NEED TO KNOW:

REMINDERS
- Mask wearing is optional for those vaccinated.
- Masks recommended for those NOT vaccinated.
- No towel service.
- Guest passes available check with membership.

POOL & GROUP EXERCISES CLASSES
- Reservations required
- Limited space available
- Let membership know of registration at check-in to pick up ticket

YMCA APP
The YMCA App can get you registered for classes, track workouts and see schedules.
Go to your App store, search for “YMCA Twin Cities”, and download. Contact Kim G-B with any question or help with Y app.

FOREVERWELL ACTIVITIES IN-BRANCH AND OUTDOORS

Registration is required for any In-Branch or Outdoor Activity contact Kim at 763-717-1811 to register. Space is limited.

**Card Club**- Meet every Tuesday at 10:30am-12pm in Meeting Room.

**Coloring Club**-Meet every Tuesday at 1pm-3pm in Senior Lounge.

**Walking Club**-Meet every Wednesday at 11:30am-12:30pm. For the month on November, meet at Springbrook Nature Center 100 85th Ave. in Fridley. Meet in the parking lot at the park. If the weather is bad, meet at Y to walk the track and play walking poker for a prize.

**Knit & Crochet Club**-Meet every Friday at 10:30am-12:00pm in Senior Lounge.

**Blank Slate Game**-Wednesday, November 3rd at 1:30pm-2:30pm in Meeting Room. Join us for this clever party game where you try to predict what others are thinking.

**Holiday Craft Class**-Tuesday, November 16th at 1:00pm-3:00pm in Community Room. Join us to decorate your own small holiday crafts & cards. Deadline to register is November 12th.

**Turkey Bingo**-Thursday, November 11th at 1:30pm-2:30pm in Community Room. Come and play bingo with other adults for prizes. Only 2 bingo cards per game. Bring non-perishable or canned good to play. Help us stock the local food shelf. Space is limited.

**Book Club**-Thursday, November 18th at 12:45pm-1:45pm in Senior Lounge. Come join us for a discussion on the book *The Bookshop of the Broken Hearted* by Robert Hillman.

BRANCH HOURS
MONDAY-FRIDAY: 5AM-9PM
SATURDAY: 8AM-5PM
SUNDAY: 8AM-5PM
Closed November 25th for Thanksgiving Day

EMMA B HOWE YMCA
8950 Springbrook Dr. NW
Coon Rapids, MN 55433
Kim Gemlo-Bush
Email: Kim.gemlo-bush@ymcamn.org
Phone: 763-717-1811
www.emmabhoweymcanorth.org
VIRTUAL EXPERIENCE SCHEDULE
SOCIALIZE FROM THE COMFORT OF YOUR OWN HOME
To join any of these virtual experiences register at www.ymcanorth.org/activity_finder. Any questions contact the ForeverWell coordinator Kim at 763-717-1811 or kimm.gemlo-bush@ymcamn.org. Classes use Zoom format.

**Monday**
- **Coffee Talk.** Meet new people and reconnect with friends during this virtual experience. Meeting every Monday at 9:00am-10:00am.

**Tuesday**
- **Trivia & Brain Teasers.** You will need a piece of paper and pencil to write down your answers. Meeting is on 11/16/2021 at 10:30am-11:30am.

**Thursday**
- **Bible Study.** Is for all interested adults, people of faith and seekers alike. This is an opportunity for participants to reflect on what the text might mean for them in their daily lives. Meeting every Thursday at 10:30am-11:30am.

**Friday**
- **Happy Hour Group.** Join us with your beverage of choice to chat about a variety of topics. Meeting every Friday at 4:00pm-5:00pm. Not Meeting 11/26/2021.

FOREVERWELL NEW MEMBER ORIENTATIONS
These are for new or returning members that want to get information on programming for the active older adult. You can do this orientation virtually from home or come into the branch. Please contact me directly to set up the orientation at 763-717-1811.

