Dates to Note
- Monday, November 4th - 11:30 a.m. Lunch and Learn - Sue Swanson - Gratitude Beads
- Monday, November 11th - Veterans Day
- Monday, November 11th - 11:30 a.m. Special Lunch and Learn - The Healthy Heart - presented by the Commons on Marice
- Monday, November 18th - 11:00 a.m. Lunch Bunch - Trailsend Tavern
- Monday, November 25th - 11:00 a.m. Pot Luck Bingo
- Thursday, November 28 - Thanksgiving
- Thursday, December 12th 11:30 a.m. Lunch and Learn - Dr. Krivia Handling Stress Naturally
- Monday, December 16 - 11:30 a.m. Foreverwell Holiday Party
- Wednesday, December 18th 11:30 Book Club
- Monday, December 30th Pot Luck Bingo

NEW MEMBER ORIENTATION
ForeverWell is a program geared to all Y Members 55+. We have all kinds of classes, programs and events designed to help you improve your mind, body and spirit. All new members are encouraged to attend a ForeverWell program orientation. You will learn more about our facility, our classes and all of our ForeverWell programming. Orientations are free and will be held on

Tuesday, November 12th at 9:30 am and Tuesday November 26th at 11:30 am

Sign up at Member Services or contact me, Julie Michelson, to arrange an alternate time at 651-319-8000

NEW MEMBER ORIENTATION

Evolution of the Turkey
Friday, November 1st and November 15th 9:30 am - Adult Coloring

Coloring is an activity we tend to associate with children. However, it turns out coloring can be beneficial for adults - namely for its de-stressing power. The practice generate wellness, quietness and stimulates brain areas related to motor skills, senses and creativity. Join us for some relaxing adult coloring time in the lobby. New people always welcome

ForeverWell LUCKY 13
Don’t forget to pick up your punch card at the front desk. Turn in a completed card for a free guest pass and a chance to win a prize.

Forever Well Pot Luck Bingo
Monday November 25th, 11:00 am
Bring a dish to share-come eat & laugh with this spirited group. Join us for the fun in the Multi-Purpose Room.
Sign up at Member Services.
Stabilizing & Repairing Your Gait
Monday, November 18th
12:00 - 1:00 p.m.
Presented by the Orthology Team
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.

Every Wednesday - 9:30 - Game Day
Whether you love to play Cribbage, Scrabble, or cards, join other members for some playtime. Cribbage boards are available. Bring in any other game you wish to play (and don’t forget to bring a dictionary with your scrabble game to avoid any ugly word disputes).

Have you scheduled your fitness solution appointment?
This is an opportunity to meet one on one with a certified personal trainer to assess your goals, address areas you want to improve and design a custom path to achieve your health and fitness goals. Schedule your appointment at the member service desk today!!
Lunch and Learn  
Special Event: Gratitude Beads  
Monday, November 4th, 11:30 a.m.  
Sue Swanson - Purple Apple Arts

Sue Swanson, MDiv, is an artist who helps people find Sabbath time in their busy lives by teaching them how to practice spiritual patterns together. She calls her work Prayer Craft, which uses art as a gateway to healing, wholeness and meditation. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality. Sign up in the Forever Well book at the Member Service Desk.

**Lunch and Learn  -  Monday November 11th**  
11:30 a.m.  
The Healthy Heart  - Presented by  
The Commons on Maurice

*NEW*  **Blood Pressure Clinic:** Nursing students from the Dakota County Technical College will be joining us one Friday per month from 9:00 - 11:00 to check blood pressures and provide other important health information.

November’s date is **Friday, November 8th  9:00 am - 11:.00 am**
November Book Club -  
Wednesday, November 20th –  
11:30 am  
The President Is Missing  
By  
James Patterson and Bill Clinton

As the novel opens, a threat looms.  
Enemies are planning an attack of  
unprecedented scale on America.  
Uncertainty and fear grip Washington.  
There are whispers of cyberterror and espionage and a traitor in the cabinet.  The President himself becomes a suspect, and then goes missing . . . .

The Lunch Bunch  
Monday, November 18th  
11:00 a.m.  
Come enjoy lunch with friends at the Trail Stop Tavern;  
525 Diffley Road, Eagan  
Please sign-up at ForeverWell Book at the Member Service Desk.  
Cost for lunch is on your own.  
Don’t miss the fun - see you there.
Thanksgiving Day

Hours  7:00 a.m. - 12 Noon

Please be sure to check the modified Group X Schedule for the day to see the class offerings.

“Example is not the main thing in influencing others.
It is the only thing”
Thanksgiving Picture Math
Use the picture code to help you solve the math problems.

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