SAVE THE DATE

FREE VACCINE CLINIC!
Booster (for those eligible) and 1st or 2nd dose of Pfizer
October 7th 4-7pm
Schedule at https://www.solvhealth.com/book-online/

2021 CRAFT SHOW!
Browse and shop with local vendors in our Senior Center!
Friday, October 29th 9-4
Saturday, October 30th 9-12

MEDICARE 101
Wednesday, October 13
11am in the Senior Center

WELCOME ROCHELLE!
Our new ForeverWell Coordinator is here! Swing by the Senior Space at the Andover YMCA to say “Hi” and introduce yourself!

CELEBRATE THE SEASONS: FALL!
“HARVEST” A NEW HEALTHY HABIT!
The sun is shining, the air is crisp, and the leaves are changing. Fall is a beautiful time in Minnesota! And with all that is changing, now is the perfect time to try something new. Our ForeverWell program at the Andover YMCA is dedicated to the well-being of our members 55+ (though we certainly don't exclude our younger "old souls"). Our programming and classes are here to help enrich your mind, body, and spirit. See our calendar or stop by our Senior Center to check out what classes and events we have going on. ALL are welcome!

Don't see what you like? Let us know! We are always looking for new ideas and programs to offer. PLEASE reach out to Rochelle with suggestions or things you would like to see on the calendar :)

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

MEDICARE 101
WEDNESDAY, OCTOBER 13TH AT 11AM

Medicare can be confusing. If you know little to nothing about Medicare and want a brief overview before digging deeper, this class is for you. During this class you will learn the basics of Medicare Part A, B, C and Part D. This class will also give you information about when and how to enroll. No sales, just information. Presented by Joe Carlson from United Healthcare. Space is limited. Please sign up at the front desk.

GENEALOGY WITH CATHI
2ND THURSDAY OF THE MONTH (10/14) AT 12:30PM

Join Cathi with Northstar Genealogy for this great FREE introductory class via ZOOM! 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. She’ll discuss what’s new, how to get started, and answer questions. Contact cathi@northstargenealogy.com with questions and to sign up. ZOOM link coming soon, or join us for a viewing party in the Senior Center!

CARD MAKING
1ST AND 3RD FRIDAY OF THE MONTH (10/1 AND 10/15) AT 9AM

Bring supplies to share and join us as we make holiday cards for Veterans.

LEGACY WRITING
2ND AND 4TH WEDNESDAY OF THE MONTH (10/13 AND 10/27) 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 (10/27) AT 10:30AM

Join us as we discuss this month’s selection: The Storied Life of of A.J. Fikry by Gabrielle Zevin. On the faded Island Books sign hanging over the porch of the Victorian cottage is the motto “No Man Is an Island; Every Book Is a World.” A. J. Fikry, the irascible owner, is about to discover just what that truly means. Pick up your copy at the library. Contact Pam with any questions: pamequinox41@yahoo.com
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.

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!

MAH JONG
TUESDAYS AT 1:30-4:30PM
Come play this fun game of skill, strategy and luck. This game is played with a set of 144 tiles based on Chinese characters and symbols.

HAPPY HOUR AT BEEF O'BRADY'S
3RD THURSDAY OF THE MONTH (10/21) AT 4P30PM
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. See you there!

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!

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!

IT'S TIME FOR OUR ANNUAL FALL CRAFT FAIR!
FRIDAY, OCTOBER 29TH 9AM-4PM
SATURDAY, OCTOBER 30TH 9AM-12PM
The holidays are coming! Are you ready?! We will be opening our space for local vendors to show off and sell their unique handmade items. No 3rd party sellers. Whether you come to shop or rent a space, we really hope to see you there!
Space rental is $25 and includes:
- Space rental for both days
- One 2x6 table and 2 chairs
- Electricity available for most spots
- Early set-up available Thursday afternoon in a secure location
Contact Barb Foag for more information and to register. bfoag@hotmail.com

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 premie 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@ymcan.org or (763)317-9044
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

TUESDAY
Aqua Zumba - 7am
Water Exercise - 9:10am
ForeverWell Strength - 11am

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

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

FRIDAY
Water Exercise - 9am
Chair Yoga - 11am

HAVE YOU TRIED 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

*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”.

