Interfaith Bible Study
Every Thursday at 10:30am-11:30am in Meeting Room. The Interfaith Bible Study is for all interested adults, people of faith and seekers alike. This is an opportunity for participants to reflect on what the text might mean for them in their daily lives. No registration required. All are welcome!

Potluck
Wednesday, November 6th at 11:30am in the Community Room. Join the other active older adults enjoying the company of friends & feasting on the delicious food. Bring a dish to share. No registration required.

Crochet & Knit Club Craft Sale
Wednesday, November 6th at 9am-2pm. Come and check out all the items made by the members of the knit & crochet club. All proceeds go to the 2019 Annual Campaign. Great gift for that someone special. See flyer for details.

Museum of Russian Art Field Trip
Monday, November 11th at 12:00pm-3:30pm. Enjoy an afternoon with the other active older adults on a guided tour of the Museum of Russian Art. Cost: $21.50/member & $25.50/nonmember. Space is limited. Register at member services. See flyer for details.

Book Club
Thursday, November 14th at 12:30pm-1:30pm in the Meeting Room. Join the other members in a discussion on the book *The Rosie Effect* by Graeme Simsion. Register with Kim at 763-717-1811. Must check out book from library. See flyer for details.

Stabilizing & Repair Your Gait Presentation
Monday, November 18th at 10:30am-11:30am in the Meeting Room. Come and learn about how you can stabilize and repair your gait. Register with Kim at 763-717-1811. See flyer for details.

Turkey Bingo
Monday, November 18th at 1pm-2:30pm in Community Room. Join the other active older adults for a few fun games of bingo. Register with Kim at 763-717-1811. See flyer for details.

Painting Class
Tuesday, November 19th at 11:30am-2pm in the Community Room. Come create your masterpiece. Cost is $25.00 payable to the artist directly the day of the event. Register with Kim at 763-717-1811. Space is limited. See flyer for details.

Lunch Out
Wednesday, November 20th at 11am at the Red Lobster-8500 Hwy 47 in Coon Rapids. Register with Kim at 763-717-1811.
Create your own Holiday Crafts
Thursday, November 21st at 1pm-3pm in the Community Room. Come and create a variety of holiday crafts. Space is limited. Register with Kim at 763-717-1811. See flyer for details.

Hospice Information Session
Monday, November 25th at 10:45am-11:45am in the Community Room. This presentation will give you information on hospice. Register with Kim at 763-717-1811. See flyer for details.

VOLUNTEER OPPORTUNITIES
Kids in Need Foundation-Monday, November 4th at 1pm-3pm. See flyer for details.
Shoe Away Hunger Organization-Thursday, November 21st at 12pm-2pm. See flyer for details.
Feed My Starving Children-Monday, November 25th at 12pm-2pm. See flyer for details.

YMCA CLUBS: ALL ARE WELCOME!
Card-Meet on 2nd & 4th Tuesday @ 10:30am-12pm in the Meeting Room
Coloring Club-Meet on Tuesday @ 1:30pm-3:00pm in Meeting Room.
Walking Club-Meet on Tuesday @ 10:45am-11:45am. During the month of November, we will be at Springbrook Nature Center-100 85th Ave. in Coon Rapids. Meet in parking lot of park.
Crochet & Knit-Meet on Friday @ 10:30am-12pm in the Meeting Room.

SAVE THE DATE
- Holiday Potluck–December 4th. See flyer for details.
- Celtic Woman Christmas Trip-December 6th. Registration opens November 6th. See flyer for details.
- Kids in Need-December 11th
- Bingo-December 16th
- Painting Class-December 17th
- Lunch Outing–December 18th at Teppanyaki Grill
- Create your own Holiday Craft-December 19th
- Book Club-December 26th
- Feed My Starving Children-December 30th

FOREVERWELL ORIENTATIONS
The orientations are for new or returning members that want to get information on all the schedules, activities and programs for the active older adult. The orientations are in a group setting offered on Tuesday mornings at 9:30am or Thursday afternoons at 2:30pm. Must register with member services or Kim at 763-717-1811.

FITNESS SOLUTION
The fitness solution is a FREE one on one 60-minute session with a certified personal trainer to assess your goals, address areas you want to improve and to design a custom path to achieve your health & fitness goals. Sign up at member service.