BE THANKFUL and GIVE GRATITUDE

FOREVERWELL VOLUNTEERS
Come Together
2:30pm, Tuesday
November 30
Volunteers! Email invite coming your way!

BEGINNER PICKLEBALL
LESSONS COMING
Dec 7, 9, 14, 16
1:30-3pm
Open to FW
Y Members & Community Residents
Fees apply

E-MAIL Mary Rivard
mary.rivard@ymcamn.org
if you have interest!
Offering 4-90 minute
classes with certified PB
Coach, Wally Grant,
* inclusion of skills,
knowledge and strategy*
Space is limited

FOREVERWELL
WEDNESDAY EVENINGS
5:30pm FW Orientation with Mary
6-8pm Pickleball, Pick-Up Volleyball
and Social Walks on the Track
6:30pm FW Combo Group Ex Class
7:30-8:30pm.....End with Social Hour!

WEDNESDAY EVENING OPTIONS
FW is offering Wednesday Evenings for our active older adults who express interest in having social and group fitness activities after 5pm. In November, learn about what ForeverWell offers by attending an Orientation, come to the track for Social Walks, reserve your spot for FW Combo class with Kari and end your evening with a Social Hour!

CHEERFUL HEARTS PORTABLE PAINT STUDIO
10:30am-1pm, Friday, November 19, CR 1
Sandy Danus, local artist provides step by step instructions, a 12 x12 canvas and all materials. This calming, pretty “SILVER TREE” is a great personalized holiday gift! Reservations are made ahead of date, in person at Welcome Desk. Payment made to YMCA directly. If bringing a friend, use separate names per person so supplies are accurate. Contact Sandy at danusink@usfamily.net for questions, see Cheerful Hearts website www.cheerfulheartspaint.com/calendar

NOVEMBER
BRANCH HOURS
Monday-Friday 5am-9pm
Sat & Sun 8am-5pm
*Welcome Desk-651-291-3408*
*Customer Serv-612-230-9622*

FOREST LAKE
19845 Forest Road, North
Forest Lake, MN 55025
Mary.Rivard@ymcamn.org
651-747-0875
Forest Lake - YMCA of the North
FOREVERWELL GROUP EXERCISE CLASSES

MONDAY
11:30am- SS Circuit
12:45pm- ForeverWell Yoga
8:05am- Water Exercise
9:05am- Water Exercise

TUESDAY
8:00am-FW Combo
8:05am- Water Exercise
9:05am- Water Exercise
9:15am- NEW-FW Cycle
10:15am-Tai Chi
12Noon- Zumba Gold
12:45pm-Social Walks
1:30pm- NEW TIME- FW Stretch

WEDNESDAY
8:30am- ForeverWell Combo
9:30am-Silver Sneakers Circuit
8:05am- Water Exercise
9:05am- Water Exercise
6:30pm- NEW- FW Combo

THURSDAY
9:30am-Chair Yoga
8:05am- Water Exercise
9:05am- Water Exercise
12:45pm-Social Walks
1:30pm- NEW TIME- FW Stretch
6:00pm- Aqua Zumba

FRIDAY
10:30am-ForeverWell Combo
8:05am- Water Exercise
9:05am- Water Exercise

SATURDAY
8:10am- Aqua Zumba

RESERVE YOUR SPOT
www.ymcanorth.org/reservations
Welcome Desk-651 – 291 – 3408
Customer Service-612 – 230-9622

- Studio & Water Ex Classes
- Laps, Leisure Pool, Vortex
- Outdoor Groups

ADULT VORTEX HOURS (18+)
5AM-7:45AM-MON-FRI
12 Noon-2PM- TUE & THUR
NEW HOURS: 8am-11am-SUNDAYS

VOXER HOURS (Open to All)
Mon-Fri-2:30-4:30pm
Reserve Your Vortex Time
www.ymcanorth.org/reservations
Click “Pool & Swim/Pool Reservations”

GYM SCHEDULE

BADMINTON
SOUTH GYM: 8-10AM-Wednesdays

PICKLEBALL
FULL GYM: 5AM-10AM M/ T/Th/ Fri & 5-8AM on Wednesdays
1-3PM TU/TH Beginners
SOUTH GYM: 6-8PM-Wednesdays

 PICK UP VOLLEYBALL
NORTH GYM: 6-8PM-Wednesdays

Questions? Attend a FW Orientation or Kindly Ask our AWESOME Welcome Desk Team! We appreciate YOU!

