



Happy Together

A Healthy Aging Program for people ages 55+

Register for the following activities by stopping at the Welcome Center or call the Y at 320-222-9622.

Coffee and Activity Time:

Tuesdays, 10:00 am unless noted otherwise.

- Oct. 5th Celebrate Birthdays, Health and Fitness Trivia
- Oct. 12th 10am Health Insurance Services Speaker - President Donovan Kuehl will be speaking about MNSure & Medicare, 11am Book Club
- Oct. 19th Fagen Museum
- Oct. 26th Halloween Bingo
- Nov. 2nd Celebrate Birthdays, November Trivia
- Nov. 9th Food Shelf speaker, 11am Book Club
- Nov. 16th Thanksgiving centerpiece craft
- Nov. 23rd Social Hour – coffee & muffins provided
- Nov. 30th Bingo

Registration and waivers are required for the trips

Wellness Classes:

Monday- Thursday	8:30 am	Shallow Water Fitness Class
Mondays / Wednesdays	9:30 am	Deep Water Fitness Class
Mondays / Wednesdays	10:00 am	Silver Sneakers Classic (Studio B)
Tuesdays / Thursdays	11:00 am	Chair Yoga (Studio B)
Thursdays	1:00 pm	Silver Sneakers Classic (Studio B)

***Wellness class changes and additions begin after Labor Day (Sept. 6th)**



Dykstra's Garden 2021

Kandiyohi County Area Family YMCA 1000 Lakeland Dr. SE, Willmar, MN 56201 320-222-9622

www.kandiyymca.org