CELEBRATE THE SEASONS AT THE Y...

BE THANKFUL AND GIVE GRATITUDE

This month we align with the tradition of Thanksgiving. November is our month to be thankful and give gratitude. I thought a fun way to bring focus and action to these is to develop a Wellbeing Challenge. The ForeverWell Wellbeing Challenge includes an incentive, a chance to win a prize. However, I am confident you will feel the good vibes as you work through the challenge. I will be doing the challenge right along with you. I have been curious to try a 30 day challenge myself. I hope you enjoy bringing focus to your wellbeing. Just to be sure we are on the same page, I share the definition. **wellbeing:** *n. a state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life.*

The 5 Areas of Wellbeing include:
- Connect with other people.
- Be physically active.
- Learn and trying new skills.
- Give to others.
- Pay attention to the present moment (mindfulness).

You will find more about our ForeverWell Wellbeing Challenge on page 3 and the last page of this newsletter is your entry into the drawing, due on December 3rd.

We will continue to collect the forms for our Directory. A big thank you to Gail who helped enter all of the data we have so far.

Please connect with me about your thoughts. My goal is to support you by planning things that are helpful in connecting you to all that our Y community has to offer.

In Heath, Kathi E!

KATHI EILERS
ForeverWell Coordinator

SAVE THE DATE

WELLBEING CHALLENGE
Nov. 1 – Nov 30th

HAND & FOOT
Th, Nov. 4 & 18, W, 10th

BINGO
T, Nov. 16th

WALKING POKER
W, Nov. 24th

CAREGIVER’S TIPS
T, Nov. 30th

Holiday Hours
Thanksgiving Day – Closed
Christmas Eve – 5am-12pm
Christmas Day – Closed
New Year’s Eve – 5am-4pm
New Year’s Day – 7am-4pm

Branch Hours

**BURNSVILLE**
13850 Portland Avenue
Burnsville, MN  55337
Coordinator: Kathi Eilers
Kathleen.Eilers@ymcanorth.org
952-230-9061
www.ymcamn.org
## FOREVERWELL CLASSES
Find Full Schedule on line at:
https://www.ymcanorth.org/locations/burnsville_ymca/schedules/group-exercise

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY/SUNDAY</th>
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<tr>
<td>8:00am-8:45am Water Exercise Janice Lap/Leisure Pool</td>
<td>8:00am-8:45am Water Exercise Dawn Lap/Leisure Pool</td>
<td>6:00am-7:00am Yoga Nergis Studio B</td>
<td>8:00am-8:45am Water Exercise Candis Lap/Leisure Pool</td>
<td>9:00am-9:45am SilverSneakers® Circuit Nicole Purdie Studio B</td>
<td>8:15am-9:00am Water Exercise Michele Lap/Leisure Pool</td>
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| 9:00am-10:00am Functional Fitness Jane Gym | 8:15am-9:00am SilverSneakers® Classic Gabriela Studio B | 9:00am-10:00am Functional Fitness Jane Gym | 8:15am-9:00am SilverSneakers® Classic Mary Studio B | 10:00am-10:45am Water Exercise Mary Lap/Leisure Pool | 10:00am-11:00am Yoga Susan G Studio B |

| 10:30am-11:15am SilverSneakers® Circuit Jane Studio B | 9:00am-9:45am Water Exercise Candis Lap/Leisure Pool | 9:00am-9:45am Water Exercise Candis Lap/Leisure Pool | 11:00am-11:45am Aqua Zumba Mary Lap Pool | 12:30pm-1:15pm SilverSneakers® Yoga Gabriela Studio B | |

| 11:30am-12:30pm ForeverWell Yoga Jane Studio A | 9:15am-10:00am ForeverWell Balance Gabriela K Studio A | 10:00am-10:45am Water Exercise Candis Lap/Leisure Pool | 11:30am-12:15am Tai Chi: Move 4 Better Balance Gabriela Studio B | 1:30-2:30 QiGong Karen Studio A | 9:15-10:15 Yoga Dawn Studio A |

| 5:30pm-6:30pm Yoga Susan Studio B | 11:00am-12:00pm Gentle Yoga Karen Studio B | 10:30am-11:15am SilverSneakers® Circuit Jane Studio B | 12:30pm-1:15pm SilverSneakers® Classic Gabriela Studio B | | |

| 6:00pm-7:15pm Yoga David Studio B | 11:30am-12:30pm ForeverWell Yoga Jane Studio A | | | | |

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FOREVERWELL WELLBEING CHALLENGE
NOV. 1ST – 30TH

Wellbeing activities can be done in any order on any day during the month. Folks who complete 30 options (there are 35 to choose from) will be entered into the prize drawing 15 times, those who complete 20 will be entered 10 times, 10 activities 5 times, 5 activities are entered 1 time. Three super cool YMCA swag prizes will be awarded to 3 winners: a tote, a towel and a coffee mug / water bottle. The process and rules are simple. Initial each activity as you accomplish it. Turn In your completed form at the front desk or to me by Dec. 3rd. The more you accomplish the greater chance you will have to win. Feel good, have fun, be well!

