HUDSON NEWS

WELCOME PRAIRIE POINT RESIDENTS MEETING
Wed., Nov. 3rd 1:30-3:00pm, Studio 2

THANK YOU, HUDSON’S WOMEN’S CLUB,
"Focusing on Your Health: Walking and Balance" was the topic of their meeting. Melissa Porter and Karen Swisher gave fabulous presentations. Well done!

RESERVATIONS
Made easy with the YMCA Twin Cities app. Download it from your app store.

GROUP EX CLASS SCHEDULE
Visit YMCANorth.org or CLICK HERE

Thank you, Marcia Lopez, pictured above, helping at Antique Treasures Showcase last September.

FINISH STRONG – NOV., DEC. 2021
GRATEFUL AND GIVING IN NOVEMBER

THANK YOU, VETERANS – VETERANS DAY IS NOV. 11. Fri., 9:15am Silver Sneakers Class, Studio 2 will honor vets with a few patriotic songs.

BULLET PROOF YOUR LOW BACK - with Dr. of Chiropractic, Chad Kobs
Wed., Nov. 17, Community Room 1:00-2:00pm. Register online or sign up sheet at Member Services.

In this class we are going to be covering more than just exercises. We are going to dive deeper into understanding why low back injuries tend to be one of the most common types of injuries, but also how we can prevent them. What can we do to help prevent injuries as well as stay mobile and healthy? We talk about common misconceptions and give you a great overall outlook at how we can functionally improve in all aspects with simple low back movements and exercises. We look forward to seeing you!

BRANCH HOURS
Thanksgiving: Closed
Monday-Friday: 5am-9pm
Saturday-Sunday: 8am-5pm

THE Y IN HUDSON, WI
2211 Vine St., Hudson, WI 54016
715-386-1616
www.YMCANorth.org
WEEKLY HELD SOCIAL GROUPS

COMMUNITY TAI CHI PRACTICE: MONDAYS, 2:00-3:00PM, STUDIO 1
Practice tai chi with a DVD of Alex Dong.

WOODCARVING: MONDAYS, 2:30-4:30PM, STUDIO 2

MAH JONGG: THURSDAYS, 12:30-2:30PM, COMMUNITY ROOM

KNITTING: FRIDAYS, 10:00AM-NOON, COMMUNITY ROOM

OPEN PICKLEBALL

SEE GYM SCHEDULE: CLICK HERE
Full gym times are T,Th 10-1:15. No reservations required.

NORDIC WALKING

IMPROVE POSTURE, UPPER BODY STRENGTH, AND ENDURANCE

Tuesdays at 9:00 meet outside The Y front door.
Nordic walkers dress for the weather and walk outside. Pat Graf will help assist you with technique and take you on an outing. Bring a pack for a water bottle and dress in layers.

Call Pat Graf 651-259-9646 or email at pat.graf@ymcanorth.org.

VIRTUAL Y
100 On Demand Classes
6 Live Streams Daily
10 New videos added each week
Special Zoom Events
Click HERE
Or visit YMCANorth.org

NEXT FISH TALES IS DEC. 22
No class in November due to Thanksgiving Holiday conflicts.
Join us the 4th Wednesday of the month from 1:00-2:00pm, Studio 2, join with Y friends to share your nature, adventure or big fish tales!
Enjoy listening to others tell theirs.
Sign up on sign-up sheet at Member Services or online.

FOREVERWELL ORIENTATIONS
Do you have questions, suggestions about our programs? I would love to meet with or talk to you.
Join my email list for updates and more Information call or email 651-259-9646
pat.graf@ymcanorth.org
Pat Graf, ForeverWell Coordinator, Personal Trainer, Group Exercise Instructor.

THANK YOU to Amy and Kinza for entertaining our Octogenarians!
Thank you to Christine and Sheryl for their help hosting also.