The holiday season is QUICKLY approaching and we want you to be ready! Join Sharon and let’s make some adorable cards! Pictured above are the cards we will be making, and do not worry, NO artistic experience is necessary! Sharon will walk through each step along the way. Everything will be precut for your convenience and you will walk out with a good start to your holiday season!

This is a free event to all members but please make sure you sign up on the bulletin board, outside the community room, so we know how many people to expect!
HONOR FLIGHT MOVIE
PRESENTED BY MARY T. HOSPICE

Monday, November 7th
Community Room
1:00PM

Come for a movie and popcorn, presented by Mary T. Hospice. We will be watching “Honor Flight”. A documentary that follows World War II veterans to Washington DC.

HOLIDAY PARTY

Tuesday, December 17th (Please note this event is in December)
Community Room
12:15PM

You are invited to a Holiday Party!! We will have festive music, tasty treats and food and great friends to socialize with! There will be a sign up sheet on the ForeverWell bulletin board, please sign up with what you would like to bring to share.

To kick off the party, we are asking that you bring something from your past that reminds you of the holidays! Doing this is not mandatory, but it would be fun to share!

In addition we will also be doing a Secret Santa gift exchange, if you choose to participate. More information and official invitations will be posted on the bulletin board as the party gets closer!

Please note: The holiday party will replace the normally scheduled potluck for December.

OLD LOG THEATRE

Wednesday, November 6th
Bus Leaves: 12:00PM
Old Log Theatre
5185 Meadville St
Excelsior MN 55331

A Gentleman’s Guide to Love and Murder is the knock-'em-dead, uproarious hit and the most-nominated show of the 2014 Broadway season. With 10 Tony nominations and 4 wins, including Best Musical, Book, Direction and Costumes, this Tony-Award Winning Musical makes its Minnesota Premiere at the Old Log Theatre in Excelsior.

Registration for this event is closed.

FOREVERWELL ORIENTATIONS

New or returning members are encouraged to attend our ForeverWell program orientation, where you’ll learn more about our facility, classes, and ForeverWell programming.

See Member Services to set up your Orientation time.

**REMINDER**

To keep up to date on all of our exciting events and outings, please make sure to look at the ForeverWell Bulletin Board that is outside of the Community Room, it is updated weekly!

MONTHLY ACTIVITIES

Lunch Out: Denny’s
9020 Quady Ave NE
Otsego, MN 55330
Thursday, November 7th
12:15pm

Potluck: Bring a picture of your favorite pet to share!

Thursday, November 21st
12:15pm
Community Room

Knit/Crochet Club
Thursday, November 14th
11:45am
Community Room

Grab your hooks and needles! This club is always looking for additional members—all are welcome!
LOOKING AHEAD

Save the date for these exciting events coming soon!

- Holiday Movie Outing
- Holiday Party
- NEW!! Expressive Expresso
- K9 Unit Presentation

HOLIDAY SCHEDULE

With the Holidays coming up we would like to remind you of the modified Group Exercise Schedules along with the modified building hours!

Thanksgiving Day:
Thursday, November 28th
Building Hours: 7:00AM—12:00PM

Black Friday:
Friday, November 29th
Normal building hours with a modified class schedule.

INFORMATION CARDS

We are making a ForeverWell book for our members to get to know each other a little better. If you are interested in being in the book please grab an information card from the bulletin board (outside the community room) and fill out what you are comfortable sharing with your fellow members. When finished please return it to the Fitness Office located upstairs past the drinking fountains on the fitness floor.

Questions? Talk to Jennifer.

FOREVERWELL SPOTLIGHT

ForeverWell Strength

Mondays 10:30-11:00AM
Wednesdays 10:15-10:45AM

Join our great instructors and let’s give this class a try! This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles.

Come and join us! All abilities are welcome!

COOKIE EXCHANGE

Monday, November 18th
Community Room
1:00PM

Instead of spending hours and hours making different varieties of cookies this holiday season, why not make one or two type of cookies and bring them in for a cookie exchange! We would ask that you bring your own platter to put your cookies on. Coffee will be served, just in case you want to try some of the delicious cookies!

If you would like to make some cookies but would prefer not have them around your house, we can make some trays and bring them into the Fire and Police Stations.

Please bring two dozen cookies of your choice to share with everyone! Sign up with the type of cookies you are planning on bringing.

COFFEE CLUTCH

First Friday of each month, starting December
Local Coffee Shops
Meet at 9:00AM

We are very excited to announce a new monthly outing! Join your fellow Y Members at a local coffee shop to enjoy some freshly brewed coffee, a pastry and great conversations!

If you have a favorite coffee shop, stop by the Fitness Office or tell Jennifer and she will get it on the calendar!

Be on the look out! More information to come!
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Thanksgiving Day (11/28) will have a modified Group Exercise Schedule and building hours, more information will be posted.

Black Friday (11/29) will have a modified Group Exercise Schedule with normal building hours.