SAVE THE DATE

ALZHEIMERS SUPPORT
NEW! This group will offer support to caregivers, family members, friends, and anyone affected by Alzheimers. ALL are welcome to join us the 1st Wednesday of the month.
Wednesday November 3rd, 10-11:30am

THANKSGIVING DAY
November 25th
The YMCA will be closed
Enjoy your day with your family and give thanks!

GENEALOGY
with Cathi from Northstar Genealogy IN PERSON!
Thursday, December 9th
12:30pm in the Senior Center

VETERAN’S DAY
Thursday, November 11th
Thank you, Veteran’s, for your service and dedication!

FOREVERWELL VOLUNTEER AND PLANNING MEETINGS
Interesting in volunteering? Not seeing what you want on the calendar of events? We want to hear from you!
Tuesday, November 9th
1pm in the Senior Center

BE THANKFUL AND GIVE GRATITUDE!
Each year Americans dedicate one day, Thanksgiving, to being thankful. But what about the other 364 days of the year? Research shows that people who take time to focus on gratitude each day have stronger immune systems, lower blood pressure, lower levels of loneliness, and higher levels of optimism. Sounds Great! But here's the big question: How and where do you start to make a meaningful change? Well, you can start right here!

30-DAY GRATITUDE CHALLENGE!
Join us Mondays at 9:30am beginning November 8th in the ForeverWell Senior Center for a 30-Day Gratitude Challenge. We'll share ideas and inspiration for developing an "attitude for gratitude!" Class is FREE for YMCA members. Please sign up in advance with Rochelle so we are sure to have enough journals for everyone.

BRANCH HOURS
Monday-Friday: 5am-9pm
Saturday: 8am-5pm
Sunday: 12pm-8pm
Member Service Desk
(763)230-9622
https://www.ymcanorth.org/

ANDOVER YMCA
15200 Hanson Blvd
Andover, MN 55304
ForeverWell @ Andover
Rochelle, ForeverWell Coordinator
(763)317-9044
rochelle.mckenzie@ymcamn.org
WHAT'S HAPPENING IN FOREVERWELL

ALZHEIMER’S ASSOCIATION CAREGIVER SUPPORT
1ST WEDNESDAY OF THE MONTH (11/3) AT 10-11:30AM
Join this amazing support group led by trained facilitators from Arber Oaks Senior Living. The purpose of the Alzheimer's Association Dementia Caregiver Support Group is to provide caregivers with updated information, emotional support, and problem solving related to the challenges of giving care to those living with Alzheimer's disease or other dementia.

ELF THE MUSICAL!
THURSDAY, NOVEMBER 18TH AT 7:30PM
Ashland Productions (located at the Maplewood YMCA) is proud to present the preview show of ELF for free to our ForeverWell community, ages 55+. Even though the event is free, seating is limited and REGISTRATION IS REQUIRED. Sign up at any branch front desk or by calling Customer Service at 612-230-9622. REGISTRATION OPENS ON MONDAY, NOVEMBER 1ST. Contact person at the Maplewood YMCA is ForeverWell Coordinator Andrea Bassett, Andrea.Bassett@ymcamn.org

UKULELE FOR ALL
WEDNESDAYS AT 9:30AM
When was the last time you did something for the first time? Come see if the Ukulele is in your future!!! Our Uke lady Carol L. will help you learn the basics and you will enjoy playing along with the group. All are welcome, beginners to advanced!

LEGACY WRITING
2ND AND 4TH WEDNESDAY OF THE MONTH (11/10 AND 11/24) AT 9AM
What kind of legacy will you leave for your loved ones? Money? Stuff? There’s something better. Something that won’t cost you a dime, and that won’t be wasted or sold or thrown away by your heirs. It’s a little piece of yourself that will delight you, the giver, as much as it will the family and friends who receive your gift. Please join this workshop which serves as a springboard for sharing the most precious legacy you own—your life. We’ll be writing our life stories in manageable chunks of memories that matter. In no time at all, you will have created a collection of short vignettes that tell a story unique to you. When we remember our own parents and grandparents, it’s typically not the material things they left us that we treasure. It’s the memories. Bring your own notebook.

BOOK CLUB
4TH WEDNESDAY OF THE MONTH (11/24) AT 10:30AM
Join us as we discuss this month’s selection: "The Readers of Broken Wheel" by Katrina. Once you let a book into your life, the most unexpected things can happen..... Pick up your copy at the library. Contact Pam with any questions: pamequinox41@yahoo.com
*There will be no meeting in December
HAPPY HOUR AT BEEF O'BRADY'S
3RD THURSDAY OF THE MONTH (11/18) AT 4:30PM
Ready for a night out?! Meet at Beef O'Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.

MAKING CARDS FOR VETERANS
1ST AND 3RD FRIDAY OF THE MONTH (11/5 AND 11/19) AT 9AM
Bring supplies to share and join us as we make holiday cards for Veterans.

FARKLE FUN
WEDNESDAYS AT 12PM
Get ready for some loud fun and lots of laughs! This classic dice game has players roll the dice and try to collect combinations that will earn points. Bring 6 dice for the game.

