Eagan News

Dates to Remember

*Sunday, November 7th
Daylight Savings time ends

*Thursday, November 11th
Veterans Day
Thank you veterans for your service and dedication.

Wednesday, November 24th
10:00 am
Book Club

Thursday, November 25th
Thanksgiving
YMCA Closed

Monday, November 29th
11:00 am Bingo

I AM ALWAYS LOOKING FOR FUN, NEW ACTIVITY IDEAS
PLEASE SEND ME YOUR SUGGESTIONS!

JULIE MICHELSON
ForeverWell Coordinator
julie.michelson@ymcamn.org
651-319-8000

Gratitude Scavenger Hunt

1. Find something that is your favorite color
2. Find something that makes you feel safe
3. Find something that smells good
4. Find something you love
5. Find something that tastes good
6. Name a place you love to go
7. Think of an activity you really like to do
8. Find something outside you like
9. Name an activity you love to do
10. Name 3 people you are thankful for
11. Find something that makes you smile
12. Name something you are proud of
13. Find someone you can help today
14. Name a good thing about YOU!

BRANCH HOURS

Monday-Friday: 5am-9pm
Saturday: 8am-5pm
Sunday: 8am-5pm

EAGAN YMCA

550 Opperman Drive
Eagan, MN  55123
Coordinator: Julie Michelson
Email: julie.michelson@ymcamn.org
Phone: 651-319-8000

Branch website
FOREVERWELL CLASS

MONDAY:
8:00am Water Exercise with Mary Ellen
1:30pm Silver Sneakers Classic with Julie M
7:00 pm Deep Water Ex with Lori O

TUESDAY:
8:00am Water Exercise with Erin
9:00am Deep Water Exercise with Erin
9:30 Silver Sneakers Yoga with Julie M

WEDNESDAY:
9:00am Deep Water Exercise with Susan
1:30am Silver Sneakers Classic with Julie M

THURSDAY
9:00 am Shallow Water Exercise with Deborah
1:00pm Line Dancing with Wanda
7:00pm Water Exercise with Kristi

FRIDAY:
1:30pm Silver Sneakers Classic with Mary F

SATURDAY:
8:15pm Aqua Zumba with Mary F

BINGO!!

MONDAY November 29th 11am-1pm
Multi Purpose Room

We will play Bingo the last Monday of EVERY month – mark your calendars now for future dates and December 27th, January 31

No sign up required

GAME DAY

Every Wednesday 9:30 am
Whether you love to play scrabble, cribbage or cards join other members for some playtime. Cribbage boards are available. Bring in any other game you wish to play.

BOOK CLUB

WEDNESDAY, NOVEMBER 23RD 10:00 AM

NOVEMBER SELECTION:
THE VANISHING HALF
BY BRIT BENNETT

The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it’s not just the shape of their daily lives that is different as adults, it’s everything: their families, their communities, their racial identities. Many years later, one sister lives with her black daughter in the same southern town she once tried to escape. The other passes for white, and her white husband knows nothing of her past. Still, even separated by so many miles and just as many lies, the fates of the twins remain intertwined. What will happen to the next generation, when their own daughters’ storylines intersect?

Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing. Looking well beyond issues of race, The Vanishing Half considers the lasting influence of the past as it shapes a person’s decisions, desires, and expectations, and explores some of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins.
Dr. William Kriva
Tuesday, December 14th at 11:30 am
Sleep The Great Battery Charger

In this talk Dr. Kriva discusses the critical importance of sleep for overall health. He also reveals new research regarding what happens when we sleep and how this can actually impact the expression of the DNA in our cells. Finally, Dr. Kriva provides key tips on how to improve the quality of your sleep.

Make the MOST of Your Membership

ForeverWell Orientations

Wondering how to get back into the swing of things? Contact Julie Michelson to schedule a time to learn about what the Y has to offer you! We can talk about the classes we offer, how to use the YMCA app or website, how to access the virtual Y from your home. It is the perfect opportunity to get all your questions answered.

THINKING ABOUT PERSONAL TRAINING?

It is easy to get started on your new work out routine!! Our Personal Trainers eager to work with you. You can even do virtual personal training via zoom from the comfort of your home.

Contact our Wellness Director, Ernest Kaehler to discuss your personal health and wellness goals and how you can achieve them. Contact Member Service at 651-456-9622 to schedule your appointment.

EQUIPMENT ORIENTATIONS/FITNESS ASSESSMENTS

If you have questions about how to use the equipment In the fitness center - our personal trainers are happy to help you!! You can schedule your FREE one hour appointment with a personal trainer. They will show you what equipment is available and how to use it. To schedule, please stop by Member Services at the front desk or call (651) 456-9622.

FREE Preview
7:30pm
Thursday night, Nov 18

Ashland Productions (located at the Maplewood YMCA) is proud to present the preview show of ELF for free to our ForeverWell community, ages 55+.

NOTE: The theater requires that masks be worn by all participants.

Even though the event is free, seating is limited and **REGISTRATION IS REQUIRED**. Remember – guests/non-members still need to have reservations. Sign up at any branch front desk or by calling Customer Service at 612-230-9622.

**REGISTRATION OPENS ON MONDAY, NOVEMBER 1ST**

Your registration holds your spot but is not a seat assignment. On the night of the event, you can come up to one hour early (6:30pm) to check in and be given a seating group number. When theater doors open, groups of 25 people at a time will be allowed to enter and choose seats. Contact person at the Maplewood YMCA is ForeverWell Coordinator Andrea Bassett. Andrea.Bassett@ymcamn.org

You can also purchase tickets for performances on other days/times at the website: www.ashlandproductions.org/elf