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 & Craft Sale
Wednesday, March 11th at 11:30am-12:30pm in the Community Room. Join the other active older adults enjoying the company of friends & feasting on the delicious foods. Bring a dish to share. No registration required. In 2020, the potluck will be on the 2nd Wednesday of the month. The Knit & Crochet Sale will be at 9am-2pm. All proceeds go to the 2020 Annual Campaign. See flyer for details.

Craft Project
Thursday, March 12th at 1pm-3pm in Community Room. Come and create your very own St. Patrick’s Day crafts. Register with Kim at 763-717-1811. Space is limited. See flyer for details.

A Healthy Brain Presentation
Monday, March 16th at 10:45am-11:45am in the Meeting Room. The presentation will be an interactive discussion on the progression of Alzheimer’s disease. In addition, learn about the current exercise and cognitive training research studies launching at the YMCA. See flyer for details.

Federal Reserve Bank Field Trip
Monday, March 16th at 12:15pm-3:15pm. Enjoy an afternoon on a guided walking tour of the Federal Reserve Bank of Minneapolis. Cost: $12.50/member & $14.50/nonmember. Space is limited. Register at member services. See flyer for details.

Social Media for Seniors Presentation
Monday, March 23rd at 10:45am-11:45am in the Community Room. Come and learn the basics on how you can stay social by using a variety of social media outlets. Register with Kim at 763-717-1811. See flyer for details.

Bingo
Monday, March 23rd at 1:00pm-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, March 24th 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.

Balance Builder Workshop by SilverSneakers
Wednesday, March 25th at 10:45am-11:45am in the Community Room. Come and learn about common risk factors and steps you can take to prevent falls, including exercises to strengthen and improve balance. A 20-minute discussion with 30 minutes of light activity. Register with Kim at 763-717-1811. See flyer for details.
**Lunch Out**  
Wednesday, March 25th at 11am at Olive Garden–150 Coon Rapids Blvd. in Coon Rapids. In 2020, the lunch outings will be on the 4th Wednesday of the month. Register with Kim at 763-717-1811.

**New Equipment Orientation**  
Wednesday, March 25th at 10:30am-11:30am. Come and check out the new cardio & strength machine. You will learn to set up, operate & adjust the equipment to get a safe and effective workout. No registration needed. Meet by the fitness desk and ask for Jeramiah.

**Book Club**  
Thursday, March 26th at 12:30pm-1:30pm in the Meeting Room. Join the other members in a discussion on the book *All the Light We Cannot See* by Anthony Doerr. Register with Kim at 763-717-1811. Must check out book from library. See flyer for details.

**Volunteer Opportunities**  
Kids in Need Foundation–Monday, March 9th at 1pm-3pm. See flyer for details.  
Shoe Away Hunger Organization – Thursday, March 19th at 12pm-2pm. See flyer for details.  
Feed My Starving Children–Monday, March 30th at 12pm-2pm. See flyer for details.

**YMCA Clubs**  
*Cards*-Meet on 2nd & 4th Tuesday @ 10:30am-12pm in the Meeting Room  
*Coloring*-Meet on Tuesday @ 1:30pm-3:00pm in Meeting Room.  
*Crochet & Knit*-Meet on Friday @ 10:30am-12pm in the Meeting Room.

**Shoe Away Hunger Barrel**  
Do you have new or gently used shoes that you could donate to Shoe Away Hunger Organization? If so, simply collect your new or gently used footwear including sneakers, sports shoes, casual shoes, boots, flip-flops, etc. Tie or band them together and then drop them off in the blue barrel located in the lobby by the back door. Shoe Away Hunger is an organization that collaborates with other organizations to support the Feeding the Futures programs. Any questions contact Kim at 763-717-1811.

**Save the Date**  
- Potluck–April 8th  
- Craft Project –April 9th  
- Shoe Away Hunger–April 16th  
- Painting Class-April 21st  
- Book Club-April 23rd – Book TBD  
- Bingo-April 27th  
- Medicare 101 Presentation-April 8th  
- Chronic Pain Presentation- April 13th  
- Kids In Need-April 20th  
- Lunch Outing–April 22nd at Outback  
- Job Search Presentation-April 27th  
- Feed My Starving Children-April 29th

**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 Solutions**  
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.