March Events & Activities

See Event Details Below

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Orientation</td>
<td>Various Times:</td>
<td>Sign Up at the Front Desk</td>
</tr>
<tr>
<td>Game Day</td>
<td>Mondays</td>
<td>11am-3pm</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Tues &amp; Thurs</td>
<td>11am-12:30pm</td>
</tr>
<tr>
<td></td>
<td>Wed &amp; Fri</td>
<td>9am-11am</td>
</tr>
<tr>
<td>Coffee</td>
<td>Fridays</td>
<td>11am-1pm</td>
</tr>
<tr>
<td>U of M Cancer Fighting Foods Series</td>
<td>Tuesday March 17th</td>
<td>11am-12pm</td>
</tr>
<tr>
<td>Karin DuPaul: The Life Of Swede Hallow</td>
<td>Wednesday March 18th</td>
<td>12pm-1pm</td>
</tr>
<tr>
<td>Bingo &amp; Chili</td>
<td>Tuesday March 24th</td>
<td>11am-12:30pm</td>
</tr>
<tr>
<td>Healthy Cooking Demo</td>
<td>Wednesday March 25th</td>
<td>12pm-1pm</td>
</tr>
<tr>
<td>March Birthday Celebration</td>
<td>Friday March 27th</td>
<td>11am-1pm</td>
</tr>
</tbody>
</table>

**Game Day**

Mondays from 12:00pm-3:00pm. Open to all in the Conference Room. Games typically played include Scrabble and Dominos. If you have a game, you would like to play please share it with the group. Coffee is provided; please bring a snack to share.

**Pickleball**

Tues & Thurs from 11:00am-12:30pm and Wed & Fri 9:00am-11:00am

All are welcome in the gym to join in the game, whether you are just learning or an expert player.

**Coffee**

Fridays from 11:00am-1:00pm

Free and in the Conference Room. Bring a snack to share, all are welcome. Coffee is provided.
U of M Cancer Fighting Foods Series - Gardening

Tuesday March 17th from 11am-12pm-Conference Room

Sylvette is here to help you plan the best foods and herbs to plant in your garden this spring that will help you and your loved ones be as healthy as possible.

Karin DuPaul: The Life of Swede Hallow

Wednesday March 18th from 12:00pm-1:00pm-Conference Room 1

Did you know that we have an author in our ForeverWell group? Karin DuPaul will be here to discuss her book about Swede Hallow. Please come to learn and celebrate some Eastside Pride!

Bingo &Chili

Tuesday March 24th 11:00am-12:30pm-Conference Room 1-Confrence Room 1

Sign up at the desk or online for this fun event. You can win some fun prizes and enjoy lunch with friends and even make some new ones. Cost is $10/Members and $12/Non Members

Healthy Cooking Demo with Dwenda

Wednesday March 25th from 12:00pm-1:00pm-Conference Room 1

Dwenda will give you healthy and delicious ideas to alter your diet and teach you how to make a new recipe. Small tasting is included.

March Birthday Celebration

Friday March 27th 11am-1:00pm-Conference Room

Join us in the Conference Room to honor our friends with January Birthdays. All are welcome and invited. Coffee and a celebration snack are provided. This month we are moving it up one week due to Thanksgiving.

Adventure Awaits: ForeverWell Retreat at Camp St. Croix, Hudson, WI

May 18th 9am-4pm Registration Fee $50

Join your ForeverWell friends and guests for a day at our retreat! Spend your time outdoors in the beauty and comfort of Camp St. Croix, located on the beautiful St. Croix River in Hudson, WI, less than 30 minutes from the Twin Cities.

Customize your camp experience — choose from a variety of activities that best fit your interests and activity level.

Enjoy scenic hiking trails, ride a fat tire bike, take a kayak ride or canvas painting.

Transportation will be offered from select YMCA branches for an additional $5 fee. Limited bus capacity.

TO REGISTER: Visit campstcroix.org/foreverwellretreat
QUESTIONS? INFO@CAMPSTCROIX.ORG or 715 386 4380