FOREVERWELL HOLIDAY BINGO!

December 13th from 11-12 pm. More on page 2 of this newsletter.

FOREVERWELL ORIENTATIONS/NEW MEMBER INFORMATION

More information on page 3 of this newsletter.

COFFEE AND CONVERSATION IS BACK!

More information on page 2.

BAGS OF FOOD AVAILABLE

Bags of non-perishable items provided by Every Meal available in the Midway lobby.

MEET YOUR NEW FOREVERWELL COORDINATOR: HAYLEY KILBRIDE-PIERCE

PLEASE LET ME KNOW IF YOU HAVE ANY COMMENTS, QUESTIONS, OR SUGGESTIONS FOR FUTURE PROGRAMMING

Fun facts about Hayley:

· I received my Bachelor's degree in Public Health Sciences from Hamline University, so I am very familiar with the Midway area. I am also a first generation college graduate.
· I was the district spelling bee champion in 7th grade - I am still pretty good at spelling so hopefully you won't see many spelling errors in the monthly newsletters. 😃
· I have been a dancer since I was 16 and I love to travel.

BRANCH HOURS

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

Member Service Desk
(651) 646-4557

MIDWAY YMCA

1761 University Ave W
Saint Paul, MN 55104

ForeverWell @ Midway
Hayley Kilbride-Pierce, ForeverWell Coordinator
hayley.kilbride@ymcanorth.org
651.259.9623

https://www.ymcanorth.org/
COFFEE AND CONVERSATION IS BACK!
I'M SO EXCITED TO MEET YOU!

Meet Hayley for Coffee and Conversation on **Thursdays from 11-12:30pm in the Healthy Living Kitchen starting December 2nd** and happening weekly! I look forward to meeting you!

Coffee grows on shrubs and bushes, and those shrubs produce small red fruits called coffee cherries. The coffee beans are the seeds of those little red fruits. Coffee is not a vegetable. But since its beans are actually the seeds of fruits, that must make it a fruit, right?

FOREVERWELL HOLIDAY BINGO!
GET READY TO EARN SOME PRIZES AND HAVE FUN!

Join your new ForeverWell Coordinator, Hayley, and have some fun playing Bingo to win awesome holiday prizes! This event will take place in the **Midway YMCA on Monday, December 13th from 11 am to 12 pm in the Community Room**.

I LOOK FORWARD TO SEEING YOU THERE!

ANNUAL CHRISTMAS TREE LOT!

**Hours of Operation:**

- **Thursdays & Fridays:**
  - 4 pm to 7 pm
- **Saturdays & Sundays:**
  - 10 am to 7 pm

The Midway Tree Lot is an important tradition that has been happening for many years. It is a great way to get involved with the Y and your community. Proceeds from the Tree Lot go towards the Midway and Eastside YMCA.

Volunteers are needed and appreciated.

If you are interested in volunteering for this, please contact David Dominick at David.Dominick@ymcamn.org.

Thank you!
PREVENTING WINTER FALLS

Winter safety in Minnesota is so important, and keeping your body safe is essential. Here are some tips for preventing falls or slips on ice in the winter:

- Wear sensible winter shoes
- Allow extra time for walking and don’t rush
- Walk with a slow and wide gait to be more cautious
- Protect your head by pivoting to the side and tucking your head in

FLU SEASON SAFETY

HERE ARE SOME TIPS TO KEEP YOU AND YOUR FAMILY SAFE THIS FLU SEASON

- WASH YOUR HANDS
- COVER YOUR COUGH
- KEEP ACTIVE
- GET YOUR FLU SHOT AND ENCOURAGE OTHERS TO DO SO AS WELL
- STAY HOME WHEN YOU ARE SICK

TECH HELP! Smart Phones and Social Media
Whether its questions about the Y app, social media apps, or texting and phone calls, I am here to help!
December 15th from 11 am to 12 pm in the Community Room.
New Class!

TAI CHI CHUAN
Meditation in Action
Tuesdays & Thursdays
STUDIO A 1:00–2:00PM
Classes start Tuesday December 7, 2021

TAI CHI PRACTICE BALANCES GRAVITY WITH GRACE, INNER ENERGY WITH OUTER MOVEMENT, AND MOMENTUM WITH MIND INTENT. THE YANG STYLE FORM IN THIS CLASS PROMOTES RELAXATION THROUGH GENTLE EXERCISE. ALL ARE WELCOME TO COME AND EXPERIENCE THIS ANCIENT FORM OF MOVING MEDITATION.
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<td>ForeverWell Holiday Bingo! 11-12pm in the Community Room (There will be prizes!)</td>
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<td>ForeverWell Tech Help 11-12pm in the Community Room</td>
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Group Exercise Classes to Check Out:

**Mondays:**
- Water Exercise – 6:45 am with Abby
- ForeverWell Cardio – 8:15 am with Brenda*
- Deep Water Exercise – 9 am with Teri
- SilverSneakers Classic – 10:15 am with Heidi

**Tuesdays:**
- Deep Water Exercise – 8:30 am with Dacia
- Deep Water Exercise – 9:30 am with Dacia
- SilverSneakers Yoga – 10:15 am with Heidi

**Wednesdays:**
- Water Exercise – 6:45 am with Dave
- ForeverWell Cardio – 8:15 am with Brenda*
- SilverSneakers Classic – 10:15 am with Brenda

**Thursdays:**
- Deep Water Exercise – 8:30 am with Dacia
- Deep Water Exercise – 9:30 am with Dacia
- SilverSneakers Yoga – 10:15 am with Heidi

**Fridays:**
- Water Exercise – 6:45 am with Dave
- SilverSneakers Classic – 10:15 am with Brenda

**KEY:**
- Red= Cardio/Strength
- Blue= Water Exercise
- Purple= Mind/Body/Stretch

*Subbing for Catherine

*SCHEDULE SUBJECT TO CHANGE. Please see the front desk with questions. To see the current schedule and register to attend a class, download the Y app or visit our website at ymcanorth.org.