

Weekly Monday Meetings 11:15-12:15pm

2/5 'TENS' GROUP CARD GAME. Come learn how to play 'Tens'- a fun group card game. It'll get your competitive juices flowing and be a fun time to get to know some new people.

2/12 GETTING STARTED Our very own ForeverWell Liaison- Deby Schenk, will be talking about 'Getting Set Up' and how to make the most of your Silver Sneakers benefits. She will share her own experiences, as well as useful tips and tricks related to being prepared for the future. *If you are interested in sharing your knowledge and expertise with our group, please contact Sarah Wheeler: wheeler@swcymca.org.

2/19 HEART STRING ART Lets create some cute 'Heart String Art' together. Please bring a hammer from home so we can pound the nails into the wood and create a heart with strings. It will be a great hands-on hour together.

2/26 VALENTINE POTLUCK Join in on the conversation and community experience that ForeverWell is best known for. Bring a Valentine themed dish to share. *Complimentary coffee provided.

Coffee & Community- Wednesdays in February from 8:30-9:30am

Let's support local community coffee shops and connect with each other outside the Y walls. Who doesn't love some yummy warm coffee, especially during the cold winter months?

2/7 Out of The Box- 3820 8th St. S.

2/21 From the Ground Up- 250 W. Grand Ave.

2/14 Cravings- 312 8th St. S.

2/28 Misty's Menu- 9041 State Highway 13 S.

TRIPS

2/8 Dinner (pay individually on site) & A Concert (free) 5-9pm

Dinner at La Taqueria at 5pm. Concert at the McMillan Library 7-9pm- 490 E. Grand Ave.

Come enjoy the band "Our House"- A Crosby, Stills, Nash & Young Tribute Band committed to igniting the spirit and legacy of one of music's most emblematic ensembles. *** Registration required**

2/23 Food & Farm Exploration Center 10-2pm \$27 members, \$35 non-members

The exploration center is a place to learn, play, explore, and discover. Come and see the incredible technology and sustainable practices used in modern production agriculture. Learn about where your food comes from and how it gets to your table by interacting on over 60 exhibits. We will tour and explore the facility, then enjoy some local food from their in-house Colorful Plate Café. * Price includes price of admission ticket, YMCA staff, and transportation. **Lunch is purchased individually on site.** * Registration required

2/28 Lunch & Learn 11:15-12:15pm \$15 Members \$20 Non-Members * Pre-Register

Hearty Kale & Beef Stew. Join Tianna Hamm RD for a delicious lunch! Tianna will prepare and serve lunch and talk through how she prepared the meal and the health benefits of some of the ingredients.