October 2021 | Woodbury YMCA

IMPORTANT INFO:

COSTUME CONTEST ALERT!

Oct. 25th – 31st

HARVEST A NEW HEALTHY HABIT!

October is typically the time of the year when farmers reap their harvest, hoping that their crop will prove to be abundant. The Y wants to challenge you to do the same this month. Let’s create healthy habits so we can reap the benefits for months to follow!

Healthy Habits to start here at the Woodbury YMCA:

• Go to a ForeverWell or SilverSneakers group fitness classes at least 2x a week. (check the last page for dates and times)
• Go to a Balance Assessments to see if you are at risk for a fall. (check last page for more information)
• Try out a Fitness Assessments that will show you around the fitness equipment upstairs and what could help with your specific goals. After the assessment, build a workout program from your new knowledge. (more info at front desk)
• Attend the social events that happen weekly to help with emotional and mental health.
• Go to at least one special ForeverWell event that is specific for October!
• Attend each educational talk that teaches on mind, body, and emotional health.

1st Place Prize: Stainless steel water bottle, mini cooler, and $15 gift card to Target
2nd Place Prize: YMCA water bottle and $10 gift card to Target
3rd Place Prize: Deck of Cards and $5 gift card to Target

BRANCH HOURS

| Mon – Fri: | 5am – 9pm |
| Sat: | 8am – 5pm |
| Sun: | 8am – 5pm |

WOODBURY YMCA

2175 Radio Drive, Woodbury, MN 55125

To Contact: Katie Stebbing
Email: Katie.Stebbing@ymcamn.org
Phone: (651) 259-1493

IF YOU WEAR A COSTUME ANY DAY DURING THE WEEK OF OCT. 25TH – 31ST, YOU CAN ENTER YOUR NAME IN FOR A DRAWING. MULTIPLE DAYS IN A COSTUME, EQUALS MULTIPLE ENTRIES IN THE DRAWING!

1st Place Prize: Stainless steel water bottle, mini cooler, and $15 gift card to Target
2nd Place Prize: YMCA water bottle and $10 gift card to Target
3rd Place Prize: Deck of Cards and $5 gift card to Target
COFFEE & CANVAS W/ SANDY: COMING TO A Y NEAR YOU...

Coffee, creamer, and creativity — what else could you need to add some color to your day? Sandy Danus is a very talented painter who wants to share her love and expertise for the arts. There is no experience or equipment needed, just an openness to learn and have a good time!

This could be you!

Woodbury YMCA Painters

Looks fun, right? Write these dates on your calendar so you don’t miss out!

November 16th - 11am-1:30 (2:00) - Forest Cabin

December 21st - 11am-1:30 (2:00) - Silver Pines

January 18th - 11am-1:30 (2:00) - Snowy Owl

February 15th - 11am-1:30 (2:00) - TBD

March 15th - 11am-1:30 (2:00) - TBD

Must register at Member Service Desk: $25 for members/ $30 for non-members

Here are a few photos of the art created in class last month:
WHAT TO LOOK FORWARD TO THIS OCTOBER!

FOREVERWELL EDUCATIONAL TALK: MANAGING STRESS NATURALLY
When: Tuesday, October 12th @11:30am – 12:30pm
Where: Thrivent Community Room
The very brilliant Dr. Kriva will focus on stress, what it is, and how it affects us from a health perspective. He also helps us take a look at how stress can impact our productivity and our ability to do the things we want to do. Finally, we learn specific tools that can be used to effectively manage stress naturally and tools that can be used immediately to help you better deal with the stress in your life today. Snack and coffee will be provided!

FOREVERWELL EDUCATIONAL TALK: MAKING HEALTHY CHANGES
When: Tuesday, October 19th @ 11:00am – 12:00pm
Where: Thrivent Community Room
Are you struggling with healthy eating, exercise, or reducing stress? Making a healthy change isn’t simple, but we are here to help with 7 simple steps to making healthy changes! Learn from a knowledgeable Humana representative on this topic. Snacks and coffee will be provided.