HAND & FOOT
THURSDAYS
NOV. 4TH & 18TH
1:00PM–3:30PM

WEDNESDAY
NOV. 10TH
10:30AM–1:00PM

Come play cards with friends. Easy to learn. We will be mixing it up again this month by randomly assigning tables, so all can get to know each other. You are welcome to bring your own snack.

TURKEY BINGO
TUESDAY, NOV. 16TH
11:00AM–12:00PM

A ForeverWell favorite. A quarter a card. You can play multiple cards. Great prizes. Join the fun!

PICKLEBALL DROP-IN PLAY *
MONDAY–FRIDAY
12:00PM–3:00PM

We are using on-line registration for advanced or intermediate pickel ball on Wednesdays. * If you are advanced or intermediate player and wish to reserve a spot on the south gym you must register online. All other days, times and court spots will continue to operate as drop in / first come first serve format. If you need assistance in learning either the Y app or online process contact me 952.230.9061 or kathleen.eilers@ymcamn.org.

FOREVERWELL ORIENTATIONS

Learn about the benefits of a healthy lifestyle and how to get started. Orientations are offered Tuesdays from 10:00am – 11:00am register online. Or by appointment. Contact Kathi 952-230-9061.
CAREGIVER’S TIPS & TECHNIQUES
TUESDAY, NOV. 30TH
1:30PM – 2:30PM
In recognition of National Family Caregivers Month, Allison Bakke, OTR/L, President of Above & Beyond Senior Services will join us to share tips and techniques for dealing with a loved one who is experiencing memory loss. Caring for a loved one with memory issues can be an overwhelming and very scary. Allison will offer advice to help you adapt and provide support and loving care. We will allow time for your questions. Please register online or at the Front desk.

WALKING POKER
WEDNESDAY, NOV. 24TH
8:30AM – 12:00PM
UPSTAIRS TRACK
Participants walk 5 laps around the track. After each lap, players receive one card for their hand. Start when you like and go at your own pace. The winning hand (best throughout the day) will receive a $30.00 gift card to Valley Natural Foods our local Co-Op. A big thank you to our sponsor Valley Natural Foods!

REGISTRATION…
The sign-up and information binder is kept at the Front Desk. Please use this method to register for social and educational activities. Signing up helps us plan for how many people intend to participate. Thank you for using the binder, online, emailing or calling Kathi E. 952-230-9061 or kathleen.eilers@ymcamn.org to sign-up.

Please register for all activities… See above

ADULT PLUS OPTION
This membership option is ideal for ForeverWell folks who would like to include family members in activities here at the YMCA.

Members who currently have either an Adult only membership or Silver Sneakers, Silver & Fit, Renew Active or One pass membership may add up to 3 youth (ages 0–9 years) onto their membership. The adult member may be a single parent wanting to provide membership opportunities to a youth under the age of 10, or a grandparent who may be a caregiver for a grandchild or grandchildren. This is an affordable opportunity for families wishing to enjoy the benefits of Kids’ Stuff, recreational pool use and seasonal use of splash decks, member pricing on swimming lessons and open gym time.

ORTHOLGY FUNCTIONAL ASSESSMENTS
Complementary for Y members. Back, knee, or shoulder or other pain? Questions about your physical health or posture? You will learn how your strength and range of motion impact your functional abilities. Orthology, located right here at Burnsville YMCA can detect and correct musculoskeletal imbalances before they cause pain or injury. Call (952) 222-5769.
### NOVEMBER 2021

#### BE THANKFUL AND GIVE GRATITUDE!

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<tr>
<th>Sun</th>
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<td>1:30 Knit &amp; Crochet Group</td>
<td>1:00–3:00 Mahjong</td>
<td>1:00 Hand &amp; Foot</td>
<td>9:00 Outdoor Walking*</td>
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<tr>
<td>1:30 Knit &amp; Crochet Group</td>
<td>10:30–1:00 Hand &amp; Foot</td>
<td>1:00–3:00 Mahjong</td>
<td>1:30 Book Group</td>
<td>9:00 Outdoor Walking*</td>
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<tr>
<td>1:30 Knit &amp; Crochet Group</td>
<td>11:00 BINGO</td>
<td>1:00–3:00 Mahjong</td>
<td>1:00 Hand &amp; Foot</td>
<td>9:00 Outdoor Walking*</td>
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<tbody>
<tr>
<td>1:30pm Knit &amp; Crochet Group</td>
<td>1:30pm Knit &amp; Crochet Group</td>
<td>8:30 – 12:00 Walking Poker</td>
<td>1:00–3:00 Mahjong</td>
<td>Thanksgiving YMCA Closed</td>
<td>9:00 Outdoor Walking*</td>
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<tbody>
<tr>
<td>1:30pm Knit &amp; Crochet Group</td>
<td>1:30 Caregiver’s Tips</td>
<td>*Group meets off-sight @ Earley Lake, Day Park</td>
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*Group meets off-sight @ Earley Lake, Day Park
WELCOME HOME, SOCIAL AND EDUCATIONAL GROUPS!!