YMCA FITNESS ASSESSMENTS
Register for a fitness assessment with a personal trainer. A fitness assessment is a free meeting one on one with a personal trainer for an hour. You will discuss your goals, perform a fitness assessment and receive a free fitness plan tailored to your interests. Register at www.ymcanorth.org/health__fitness or with Barb Jacob at 952-435-9014.

ORTHOLOGY FUNCTIONAL ASSESSMENT
Orthology at the YMCA offers a free 30-minute assessment. It is a hands-on physical therapy approach to address the root cause of your pain. You will receive a thorough evaluation including a history and physical examination to address your ailment(s). The treatment will use several different types of manual (hands-on) therapy and a specialized exercise program to improve your pain and help you manage your condition in the future. Contact David at david.anderson@orthology.com with questions.

Active Older Adult Group Exercise Classes
Registration required at www.ymcanorth.org/reservations
72 hours prior. Limited space.
SS=SilverSneakers®
FW=ForeverWell

**Monday**
- 7:00am-7:30am FW Cycle
- 8:15am-9:15am Water Exercise
- 8:30am-9:15am FW Combo
- 9:30am-10:15am FW Water X
- 9:30am-10:15am FW Combo
- 10:45am-11:30am SS Yoga

**Tuesday**
- 9:45am-10:30am SS Circuit
- 10:45am-11:30am FW Combo
- 11:00am-11:45am Arthritis Water Exercise
- 11:45am-12:45pm Tai Chi for Health

**Wednesday**
- 8:15am-9:15am Water Exercise
- 8:30am-9:15am FW Combo
- 9:30am-10:15am FW Water X
- 9:30am-10:15am FW Combo
- 10:20am-11:05am Arthritis Water Exercise
- 10:30am-11:15am FW Stretch

**Thursday**
- 7:00am-7:45am FW Cycle
- 9:30am-10:15am SS Circuit
- 11:00am-11:45am Arthritis Water Exercise
- 11:45am-12:30am SS Yoga

**Friday**
- 8:00am-8:45am Water Exercise
- 9:30am-10:15am FW Water X
- 9:30am-10:15am FW Combo
- 9:30am-10:30am SS Classic
- 10:30am-11:15am FW Stretch
- 1:00pm-2:00pm Line Dance

For entire group exercise class schedule go to ymcanorth.org.
ADDITIONAL ACTIVITIES

SOCIAL COFFEE TIME
Tuesdays at 8:30am-10am in Meeting Room.
Coffee is back at the YMCA only on Tuesdays. Come and socialize with other active older adults while having a fresh brewed cup of coffee while it lasts. No registration needed. We will provide cups but if you like, you can bring your own cup.

YMCA FOREVERWELL PAINTING CLASS
Tuesday, November 23rd at 11:30am-2:00pm in Community Room.
Have you ever wanted to paint a masterpiece? Then register for the painting class with Sandy from Cheerful Hearts Painting. Registration opens November 1st at member services. Cost is $30.00/member & $35.00/non-member (all materials included). She will take you through the step-by-step process to painting your Homestead Farm masterpiece!

FOREVERWELL HOLIDAY PARTY
Wednesday, December 8th at 11:30am-1pm in Community Room.
Come join other seniors for a catered holiday party at the YMCA. We will have music by Brad C. You will get a catered meal & coffee or water. Cost: $12.00/member & $15.00/nonmember. Space is limited. Register at member services. Deadline is November 29th.

TRIP TO LYRIC ARTS MAIN STREET STAGE
It’s a Wonderful Life on Sunday, December 12th at 2:00pm
(420 E Main Street in Anoka)
Let us spend the afternoon enjoying a show at Lyric Arts Theater. Contact Lyric Arts at 763.422.1838 or www.lyricarts.org to purchase your tickets. Ticket prices vary from $33.00-44.00/ticket. You must have your own transportation to the theater.

KNIT & CROCHET CRAFT SALE
Tuesday, December 14th at 9am-1pm in Lobby Area.
Come and check out all the items made by the members of the Knit & Crochet club. Get gifts for that someone special. All proceeds go to the YMCA Annual Giving Campaign.