



FOREVERWELL

APRIL 2024 | HAROLD MEZILE NORTH COMMUNITY

SMOOTHIE THYME!!



April 10TH 11:15AM-NOON

MOVIE MATINEE



April 16th 12pm-2pm

April 30th



11:30am-1:00PM

APRIL 22nd



CELEBRATING OUR EARTH

Earth Day is a global event held on April 22nd to show support for the environmental protection and sustainability movement, and to celebrate its global achievements. Earth Day reminds us of the importance of preserving the planet's natural resources for the future generations.

Having a clean environment is vital for the living. It preserves our biosphere, protects endangered species, reduce pollution, improves health and productivity, and creates a more pleasant world to live in.

On April 22nd, members of Harold Mezile ForeverWell will embark on a neighborhood cleanup to promote awareness of the importance of a clean neighborhood and environment and hopefully encourage fellow community members to join the movement. We will do garbage pickup in the YMCA parking lot and the surrounding area. If you would like to be a part of this beautiful community event, please call Tanisha @ 612-492-2054 for more details.

BRANCH HOURS

Monday-Friday: 7am-8pm
Saturday: 8am-2pm
Sunday: Closed

HAROLD MEZILE NORTH COMMUNITY YMCA

1711 West Broadway Avenue
Minneapolis, MN 55411
Tanisha Randolph
ForeverWell Coordinator
612-492-2054
tanisha.randolph@ymcamn.org

SMOOTHIE THYME



APRIL 10th and 24th
11:15am-12:15pm

CARD DAY



EVERY FRIDAY
10:00am-2:00pm

MANAGING MEDICARE



w/Don Baker of United Healthcare April 17th
@ 10:30am

MOVIE MATINEE



APRIL 16th 12-2pm

POTLUCK DIP PARTY



APRIL 23RD @ 11:30AM-1:30PM

GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers Classic 9:30-10:15am		SilverSneakers Classic 9:30-10:15am		
ForeverWell Combo 10:30-11:15am	Strength & Core Conditioning 10:20- 11:05am			ForeverWell Group Cycling 10:00-11:00am
		Water in Motion 11:00- 11:45am	ForeverWell Combo 11:00am- 11:45pm	Core Conditioning 11:00-11:30am

**Harold Mezile
North Community YMCA
is a safe community
space.**

***All seniors are
welcome.***