Thank you for your patience as we continue to refinish our studio floors. Studio 1 will be closed November 1-8. Any temporary changes to class time and location will be posted on the schedule and at the Member Welcome desk.

Reservations are still required for Group Exercise classes and pool use. https://www.ymcanorth.org/reservations or 612-230-9622

YOU ARE INVITED TO PLAY
“LET’S MAKE A DEAL”
THURSDAY NOVEMBER 18, 1-1:45 PM STUDIO 1

Everyone is asked to wear a costume. Contestant names will be drawn at the start of the game. Will they choose to keep their prize, trade for what is under the box or take a chance on what is behind the curtain? Will it be a fantastic prize or a ZONK? Don't forget to bring small items from home with you - who knows what our Host will offer in trade? Everyone will go home with a prize and YOU could be the lucky Grand Prize Winner!!!!

Guaranteed fun and surprises. This is one event you won't want to miss!

Sign up at the Member Welcome Desk by November 15th. A minimum of 15 participants is required, or this event will be cancelled.

BRANCH HOURS
Monday-Friday: 5am - 9pm
Saturday: 8am - 5pm
Sunday: 8am - 5pm
Customer Service (including reservations) 612-230-9622

New Hope Y
7601 42nd Ave North New Hope
Nancy Danielson - ForeverWell Coordinator
Nancy.danielson@ymcanorth.org
Phone: 763-592-5520
ymcanorth.org/newhope
FOREVERWELL IN BRANCH GROUP EXERCISE CLASSES

MONDAY:
7:15am  ForeverWell Combo with Kathy       Studio 1
8:00am  Water Exercise with Tracy          Pool
11:00am Water Walking with Debbie A        Pool
11:30am SilverSneaker Yoga with Nancy      Studio 2
12:30pm SilverSneaker Classic with Nancy   Studio 1
1:30pm  Tai Chi with Tom                   Studio 2

TUESDAY:
7:15am  ForeverWell Combo with Kathy (10/5 only) Studio 1
9:45am  Zumba Gold with Maren              Studio 2
10:45am ForeverWell Combo with Angie       Studio 1
11:45am SilverSneaker Yoga with Angie      Studio 2

WEDNESDAY:
7:15am  Deep Water Exercise with Tracy      Pool
7:15am  SilverSneaker Yoga with Kathy       Studio 1
8:15am  Gentle Yoga (Mat) with Ellen         Studio 2
11:30am SilverSneaker Yoga with Nancy       Studio 2
11:30am Arthritis Water Exercise with Kathy  Pool - Shallow
12:30pm SilverSneaker Classic with Nancy    Studio 1

THURSDAY:
9:30am  Zumba with Yasmin                   Studio 2
10:45am ForeverWell Combo with Angie       Studio 1
11:45am SilverSneaker Yoga with Angie       Studio 1

FRIDAY:
7:15am  ForeverWell Combo with Kathy (start 10/15) Studio 1
9:00am  Arthritis Water Exercise with Kathy  Pool - Shallow
11:30am SilverSneaker Yoga with Nancy       Studio 2
12:30pm SilverSneaker Classic with Nancy    Studio 1

FITNESS ASSESSMENT
Schedule a complimentary Fitness Assessment to learn how to use some of the equipment in the fitness center and discuss your fitness/wellbeing goals. Contact Cathy Quinlivan, Wellbeing Director catherine.quinlivan@ymcanm.org 651-292-4138 or stop at the Welcome desk to schedule your appointment.

GET THE MOST FROM YOUR MEMBERSHIP
All new and recently returning ForeverWell Members 55+, including SilverSneakers and Silver and Fit, are invited to attend a group ForeverWell Orientation. We’ll talk about safe to operate procedures, Group Exercise classes, pool use, Reservation systems, social opportunities, virtual activities and more. Then tour the facility, watch a class in action or try a fitness machine. Orientations 10:30am Tuesday mornings. Contact Nancy Danielson for questions - 763-592-5520
 Reserve a space using our Website https://www.ymcanorth.org/reservations or call Customer Service at 612-230-9622

PREFER TO EXERCISE AT HOME?
Live and recorded classes are available at https://www.ymcanorth.org/virtual-ymca-login to see what is available, or go to our website ymcanorth.org and click the Virtual Y tab.