HAND & FOOT & TOE CARDS
MONDAYS AT 10AM AND 1PM, FRIDAYS AT 10AM, SATURDAYS AT 1:30PM
Come learn this new way of playing an old favorite card game! We have the cards, you bring the fun :)

DIME BINGO
TUESDAYS AT 9:30AM, THURSDAYS AT 10:45AM
BINGO! Use our bingo cards or bring your own and play for some fun prizes. Play is a dime per card, so dig out your change and come on over for a great time!

MAHJONG
TUESDAYS AT 1:30-4:30PM
Come play this fun game of skill, strategy and luck.

FRIENDS NIGHT OUT
WEDNESDAYS AT 5PM
Looking for a night out but not interested in a busy restaurant? Come to the Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

BIBLE STUDY WITH MARY
THURSDAYS AT 9:15AM
Join Mary as we discuss passages from the bible. All are welcome!
HOLIDAY RECIPE SWAP
FRIDAY NOVEMBER 12TH AT 9AM AND 1PM
Get ready to WOW your family and friends this Holiday season with a great new recipe! Come with your best to share! You can bring a copy with you, and paper to write down new recipes. Or send your recipes to Rochelle in advance so we can have copies ready.

GENEALOGY WITH CATHI
2ND THURSDAY OF THE MONTH (12/9) AT 12:30PM *NO CLASS IN NOVEMBER*
Join Cathi with Northstar Genealogy for this great IN PERSON class in our Senior Center! Cathi Weber has been researching her family tree for over 40 years and is the owner of NorthStar Genealogy. She teaches genealogy classes and assists clients in researching their families, and is the president of the Anoka County Genealogical Society. Contact cathi@northstargenealogy.com with questions.

ARE YOU INTERESTED IN VOLUNTEERING? DO YOU HAVE A SKILL, CRAFT, GAME, OR ACTIVITY YOU WOULD LIKE TO SHARE WITH OTHERS? REACH OUT AND LET US KNOW!!!
ONSITE AND OFFSITE OPPORTUNITIES AVAILABLE!
We are always looking to expand our offerings for seniors at the Y and within the community.

- Call Bingo at a neighboring Assisted Living facility
- Organize an Outdoor Walking Club
- Gather for a service project such as:
  - Crochet plastic grocery bag sleep mats for the homeless
  - sew walker/wheelchair bags
  - mending for seniors (we have sewing machines!)
  - knit/crochet preemie hats for NICU babies
  - Fall/Spring garden clean-up for seniors
  - Gather a group for Feed My Starving Children

DON'T BE SHY! REACH OUT TO US WITH YOUR IDEAS AND LET'S MAKE A DIFFERENCE!
Contact Rochelle today! rochelle.mckenzie@ymcamn.org or (763)317-9044

MONTHLY VOLUNTEER AND PLANNING MEETINGS
2ND TUESDAY OF EVERY MONTH (11/9) AT 1PM
Bring your ideas and share where you would like to help out. All are welcome and encouraged to come!
GROUP EXERCISE CLASSES TO TRY

• Here at the Andover YMCA we have 25+ different group fitness classes for you to choose from, at over 60 different class times! While that certainly means there is always something for everyone, the schedule can look a bit overwhelming. Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership! Registration in advance is required.

MONDAY
Water Exercise - 8:10am
Mat Pilates - 8:30 am and 6:30pm
Centergy (formerly Balance & Flex Together) - 9:30am
ForeverWell Combo - 11:15am
SilverSneakers Yoga - 12pm

TUESDAY
Yoga - 6:15am and 6:30pm
Aqua Zumba - 7am
Water Exercise - 9:10am
ForeverWell Strength - 11am

WEDNESDAY
Water Exercise - 9:10am
Yoga - 9:30am
Restorative Yoga - 10:45am
ForeverWell Stretch - 11:05am
SilverSneakers Classic - 12pm

THURSDAY
Centergy (formerly Balance & Flex Together) - 6:15am and 6:35pm
Aqua Zumba - 7am
Water Exercise - 8am
ForeverWell Combo - 11am

FRIDAY
Water Exercise - 9am
Yoga - 9:30am
Chair Yoga - 11am
Line Dancing Returns!! - 12pm

*SCHEDULE SUBJECT TO CHANGE.

Please see the front desk with questions. To see the current schedule and register to attend a class, download the Y app or visit our website at ymcanorth.org. You can use this link to skip directly to the Andover schedule: https://www.ymcanorth.org/y-schedules-locations and select “Andover”.

IT’S GETTING COLD OUT! COME INSIDE FOR SOME PICKLEBALL!
This fun sport combines many elements of tennis, badminton and ping-pong. Join us in the gym for a fun workout. All abilities welcome! Bring your own paddle. Registration not required.

BEGINNER PICKLEBALL
Tuesdays 8-10am

SKILLS AND DRILLS
Thursdays 8-10am

PICKLEBALL PLAY
Mondays, Wednesdays, and Fridays 8-10am
# FOREVERWELL @ ANDOVER - NOVEMBER 2021

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**NEW and One-Time Events**  
Regularly Scheduled Events  
$ = available at an additional charge