YMCA of the North | 5 | www.ymcanorth.org
GET FIT

FITNESS ASSESSMENTS
Have you taken advantage of this FREE offering for members?
- Schedule a one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness.
- Get started on a custom path to help you achieve your wellbeing goals.
Also included in the assessment:
- Tour of Fitness Center and Equipment
- Awareness of all Y Wellbeing Modalities

PERSONAL TRAINING
Meet one-on-one with a Personal Trainer.
- Get a tailored plan to stay motivated and reach your fitness and wellness goals.
- Fully customizable schedule to fit within your lifestyle.
- Single session, session packages, monthly subscriptions available.

BUDDY TRAINING
Work out with a friend and a Personal Trainer
- Get a tailored plan to stay motivated and reach your shared fitness and wellness goals.
- Best for friends with similar goals, exercise interests and fitness levels.
- Fully customizable schedule to fit within your lifestyle.

E-GYM
Whatever your wellness goals, reach them with eGym—a new, personalized and full-body strength-training experience. Using eGym is included in your YMCA membership.
- A short intro session Is all It takes to use the circuit
- Every machine automatically adjusts to you
- A cardio-like experience for strength training
- Get feedback to help keep you engaged and on track
- The circuit guides you through the entire workout

Looking for more information or ready to schedule?
Contact our Well Being Director Jennifer Thomas for more information!
Jennifer.thomas@ymcamn.org
(651)490-4889

PILATES REFORMER
Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone.
*You must complete Pilates Reformer Foundations before joining this class.

A TYPICAL CLASS
Your instructor will teach you the basics of the reformer machine. You will be guided through healthy flows on the reformer achieving strength and flexibility simultaneously.

OUTCOMES/BENEFITS
- Improves fitness level
- Improves flexibility
- Improves muscular strength and endurance
- Improves posture, balance and alignment
- Developed improved breathing patterns
- Reduces stress level
- Burns calories
## FOREVERWELL @ ANDOVER - OCTOBER 2021

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
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</tbody>
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| 7-9am Coffee Club  
10am - Hand, Foot, Toe Cards  
1pm Hand, Foot & Toe Cards | 7-9am Coffee Club  
9:30am - Dime Bingo  
12pm - Lunch Bunch  
1:30pm - Mah Jong | 7-9am Coffee Club  
9:30am - Ukulele w/ Carol  
12pm - Farkle Fun  
5pm - Friends Night Out | 7-9am Coffee Club  
9:15am - Bible Study w/ Mary  
10:45am - Dime Bingo | 7-9am Coffee Club  
9-10:30am - Christmas Cards for Vets  
10am - Hand, Foot, Toe Cards |
| 4      | 5       | 6         | 7        | 8      |
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9:15am - Bible Study w/ Mary  
10:45am - Dime Bingo  
4-7pm Vaccine Clinic  
*including Booster shot for those eligible!* | 7-9am Coffee Club  
10am - Hand, Foot, Toe Cards |
| 11     | 12      | 13        | 14       | 15     |
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10am - Hand, Foot, Toe Cards  
1pm Hand, Foot & Toe Cards | 7-9am Coffee Club  
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9am – Legacy Writing  
9:30am - Ukulele w/ Carol  
11am – Medicare 101  
12pm - Farkle Fun  
5pm - Friends Night Out | 7-9am Coffee Club  
9:15am - Bible Study w/ Mary  
10:45am - Dime Bingo  
12:30pm - Genealogy w/ Cathy | 7-9am Coffee Club  
10am - Hand, Foot, Toe Cards |
| 18     | 19      | 20        | 21       | 22     |
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| 25     | 26      | 27        | 28       | 29     |
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Friday 9-4  
Saturday 9-12 |

**NEW and One-Time Events**

**Regularly Scheduled Events**

$= available at an additional charge