



FOREVERWELL

MARCH | WOODBURY

SPRING RECIPE!



MANGO LASSI

Celebrate Holi, the Hindu Festival of Colours, Love, and Spring, with a refreshing Mango Lassi! Embrace the spirit of India with this traditional recipe, blending ripe mangoes, yogurt, and cardamom. As we commemorate the triumph of good over evil on March 25th, let this cherished recipe transport you to the heart of Indian culture and celebration!

Ingredients:

1 1/2 cup Mangoes chopped

1 cup plain yogurt

1/2 cup milk (substitute with
vegan milk or water)

2-3 Tbsp sugar

1/4 tsp cardamom powder

To Garnish:

chopped nuts, saffron strands,
whipped cream, sliced pistachios

Directions:

In blender, combine all ingredients and blend the Mango Lassi until very smooth. Pour in serving glass and add garnishes of your choosing. If you prefer it colder, refrigerate it for an hour.

Tip: Alphonso mangoes are the best for Mango Lassi!



MARCH INTO ACTION: MAKE AN IMPACT!

Planting Seeds of Impact: Cultivating Community and Friendship Growth this Spring!

Making an impact isn't always about grand gestures or monumental acts—it's often found in the simple, everyday connections we make. Whether it's reaching out to someone in need, lending a listening ear, or offering a warm smile, these small acts of kindness ripple outward, creating waves of positivity in our communities.

Make an Impact with the YMCA this month by...

- **Making a donation for the Basic Needs Drive (see page 4), we are accepting food and self-care donations all through March!**
- **Learning to save a life by taking the CPR class for new Grandparents! (see page 3)**

BRANCH HOURS

Mon.- Fri: 5AM-9PM

Sat: 7AM-5PM

Sun: 7AM-5PM

WOODBURY

2175 Radio Drive, Woodbury, MN

55125 To Contact: Lilia Murphy

Email: Lilia.Murphy@ymcamn.org

Phone: 612-676-7716

YOUR FOREVERWELL COMMUNITY

WELCOME!

MEDITATION

When: Every Monday at 9AM,

Where: The Thrivent Community Room

Come for a relaxing and invigorating lesson on slowing the body down and being in the moment. Meditation is often the aspect of yoga that many struggle to sit through. Shelley will teach you many techniques with this calming class and, in turn, give you tools to regulate your nervous system.

BOARD GAME BUNCH

When: Every Monday @ 2pm

Where: The Thrivent Community Room

Do you like board games and competitive, yet friendly new people? Join in on the fun!

THE SOCIAL BUNCH

When: Every Monday, Tuesdays, and Fridays at 9:30AM,

Where: The Thrivent Community Room

Join others as they gather for fun conversation, community, and making new memories with friends every week! If you are new to the Y, this can be a great way to meet others in your community and foster new friendships with welcoming ForeverWell members.

FOREVERWELL BOOKCLUB

When: The first Tuesday of every month at 10:15am

Where: The Thrivent Community Room

This book club is for all 55 and older members who are looking for a community of book lovers such as themselves!

Reach out to Anna Mae for April's Book!

To learn more contact Anna Mae: annamaeg@msn.com

60 & SOLO GROUP

When: Every 3rd Friday of the month,

Friday, March 15 at 2:30-3:30pm

Where: Thrivent Community Room

Specifically for individuals who are 60+ and live solo or far away from family. Whether you're looking to explore new hobbies, share in lively discussions, or simply enjoy the company of like-minded individuals, 60 & Solo is the group for you! Join us and start creating unforgettable memories with new friends who are just as adventurous as you are!

GRIEF GROUP

When: Every Wednesday at 10AM

Where: Thrivent Community Room

Join us for a self-guided discussion group dealing with loss. Come for coffee, to talk, or to just listen. We shouldn't have to do life, or go through grief, alone. ALL are welcome!