CLICK LINK FOR ALL SCHEDULES
www.ymcanorth.org/locations/forest_lake_ymca/schedules

SOCIAL WALKS-COME ANYTIME!
12:45PM-1:30PM TUE (with Sue) and THUR (with Dora)

SOCIAL TIME
AFTER FITNESS
HAVE A CUP OF COFFEE OR TEA
MIX & MINGLE
9-11- Mondays & Wednesdays
10-12- Tuesdays & Thursdays
Community Room 1

FW ORIENTATIONS
Tues, Wed, Thur & Fridays
Sign up at the Welcome Desk
Deb/Sue/Tues 11AM
Mary/Wed 5:30PM
Traci/Thur 11AM
Barb/Fri 11:30AM
Learn about the special features of the ForeverWell program for adults ages 55+. Questions on accessing FW info the computer, downloading the Y app or what a free Fitness Assessment entails? Ask a FW Ambassador!

Reserve Your Vortex Time
www.ymcanorth.org/reservations

CLICK LINK FOR ALL SCHEDULES
www.ymcanorth.org/locations/forest_lake_ymca/schedules

MAHJONG

Mondays & Thursdays
10:30am, Comm Rm 1

Wednesday Afternoons
Beginners Instruction
1:30pm, Comm Rm 2

Mah Jong is an ancient game, originated from Chinese culture and is well regarded for brain exercise and social fun!

Join FW members, women and men. On Wednesday afternoons Bonnie, Mah Jong volunteer leader provides instruction and focused attention for beginners. New players always welcome - stop by, observe, join in!

YMCA of the North | 2 | www.ymcanorth.org
CALLING OCTOGENARIANS & UP! **ALL FW MEMBERS WELCOME**
10:30AM, NOVEMBER 12 & DECEMBER 10, CR 1 (SECOND FRIDAY EACH MONTH)

**MONTHLY SOCIAL FRIDAYS**
Our golden ForeverWell members (those in their 80’s, Octogenarians, and 90’s, Nonagenarians) will receive a call from one of our FW volunteers to have conversation and extend an invitation to our next gathering. We had so much fun the first time we met in October! Meet new friends, play games (Rummy Royale with Mark, anyone?), ask questions of Y team members and FW volunteers. Sign up at Welcome Desk. All FW members and day of drop-ins invited!

**The “Fitness Assessment”–Why Do It?**
Are you a new FW member to the Y or want a refresh to your wellbeing goals after a change in health? Receive an assessment and conversation, a tour of the fitness center and learn about resources to create a path for wellbeing at the Y! To schedule a Fitness and/or Equipment Consultation, visit or call the Welcome Desk, 651-291-3408 or directly contact Barb Jacob, Wellbeing Director, 952-435-9014, barbara.jacob@ymcamn.org The Fitness Assessment is an informational and motivational investment of your time to ensure you feel comfortable and confident in the Fitness Center. **Why Do It? Just Do It!**

**GROUP EXERCISE: FITNESS & FUN** We have added classes! Show your Thanks & Gratitude to our awesome Group Exercise Instructors! Give a heartfelt SHOUT OUT of **GRACIAS!**

**FOREVERWELL MEMBERS**
A friendly reminder from our Welcome Desk/Member Services to call your health care provider. With the new year coming and some plans changing, ask them about coverage for your Y membership in 2022.
FREE EDUCATIONAL SERIES/OPEN TO FOREST LAKE COMMUNITY

UNDERSTANDING ALZHEIMER’S & DEMENTIA

10 WARNING SIGNS

Wednesday, November 17, 2021
1:15PM to 2:15PM Community Room 1

Please sign up at the Welcome Desk so we may plan for group. Day Of-Drop Ins are always encouraged to stop by.

Alzheimer’s and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for diagnostic process, and Alz Assoc Resources.