PUMPKIN PAINTINGS & A MOVIE
When: Friday, October 22nd @ 11:00am – 1:00pm
Where: Thrivent Community Room
Join me, your ForeverWell Coordinator, for a fun time of painting on little pumpkins, eating holiday inspired snacks, and watching It’s the Great Pumpkin, Charlie Brown! Bring friends, a smile, and your creativity! Coffee will be provided!

COSTUME BINGO!
When: Friday, October 29th @11:00am– 12:15pm
Where: Thrivent Community Room
Want a chance to earn some prizes and have some fun? Come and feel the thrill of yelling “BINGO!” and gaining bragging rights from your friends as you test your luck together! Wear a costume to receive an extra bingo sheet! Each bingo sheet will cost $1, coffee will be provided!

WHAT TO LOOK FORWARD TO WEEKLY...

THE SOCIAL BUNCH
When: Every Monday @9:30-10:30am
Where: Thrivent Community Room or Outside by the Flag Pole
Join others as they gather together for fun conversation, community, and making new memories with friends every week! This is a very welcoming social group that can be a great way to make new friends if you are new to the area or just looking for new people to talk to.

MAHJONG GAME GROUP
When: Every Wednesday @1:00pm
Where: The Scene Community Room
Mahjong is a tile-based game that was developed in the 19th century in China, and has now spread throughout the world. Meet new friends and test your skill as you play the game of Mahjong!

CARDS AND COFFEE GROUP
When: Every Thursday @9:30am –12:15pm
Where: The Scene Community Room
Meet friends for card games and coffee chats every week! Hand and Foot is played most often, but they are open to other card games as well! Coffee is provided.
FOREVERWELL GROUP FITNESS CLASSES

MONDAY:
8:00am – SilverSneakers® Circuit w/ Monica
8:15am – Water Exercise w/ Cheryl
9:00am – ForeverWell Yoga w/ Sara F.
9:15am – Water Exercise w/ Katie
9:30am – ForeverWell Bootcamp w/ Merilee
10:30am – SilverSneakers® Circuit w/ Merilee
12:15pm – Line Dancing w/ Wanda
1:15pm – Line Dancing (Intermediate/Adv.) w/ Wanda
1:30pm – SilverSneakers® Classic w/ Monica

TUESDAY:
8:30am – Water Tabata w/ Jeanine
9:15am – Water Exercise Power w/ Jeanine
10:30am – SilverSneakers® Classic w/ Deb
11:30am – Tai Chi for Health w/ Kimberley
1:30pm – SilverSneakers® Yoga w/ Julie

WEDNESDAY:
8:00am – SilverSneakers® Circuit w/ Katie
8:15am – Water Exercise w/ Cheryl
9:15am – Salsa Splash w/ Kathy
10:30am – SilverSneakers® Circuit w/ Julie
11:30am – Gentle Yoga w/ Jan
1:30pm – SilverSneakers® Circuit w/ Jennifer

THURSDAY:
8:30am – Water Exercise w/ Colleen
9:15am – Water Exercise Power w/ Colleen
10:45 – Zumba Gold w/ Colleen
12:30pm – SilverSneakers® Yoga w/ Katie

FRIDAY:
8:00am – SilverSneakers® Circuit w/ Jennifer
8:15am – Water Exercise w/ Cheryl
9:00am – ForeverWell Yoga w/ Jan
9:15am – Water Exercise w/ Katie
11:45am – Tai Chi for Health Instruction w/ Kimberley
1:30pm – SilverSneakers® Classic w/ Monica

FOREVERWELL ORIENTATION
Are you new to the Y? Join Katie for 45 minutes to learn what the Y has to offer you, how to register for classes & activities, and a YMCA tour. Sign up at Member Service Desk. Tuesday Mornings @ 9am FREE!

BALANCE ASSESSMENTS
Are you at risk for a fall? A 30 minute balance assessment can measure where you are physically and what you can work on to improve your balance and walking gait. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks to follow. Wear supportive shoes and bring water. Sign up at Member Service Desk. Thursday Mornings (anytime between 9-12pm) FREE!

If you have any comments, questions, or suggestions for me, and what we have offered here for you as a ForeverWell member, please feel free to reach out! To Contact:
Email: Katie.Stebbing@ymcan.org
Phone: (651) 259-1493