CARD GAMES GROUP

When: Every W/Th/Fri at 10:30AM

Where: Thrivent Community Room

Join in on the fun of playing cards with new friends every Wednesday. Both Hand and Foot as well as Cribbage is popular games played. Even if you are unfamiliar with the card games, the members will gladly teach it to you so you can join in on the fun!

PICKLEBALL

When: Check Schedule Outside Gym

Where: The Gym

Pickleball is a highly addictive sport that is part tennis, part badminton, part ping-pong and all-around fun! There is both social and competitive times offered, so that you can find the people who pickle like you!

MY NAME IS LILIA AND I'M EXCITED TO BE YOUR NEW FOREVERWELL COORDINATOR!



WHAT CAN I HELP YOU WITH?

FOREVERWELL ORIENTATIONS

Wednesdays, at 9am

Are you new to the Y? Meet me, Lilia, your ForeverWell coordinator and get a 45 minute tour to learn what the Y has to offer you, how to register for classes/activities, and so much more!

[Sign up at Member Service Desk.](#)

BALANCE ASSESSMENTS

Are you at risk for a fall? A 30 minute balance assessment can measure where you are at physically and what you can work on to improve your balance. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks to follow.

[Sign up at Member Service Desk.](#)

Half an hour slots on Thursday mornings between 9:30-10:30am

WHAT IS HAPPENING IN MARCH?

THE EXTRAS FROM MEDICARE Free

When: Friday, March 8th @ 12:30-3:30pm

Where: Thrivent Room

Join us for an informative session where our expert, **Pat Markfort**, will answer your questions and provide invaluable insights about the world of Medicare. Whether you're seeking coverage options tailored to your healthy lifestyle or curious how your current plan supports your well-being, we've got you covered! Learn about how your Medicare plan provides extras like personal training, lessons, and equipment!

Please sign up at Member Services.

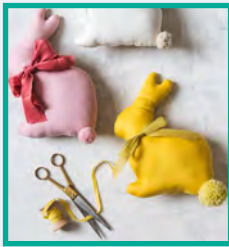
SPRINGTIME SPECTACULAR CRAFTING CLASS Free

When: Monday, March 11 at 1-4pm

Where: The Thrivent Community Room

Join us for an egg-citing crafting session where you'll learn to create adorable egg-carton daffodils, charming pom-pom Easter eggs, and cuddly easy-sew stuffed animal bunnies. Perfect for crafters of all levels, let your creativity bloom as you craft delightful decorations and heartfelt gifts to celebrate Easter and welcome the beauty of spring. **All ages welcome!**

Please sign up at Member Services.



We are accepting fabric & yarn donations for this event at the Front Desk!

SPRING BREAK: BRING A FRIEND IN FOR FREE!

When: March 4-11 Bring in a guest for free.

Please have guests bring a photo ID if over 16 years of age. Share the YMCA with a friend this March!

LUNCH AND LEARN WITH CSA Free

When: Wednesday, March 20th at 11:30-12:30pm

Where: Thrivent Room

Join us for a Lunch and Learn session with CSA (Community Supported Agriculture), where CSA will present an engaging overview of their produce program. As you learn about the benefits of supporting local agriculture, enjoy a delicious salad lunch!

Please sign up at Member Services.



GRILLED CHEESE, SOUP, & SOCIAL HOUR:

FOREVERWELL MEET & GREET Free

When: Monday, March 25th at 12-2pm

Where: Thrivent Room

Join us for a delectable grilled cheese and tomato soup luncheon, served with a side of friendly conversation. Meet your new ForeverWell coordinator and chat about our programs and what you'd like to see more of here at the YMCA. Come hungry, grab a plate of comfort food on us, and socialize with fellow members!

Please sign up at Member Services.



GRANDPARENT CPR Paid Class (Pricing to come)

When: Tuesday, March 26th

Where: Time and Place TBD please check in at front desk for update!

Calling all new grandparents! As you eagerly anticipate spending precious moments with your grandchildren, it's essential to prioritize their safety and well-being. Gain the confidence and skills needed to handle emergencies effectively with Grandparent CPR, ensuring the safety of your grandchildren!