Next in Series: Effective Communication Strategies & Memory Screenings on Jan 26

WEDNESDAY MORNING BOOK CLUB

10:45-11:45AM, Wednesdays, Upcoming Dates: November 10, December 8

The Morning Book Club meets the second Wednesday of the month in the Conference Room. Book Clubs are a great way to keep motivated to READ! Books available at Y Welcome Desk. Contact Mike mskeller133@gmail.com or Nancy eskimofox64@gmail.com for more info or stop in!

November 10

Angry Housewives Eating Bon Bons
by Lorna Landvik

December 8

Three Junes
by Julia Glass

EAGER READERS VIRTUAL BOOK CLUB

2:30-4PM, Thursdays, Upcoming Dates: November 18, December 16

Eager Readers Book Club meets monthly via Zoom. Books available at Y Welcome Desk. Register on Activity Finder to receive Zoom meeting link or join Mary in branch to be part of the virtual book club. Contact Cheryl, swine001@umn.edu for more information or try us out!

November 18

A Thread of Grace
by Mary Doria Russell

December 16

Everything I Never Told You
by Celeste Ng

NEW! PREPARE FOR TAKEOFF—Traveling with a diagnosis –Free VIRTUAL Program/Zoom

2:00-3:30PM, Wednesday, November 17 Are you taking a trip in the near future? Do you have concerns about traveling with a chronic disease? Do you understand resources to make your trip a success? Offered through our partners, Family Means, join this program virtually. Speakers from the Mpls/St. Paul Inter Airport & Senior Travel Companion Services. Register through Sarah Gavin at 651-789-4004 or sgavin@familymeans.org

NEW! POSITIVITY THOUGHTS CARD CREW

RECRUITING A LEADER AND VOLUNTEERS!

Do you enjoy sharing & writing POSITIVE THOUGHTS & ENCOURAGEMENT for others? (This practice is good for our own wellbeing)! Volunteer and be a part of the CARD CREW to support FW senior adult members. Seeking whole hearted volunteers; asking for ideas, input and a little of your time each month! GRACIAS!
STITCH TOGETHER
2–3:30pm, November 8 & 22
2nd & 4th Mondays
Take a seat at the table! Pick up a pattern book or stitchery magazine! Bring your knitting, crocheting, needle crafts or related projects to work on and come for socializing. Everyone is welcome—beginners to experienced—we help each other and informal teaching available. Stop by to peak in and say HI!
For more info, contact: Barb, FW Volunteer, bjroberts2@ymail.com

LUNCH OUTING, 11:30am, Tuesday, November 9
Carol’s, 11888 Aberdeen St NE, Blaine, MN 55449
Put it on your calendar for this monthly social! ForeverWell members go out for lunch, 2nd Tuesday each month. All are welcome! Reserve your seat to better plan for a group reservation; Go to Welcome Desk/Member Services to sign up or just email Karen, FW Volunteer, prpl.lvr@comcast.net

NEW! MOVIE TIME– A Man Called Ove @ 12noon, Wednesday, Nov 10, CR 2
Based on the popular book, a 2 hour movie about unlikely neighbors who come together. Just Show Up!

DIME BINGO—10-11:15AM, Wednesday, November 24
Featuring VOLUNTEER CALLERS.
Bring Your Dimes! Kiddos are welcome with Adult Helper.
No Registration Necessary/Just Drop In!
Last WEDNESDAY Every Month: Nov. 24, Dec. 29
Email Pat, FW Volunteer, patmesherman@gmail.com for info on this brainy & fun activity.

NEW! WEEKLY EARLY EVENING GET TOGETHER @ The Boulevard in Circle Pines
For singles and couples, this weekly get together on Thursday evenings from 5–6:30 is fun and social. All are welcome! No RSVP needed. When you arrive just say you are with the ForeverWell group!

The Boulevard, 3800 Restwood Rd, Circle Pines MN 55014

HOLIDAY CRAFTS & COOKIE RECIPE EXCHANGE—Thurs, December 9 @ 2:30–4pm
Makers Circle! We want you! Bring your glue guns, glue sticks, scissors! We have donated wreaths and lots of beautiful ribbons from JoAnn Fabrics! And, don’t forget to submit a copy of your favorite holiday cookie recipe starting on Nov 15 with your name. We’ll make copies of all recipes!

WATCH FOR HOLIDAY MOVIES! –in DECEMBER, CR2
## NOVEMBER FOREST LAKE

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*HMOSAS!*