NEW HOPE Y BOOK GROUP
Meets the third Thursday of each month. Our next meeting is November 18, 2pm in the Office Conference room
Book for November: This Tender Land by William Kent Krueger
No pre-registration required. We will be choosing books for the first half of 2022.
NEW HOPE Y KNITTERS AND CROCHETERS
Do you knit, crochet or loom? Or want to learn? This talented group has been together for 7 years and welcomes New Members. Join us on Monday afternoons from 2-4pm. Bring your own projects, or use our donated yarn to make items for local charities. Coffee provided.

ANNUAL HOLIDAY SALE

NEW HOPE YMCA KNITTERS AND CROCHETERS
NOVEMBER 22-23 NEW HOPE YMCA LOBBY

Many beautiful items will be for sale including Youth and Adult hats, scarves, slippers, shawls, baby items, household items and decorations. Cash, Checks and Credit Cards will be accepted.
All proceeds will stay at the New Hope YMCA, and will be used to fund Programming and provide Scholarships for Members of all ages.

Guests of the YMCA are asked to show Photo ID at the Welcome Desk.

Thank you to our generous and talented knitters, crocheters and loomers! Thank you for supporting our sale!

CALLING ALL PARTY PEOPLE!
The next ForeverWell Event planning meeting is scheduled for Wednesday November 10th at 10 am in the Pool Lobby. All are welcome. We have the date of our ForeverWell Holiday Celebration - Friday December 10th. But we need your help to plan and make the event successful.

PICKLEBALL RETURNS
Pickleball returns to the New Hope YMCA on November 1st. All levels of play are welcome. This is a drop-In activity, no pre-registration is required. Nets, racquets and balls are available at the Member Welcome Desk. They may be rolled down and set up by players.
The gym is reserved for play on:
Mondays and Fridays - 9am to 11am
Wednesdays - 11am to 1pm
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
</tr>
<tr>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm Knitters and Crocheters group 2-4pm, Pool Lobby</td>
<td>New ForeverWell Member Orientation 10:30am Pool Lobby Mah Jongg 12:30-2:30pm Pool Lobby(C)</td>
<td>Coffee Chat 8-10am, Lobby Pickleball in Gym 11am-1pm Mah Jongg 12:30-2:30pm Pool Lobby(C) Cribbage 1:30pm Pool Lobby</td>
<td>Coffee Chat 8-10am, Lobby Pickleball in Gym 11am-1pm Water Volleyball 1-2:30pm</td>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm</td>
</tr>
<tr>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
</tr>
<tr>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm Knitters and Crocheters group 2-4pm, Pool Lobby</td>
<td>New ForeverWell Member Orientation 10:30am Pool Lobby Mah Jongg 12:30-2:30pm Pool Lobby(C)</td>
<td>Coffee Chat 8-10am, Lobby ForeverWell Event Planning Meeting 10am Pool Lobby Pickleball in Gym 11am-1pm Mah Jongg 12:30-2:30pm Pool Lobby(C) Cribbage 1:30pm Pool Lobby</td>
<td><strong>To All Veterans</strong> Whether At Home Or Abroad All Americans Say: THANK YOU!</td>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm</td>
</tr>
<tr>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
</tr>
<tr>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm Knitters and Crocheters group 2-4pm, Pool Lobby</td>
<td>New ForeverWell Member Orientation 10:30am Pool Lobby Mah Jongg 12:30-2:30pm Pool Lobby(C)</td>
<td>Coffee Chat 8-10am, Lobby Pickleball in Gym 11am-1pm Mah Jongg 12:30-2:30pm Pool Lobby(C) Cribbage 1:30pm Pool Lobby</td>
<td><strong>Let’s Make A Deal Game</strong> Pre-register at Welcome Desk. Book Group</td>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm</td>
</tr>
<tr>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
</tr>
<tr>
<td>CRAFT SALE Pickleball in Gym 9-11am Water Volleyball 12-2pm Knitters and Crocheters group 2-4pm, Pool Lobby</td>
<td>CRAFT SALE New ForeverWell Member Orientation 10:30am Pool Lobby Mah Jongg 12:30-2:30pm Pool Lobby(C)</td>
<td>Coffee Chat 8-10am, Lobby Pickleball in Gym 11am-1pm Mah Jongg 12:30-2:30pm Pool Lobby(C) Cribbage 1:30pm Pool Lobby</td>
<td></td>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm</td>
</tr>
<tr>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pickleball in Gym 9-11am Water Volleyball 12-2pm Knitters and Crocheters group 2-4pm, Pool Lobby</td>
<td>New ForeverWell Member Orientation 10:30am Pool Lobby Mah Jongg 12:30-2:30pm Pool Lobby(C)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>