Please sign up at Member Services.

HOW YOU CAN MAKE AN IMPACT WITH THE YMCA

YMCA DAY OF GIVING

MARCH 6, 2024:

**YMCA
DAY OF
GIVING**

Donations stay within the local Ys and their communities to fund life-changing community programs that promote healthy living, youth development, and social responsibility across the country. We could not do this without YOU!



BASIC NEEDS DRIVE

When: March 1 – 29, 2024 at Woodbury YMCA Donation Box

Make an Impact this March by supporting Basic Needs in their mission to uplift communities facing hardship. With a focus on equity, inclusion, and sustainability, Basic Needs provides barrier-free access to essential resources like nutritious food and affordable goods through their fresh food market and thrift shop. Join this cause by donating food and self-care items, ensuring that those in need receive vital nourishment and necessities!



What Can I Donate?

Families in need always welcome donations of non-perishable food items, cleaning, and self-care items

Please do not donate any medications (over the counter or prescription) or any items over-the-counter that can be potentially dangerous, including razor blades and cleaning chemicals.

Donation Suggestions

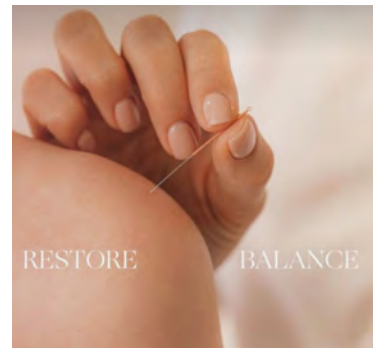
Mac & Cheese, Chef Boyardee Ravioli cans or cups, Jack Links Original Beef Jerky, Fruit Snacks, Annie Chun Noodle Bowls, Spaghettios, Yakisoba, Campbell's Chunky Soup, Lotion, Hair Brushes, Unscented Pads, Tampons, Shampoo, Conditioner, Bath Soap, Deodorant, Toothbrushes, Toothpaste

COMMUNITY ACCUPUNCTURE

When: Every T 5-7pm/Th from 3:30-5:30pm

Where: Thrivent Community Room

Acupuncture is known to help a variety of health concerns including anxiety, pain, chronic fatigue, and so much more! There are already countless testimonies of improved pain management by current members using this service. Tues . \$24/ Thurs. are FREE!



SPLASH OF WELLNESS: HYDRATION STATION EVENT

Free

When & Where: YMCA first floor, Thursday, March 14th at 11-2:30pm

After your workout, replenish and revitalize at our hydration station, where we'll be serving up an array of water, electrolytes, and healthy flavored water designed to rehydrate your body. Learn about the benefits of proper hydration, discover delicious ways to stay hydrated, and elevate your wellness routine!

MANAGING STRESS & CONFLICT

This month we will focus on techniques that help us stay in touch with our core values of **CARING, EQUITY, HONESTY, RESPECT & RESPONSIBILITY**, especially during stressful or challenging circumstances. Try using one of the following tools as a way to return to balance:

- Take 10 slow, deep breaths. If you notice your heart rate is still elevated, take 10 more!
- Choose one of your 5 senses to focus on for a few minutes. Find a place where you can sit with minimal distraction and bring your attention to what you hear, see, taste, smell or feel in the environment around you.
- Leave any nagging or persistent thoughts & feelings outside the door when you come into the Y. If it helps, you can visualize putting them into a box and leaving it outside the door. Promise your thoughts & feelings that you will pick them back up as you leave to head home, but they have to wait their turn for your attention as your time at the Y is important.
- Take a new class or say hello to a new friend. Enjoy your time at the Y moving in community!

EMBRACE THE PRESENT WITH MINDFULNESS.

Four techniques to make you feel calm and focused.



INTRODUCING THE FOREVERWELL SWIM CLUB

We're excited to gauge interest in launching the ForeverWell Swim Club—a dynamic community for members of all skill levels who love the pool! The ForeverWell Swim Club will meet monthly for invigorating swim workouts or fun challenges, providing an opportunity for members to connect and achieve their fitness goals in the water. If you're interested in joining our swim club, we want to hear from you!