WEEKLY & BIWEEKLY ACTIVITIES

Knit & Crochet Group – Mondays, 1:30-2:30pm
Work on projects while socializing with others. Group meets in the Community Room.

Mah Jongg – Wednesdays, 1:00 – 3: 00pm
Join the fun and challenge your skills. You will need to bring your own card. New players are encouraged to join play and learn as they go. This group meets in the Community Room.

Book Group – Thursday, November 11th, 1:30-2:30pm
Read and discuss interesting and educational selections. The group will meet 3 times in December, the 2nd, 16th and 30th. This group meets in the Community Room.

Outdoor Walking Group – Fridays 9:00am
Meet at the Early Lake Day Park 14625 County Road 5. Parking is easy. Don’t forget your water and to dress for the weather. Please register online, at the Front Desk or by contacting Kathi Eilers.

CONNECT VIA THE DIRECTORY ...

- YES! Include me (and my contact information) in the Burnsville ForeverWell Directory!
- YES! I am interested in helping by: _____________________________________________________
- YES! I have a great idea, here it is: _____________________________________________________

Last Name: ___________________________ First Name(s) (1 or 2) ___________________________
Street Address:________________________________________________________
City:_____________________________ State:_____ Zip Code:________________________
Email address:________________________________________________________
Phone Number: ___________________________ Phone Number: ___________________________
**FOREVERWELL WELLBEING CHALLENGE**

Name: 
Phone or Email: 

*Complete your activities in any order on any day. Initial as you go.*

30 Wellbeing Activities = 15 chances to win, 20 = 10 chances, 10 = 5 chances, 5 activities = 1 chance to win a prize from the drawing!

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<thead>
<tr>
<th>Drink Green or Herbal Tea</th>
<th>Do 5 – 10 Chair Squats</th>
<th>Just say &quot;no&quot; to processed sugar</th>
<th>Sit outside and Breathe count in for 4 and out for 5</th>
<th>Walk around the Track 5 Laps=1/2 mile</th>
<th>Self-correct your posture 3 times today</th>
<th>Read something inspiring</th>
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<tbody>
<tr>
<td>Smile at someone who needs it</td>
<td>Try a Meat free day</td>
<td>Go to a GroupEx class at the Y</td>
<td>Dance to your favorite song</td>
<td>Do a task that gets you moving</td>
<td>Hug a friend</td>
<td>Do a Strength or Balance class</td>
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<tr>
<td>Get 8 hours of sleep</td>
<td>Try a new healthy recipe</td>
<td>Drink your required water</td>
<td>Thank an essential worker (childcare, health care, groceries store, lifeguard)</td>
<td>Write down 3 things you are grateful for</td>
<td>Do 10–15 Pushups (wall, tabletop short plank traditional)</td>
<td>Do a Yoga class at the Y</td>
</tr>
<tr>
<td>Make a workout date with a friend</td>
<td>Introduce yourself to a new friend at the YMCA</td>
<td>Meditate or say a prayer</td>
<td>Find the Orthology Office</td>
<td>Give a compliment</td>
<td>Shoot a basket in the Y Gym</td>
<td>Stretch your whole body</td>
</tr>
<tr>
<td>Read about a country you have not visited</td>
<td>Go for a walk outside</td>
<td>Leave a book at the Free Shelf in the Family Lounge at the Y</td>
<td>Do 5– 10 calf raises</td>
<td>Eat a Super Food</td>
<td>Bring a friend or family member to the Y</td>
<td>Move for 5 minutes every hour</td>
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**COMPLETED WELLBEING ACTIVITIES TOTAL # _______!!!**
FOREVERWELL
WELLBEING CHALLENGE

DANNY RUBIO  (He, Him, His)
Executive Director | Burnsville YMCA | River Valley YMCA

GOOD LUCK!!!

FIRST PRIZE: RED YMCA TOTE BAG

SECOND PRIZE: BLUE YMCA BEACH TOWEL

THIRD PRIZE: SILVER COFFEE, TEA OR WATER BOTTLE

***Return this completed form by December 3rd, to be eligible for Prize Drawing!***