.

Bring Your Own Lunch Club — Thursday, 11/14, 1pm–2pm, following SilverSneakers® Classic.

**Hand & Foot Cards** — Wednesday 11/6, Monday 11/11, Friday 11/22 from 10:15am to 12:30pm.

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

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

**Papercrafting** — Tuesday 11/12, 1:00-3:00pm in the Youth Room.

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

**Watercolor Painting with Lucy LeMay,** — Friday 11/1 from 1:00pm-3:00pm in the Youth Room. Cost is $20 for all supplies, payable directly to Lucy. For more information or to sign up, contact Lucy at LucyLeMay@gmail.com.

### Pickleball Lessons
**(North Gym—11am-Noon)**

**Pickleball 1.0 (Basics)** — If you have never played, or only played occasionally and have limited or no knowledge of rules and scoring:
* Level 1 — Tuesday, November 5
* Level 2 — Tuesday, November 19

**Pickleball 1.0-2.0 Drills** — If you know the basic rules and scoring and want to work on strategy and improving skills:
* Tuesday, November 12
* Tuesday November 26

**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:
* Every Friday at 10:30am

**PLEASE NOTE:** Sessions are free, but limited to 12 individuals per class. Sign up in the ForeverWell Binder or contact Gabe at 952-435-9019 or at Gabriela.Kaiser@ymcamn.org. Drop-ins accepted if less than 12 individuals, but class may be cancelled if no one has signed up.

### Usborne Book Fair
Burnsville Family Engagement Department is hosting a book fair. Drop in:

- November 6: 5:00pm- 8:00pm
- November 7: 9:30am-12:30pm and 4:00pm- 8:00pm
- November 8: 9:30am-12:30pm and 4:00pm- 8:00pm
- November 9: 9:00am- 1:00pm

### Winter Bingo Challenge
November 18 to December 20. Pick up a card, and complete the challenges indicated in each square — 5 squares in a row, column or diagonal wins a prize (guest passes, towels, YBucks) or complete all squares to be entered into a drawing for an awesome prizes (to be determined).

### Future Activities (Save the Date)
* History Theatre: Judy Garland story: Beyond the Rainbow, December 12, 1:00pm
* Holiday Luncheon, Wednesday, December 18 at the Y.

### SAFE & FUN SKI LESSONS
**DESIGNED FOR ADULTS 55+**
Hyland Hills Ski Area, Three Rivers Parks, 8800 Chalet Road, Bloomington. **Learn to ski safely and gently in a fun environment.** Three consecutive days of 3-hour lessons for $130.00. Also includes a fourth day follow-up program which includes a 1.5-hour lesson, sandwich and speaker. Lessons are given by one of our members, Roger Wangen, who has 35 years of experience, 7 seasons at Vail / Beaver Creek. Class size is limited to 10 students with the requirement that you must have skied at least 1 previous time. Start times are 9 am for the first 3 days and 10am for the fourth day. Dates are: December 3-5, December 19-19, January 27-29 and February 10-12.

For more information or to sign up: Contact Roger at 952-898-3905 or