Please **CONTACT** our Aquatics Director, **Vanessa Rucker** to express your interest and stay updated on the club's progress!

Email: vanessa.rucker@ymcamn.org

Phone: (651)259-9632



WELLNESS SAMPLER:

TRY A SMALL GROUP WELLNESS CLASS FOR FREE!

Join us for a special opportunity to experience the benefits of our small group wellness classes—for free! Work out alongside four to eight other participants and a dedicated Personal Trainer/Practitioner. With a total of 32 spots available on select days, don't miss this limited opportunity to sample these paid classes at no cost and discover the transformative power of small group training!

Choose ONE of the following classes for your free trial

STRENGTH TRAINING FOR SENIORS

CHOOSE ANY MONDAY IN MARCH AT 9AM

Your free session delves into essential topics such as sets, reps, tempo, and proper weight selection. A typical class begins with an informative segment covering key principles of strength training, followed by focused exercises targeting two major muscle groups.

Your trainer guides you through proper form, resistance, and any necessary modifications, fostering a safe and effective workout experience.



WOMEN ON WEIGHTS

CHOOSE ANY MONDAY IN MARCH AT 11:30AM

Your free session offers a tailored approach to strength training, catering to every woman, regardless of experience or fitness level. This class takes you through a

comprehensive workout from start to finish, ensuring your safety, confidence, and progress every step of the way.



HOW TO REGISTER

Registration opens as early as one week prior to the class date

CONTACT Laurie Kumferman with the class you would like and the date

Email: laurie.kumferman@ymcamn.org

Phone: (651)683-4706



FOREVERWELL

CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- Arthritis water Exercise
- SilverSneakers® Yoga
- SilverSneakers® Classic
- Water Exercise

ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- Line Dancing
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- Water Exercise Tabata or Power

EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- Line Dancing Intermediate
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- Gentle Yoga

FOREVERWELL GROUP FITNESS LASSES

MONDAY:

8:00am – SilverSneakers Circuit
w/ Monica STUDIO 3 (upstairs)

8:00am – Gentle Yoga w/ Shelley
B./ Jennifer M. STUDIO 1

8:15am – Water Exercise
w/ Cheryl POOL

9:00am – ForeverWell Yoga
w/ Sara F. STUDIO 1

9:00am Meditation w/ Shelley
THRIVENT ROOM

9:15am – Water Exercise
w/ Debbie POOL

9:30am – ForeverWell Combo
(Bootcamp) w/ Merilee STUDIO 1

10:30am – SilverSneakers Circuit
w/ Merilee STUDIO 1

11:30am – SilverSneakers Yoga
w/ Katie STUDIO 1

12:30pm – Line Dancing
w/ Wanda STUDIO 1

1:30pm – Line Dancing
(Intermediate/Adv.) w/ Wanda
STUDIO 1

1:30pm – SilverSneakers Classic
w/ Monica STUDIO 3

TUESDAY:

8:30am – Water Tabata
w/ Jeanine POOL

9:15am – Water Exercise Power
w/ Jeanine POOL

9:30am – SilverSneakers Yoga
w/ Katie STUDIO 3

10:30am – SilverSneakers Classic
w/ Katie STUDIO 3

11:30am – ForeverWell Cardio
w/ Katie STUDIO 3

11:30am – Tai Chi 1- 21 forms of
Sun Style w/ Kimberley STUDIO 1

12:30pm – SilverSneakers Yoga
w/ Julie STUDIO 3

12:40pm – Tai Chi 2- 20 new
forms of Sun 41 w/ Kimberley
STUDIO 1

WEDNESDAY:

8:00am – SilverSneakers Circuit
w/ Ann STUDIO 3

8:00am – ForeverWell Yoga
w/ Sara F. STUDIO 1

8:15am – Water Exercise
w/ Cheryl POOL

9:15am – Salsa Splash
w/ Kathy POOL

10:30am – SilverSneaker Circuit
w/ Julie STUDIO 1

11:30am – Gentle Yoga
w/ Jan STUDIO 1

11:30am – Arthritis Water
Exercise w/ Katie POOL

THURSDAY:

8:00am – Silver Sneakers Circuit
w/ Ann STUDIO 1

8:30am – Water Exercise
w/ Colleen POOL

9:15am – Water Exercise Power
w/ Colleen POOL

10:45am – Zumba Gold
w/ Colleen STUDIO 3

11:35am – ForeverWell Cardio
w/ Katie STUDIO 3

11:45am – Gentle Yoga
w/ Tamara STUDIO 1

12:30pm – SilverSneakers Yoga
w/ Katie STUDIO 3

1:30pm – SilverSneakers Circuit
w/ Katie STUDIO 3

FRIDAY:

8:00am – SilverSneakers Circuit
w/ Jennifer STUDIO 3

8:15am – Water Exercise
w/ Cheryl POOL

9:00am – ForeverWell Yoga
w/ Lucia S./ Adeline STUDIO 1

9:15am – Water Exercise
w/ Debbie POOL

11:45am – Tai Chi 3
w/ Kimberley STUDIO 3

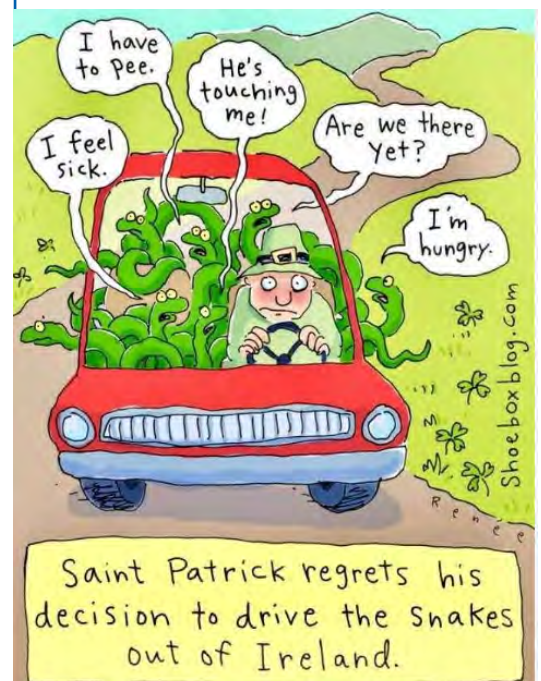
1:30pm – SilverSneakers Classic
w/ Monica STUDIO 3

**Effective March 1st
we will no longer
have Water Exercise
reservations!**

WE NEED YOU!

BECOME A Y AMBASSADOR

Do you find yourself spending multiple hours here at the Woodbury YMCA? Do you know or want to get to know many of the ForeverWell members that are regulars here? Are you passionate about the this community and growing the ForeverWell program provided at the Woodbury Y? Become a Y ambassador! We are looking for kind, organized, and passionate individuals who have a heart for the Y and our mission to help the ForeverWell members in our community. For more information email tara.monack@ymcamn.org



ForeverWell Calendar

March 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4 The Social Bunch group at 9:30am every Monday!	5	6 YMCA DAY OF GIVING	7	8 MEDICARE INFO SESSION 12:30-3:30PM	9
10 SPRING FORWARD WITH DAYLIGHT SAVINGS TIME!	11 SPRING CRAFTING CLASS 1-4PM	12	13	14 HYDRATION STATION 11-2:30PM	15 60 & SOLO GROUP 2:30-3:30PM	16
17 ST.PATRICK'S DAY 	18	19 First Day of Spring!	20 CSA LUNCH & LEARN 11:30- 12:30PM	21	22	23
24	25 GRILLED CHEESE SOCIAL HOUR 12-2PM	26 GRAND- PARENT CPR	27	28	29	30
31 EASTER 						

March 4-11 Bring a
friend to the YMCA for
free!