**NOVEMBER AT A GLANCE:**

- **NOVEMBER 5TH:** BOOK CLUB “THE MALTESE FALCON,” 10:30AM (CONFERENCE ROOM)
- **NOVEMBER 5TH:** ESSENTIAL OILS, 12:00PM (CONFERENCE ROOM)
- **NOVEMBER 6TH:** RIPCORD COMEDY, 9:30AM-4:15PM
- **NOVEMBER 12TH:** RED LOBSTER RESTAURANT, 11:30AM (2330 PRIOR AVE N, ROSEVILLE)
- **NOVEMBER 19TH:** POTLUCK, 11:30AM-1:00PM (ACTIVITY CENTER)
- **NOVEMBER 20TH:** DIME BINGO 12:00PM-1:30PM (ACTIVITY CENTER)
- **NOVEMBER 26TH:** ELDER LAW INFORMATION SESSION, 12:00PM (ACTIVITY CENTER)
- **EVERY WEDNESDAY:** POINTS & BOOKS, 9:00AM-10:30AM (CONFERENCE ROOM)
- **EVERY MON & WED:** FOREVERWELL COFFEE 10:00AM-12:00PM (ACTIVITY CENTER)
- **EVERY MON & WED:** MAH JONGG 11:00AM-1:00PM (LOBBY)
- **EVERY FRIDAY:** MAH JONGG AND CARDS 10:00AM-12:00PM (LOBBY)

**SAVE THE DATE:**

- **DECEMBER 3RD:** BENTLEYVILLE IN DULUTH
- **DECEMBER 17TH:** CHRISTMAS CAROL
- **DECEMBER 19TH:** MANDALA ROCK PAINTING
- **JANUARY 28TH:** JEWELRY MAKING
- **JANUARY 31ST:** LOONEY LUTHERANS IN LIVIN’ LAVIDA LUTHERAN
- **FEBRUARY 18TH:** SCIENCE MUSEUM

Search “Lino Lakes ForeverWell” and “Join” then keep up to date on announcements and events!

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**Jacob Marley’s Christmas Carol**

**Tuesday, December 17th**

- **Bus Pickup:** 10:45am
- **Bus Drop off:** 4:45pm

**Cost:** $70 members/ $75 non-members

**Registration deadline:** December 3rd

**No refunds**

We all know the classic tale of Ebenezer Scrooge and his miraculous redemption on Christmas Eve. But what about Jacob Marley, Scrooge’s departed, doomed and chained business partner? In this behind-the-scenes retelling of one of the most famous holiday stories of all time, join Marley and an annoying little sprite named Bogle, as they set out on an impossible adventure to save Scrooge’s soul in this heartwarming play. Jacob Marley’s Christmas Carol is laugh-out-loud hilarious and yet manages to maintain all the heart, soul and mercy of Dickens’ original masterpiece. The play is at the Daytrippers Theater in Bloomington. Before the show we’ll enjoy a buffet lunch. Price includes transportation, lunch and play ticket.

**Details for the Ripcord Comedy trip for those members who have previously signed up for this event.**

**Details for the Bentleyville trip for those members who have previously signed up for this event.**
December 19th 10:30am–12:30pm
Mandala Rock Painting
with Alisa Blackwood

Fee: $20 (at the event) includes all materials
Sign up with Member Services as space is limited!

Let your creativity flow as you learn to paint colorful mandalas on smooth lake or river rocks. You’ll learn simple dot painting techniques using provided tools and acrylic paints. No artistic experience required! Creating mandalas is traditionally thought to help relax and heal. Whether you paint with this intention in mind or simply to play, you’re sure to love the meditative quality of mandala dot painting. Plus, you’ll go home with a beautiful, colorful rock for your windowsill, desk or to give as a gift!

Looney Lutherans in Livin’ LaVida Lutheran
Friday, January 31st

Cost: $70 members
$75 non-members
Registration deadline: January 9th (no refunds)
Bus Pickup: 11:15am
Bus Drop off: 4:15pm

The Looney Lutherans are back with more great music, more looney comedy and lots of audience interaction in Livin’ La Vida Lutheran: Looney Lifestyle Tips for Livelier Living. Using the principals of the “6HHP” (the 6 “Happy Heart” petals), the Loonies share their unique tips for living a livelier life. Segments include the Lutheran “food wheel”, the menopause medley, Lutheran yoga and do-it-yourself beauty tips. Audience members may also be invited on stage to help demonstrate a Lutheran exercise routine using dishtowels or to compete for cans of corn in the fast-paced game show POTLUCK. Before the show at the Ames Center in Burnsville, we’ll enjoy a lasagna lunch with bread, soup, salad, dessert and coffee or tea. Price includes transportation, lunch and play ticket.

Tuesday, November 26th 12:00pm Elder Law
Join us for an Elder Law Information Session with Bridget Michaele-Reischl, Attorney with Decoro Law. We will discuss estate planning, guardianships, probate, health care directives and more.

BOOK CLUB—NOVEMBER 5TH @ 10:30AM
Are you an avid reader? Come join us for our monthly book club! We will read a different book each month and meet to discuss. This month we will be discussing The Maltese Falcon. You can check out a copy at Member Services! For information on the next book, please email tina.grimes@ymcamn.org.

Restaurant This Month
Tuesday, November 12th
11:30am
Red Lobster
2330 Prior Ave N
Roseville, MN

Potluck
November 19th at 11:30am
Sign up with Tina at coffee or tina.grimes@ymcamn.org!

DIME BINGO - WEDNESDAY NOVEMBER 20TH
12:00PM –1:30 PM (PLEASE NOTE IT IS A WEEK EARLY)
Check under those couch cushions, it’s a dime a card, winner takes the pot! One winner for each game, we will play eight games total. Snacks and coffee provided!

Join us for coffee every Monday and Wednesday from 10:00am–12:00pm!
All are welcome!

Join us for Mah Jongg every Monday and Wednesday from 11:00am–1:00pm and Fridays from 10:00am–12:00pm. We have a beginner, intermediate and harder version available!
Join us every Friday from 10:00am–12:00pm to play Phase 10!

November 13th 10:00am
Tom from Resonance Physiotherapy will be joining us during coffee to discuss breathing to improve body positioning, stiffness, pain and he will run through a few activities to help.

Holiday Fun With Oils
Tuesday, November 5th
12:00pm
Let’s get ready for the holidays as we share this year’s Christmas catalogue. We will also be presenting the health benefits behind oils and how to use them in everyday life. There will be peppermint brownies and citrus flavored water to enjoy as well.