



# FOREVERWELL

JULY | WOODBURY

## CELEBRATE THE OUTDOORS

### JULY HIGHLIGHTS

#### THE ABC'S OF MEDICARE

**When:** Tuesday, July 8th 12pm

**Where:** Multi Purpose Room

Join us for an informative session where an expert will answer your questions and provide insights about medicare. The following topics will be discussed: supplements compared to advantage plans, when to enroll in parts A,B,C and D, \$0 plan, Dental, Eyecare, Hearing Aids, Fitness plans and Equipment. Sponsored by Pat Markfort 651-428-8871 Licensed Agent

Please Sign Up at Member Services

#### 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 follow. Please contact Scarlett to make an appointment.

#### Nature's Not Just Nice, It's Necessary

Studies show that spending time outdoors improves memory, reduces stress, and increases feelings of happiness. So let's step outside together!



**Spend Time With  
Family and Friends  
Outdoors**

Try gardening for a  
boost in mood and  
mobility



#### This Month in ForeverWell

We're bringing thoughtful conversation, meaningful connection, and a little summertime fun to the Y this month.

Join us for special events including a healing grief talk, a potluck honoring immigrant stories, a festive pre-Fourth picnic, and engaging wellness presentations.

**Get Outside and  
Enjoy the Sunshine!**



#### BRANCH HOURS

Mon.- Fri: 5AM-9PM  
Sat: 7AM-5PM  
Sun: 7AM-5PM

#### TO CONTACT:

Scarlett Johnson  
Phone:  
651-229-6423

Email:

[scarlett.johnson@ymcanorth.org](mailto:scarlett.johnson@ymcanorth.org)

#### WOODBURY

2175 Radio Drive,  
Woodbury, MN  
55125

# YOUR FOREVERWELL COMMUNITY

## SOCIAL BUNCH

**When:** Every Monday at 9:30–11am **Where:** 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.

## GRIEF AMONG FRIENDS: SOCIAL GROUP

**When:** Every **Tuesday** at 11:30AM **Where:** Multi Purpose Room

A welcoming, peer-led group where people come to talk, listen, and connect during a time that can feel isolating. Some are new, others long-time participants—but all gather for mutual support and friendship, sharing both good days and hard ones. This is not a professionally facilitated group, but a caring community built on shared experience.

## BOOK CLUB

**When:** The **Second** Tuesday of the month @ 1:30–2:30pm **Where:** Community Room

This month, we're reading *The Lost and Found Bookshop* by Susan Wiggs. Set in San Francisco, this novel follows Natalie Harper as she inherits her family's struggling bookshop—and the unexpected journey of healing, love, and self-discovery that unfolds between its shelves. It's a touching story about second chances, the power of community, and the magic of books.

## 60+ & SOLO GROUP

**When:** Every 3rd Friday of the month, 2:30–3:30pm **Where:** Multi Purpose Room  
60+ and Solo will not be meeting in July, and will start again in August. 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.

## CARD GAMES GROUP

**When:** Every W//Fri Mornings 10am **Where:** Community Room

Join in on the fun of playing cards, 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!

## WATER BALL

**When:** Every Wednesday, 7:20am–8:05am **Where:** The pool  
Waterball is a fantastic way to stay active, improve hand-eye coordination, and enjoy the pool with friends. Whether you're looking to break the ice with new acquaintances or just want to have a good time.

## MEDITATION

**When:** Every Monday at 9AM **Where:** Multi Purpose 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. They will teach you many techniques with this calming class and, in turn, give you tools to regulate your nervous system.

# WOODBURY FOREVERWELL COORDINATOR

## WHAT CAN I HELP YOU WITH?

### FOREVERWELL ORIENTATIONS

Wednesdays, at 9am

Are you new to the Y? Come learn what the Y has to offer you, get a tour of the facility and ask any questions you may have. Learn how to register for classes/activities, and so much more!

### NAVIGATING YOUR Y MEMBERSHIP

Coming back after some time away? Or just not sure where to start? I'm here to help! Whether you need help learning how to use your membership, registering for classes, or deciding what's right for you, I'd be happy to connect with you one-on-one.

### INTERESTED IN VOLUNTEERING?

Volunteering at the Y is a great way to stay active, connect with others, and make a difference in your community. Whether you enjoy welcoming members, helping with events, or supporting special programs, there are many ways to get involved.

### NEED HELP WITH YOUR PHONE?

If you need assistance with your smartphone, I am here to help. Whether it's sending messages, using apps, or navigating features, you can schedule an appointment with me. Please reach out or stop by between 7am-3pm on a Mon, Wed, or Fri

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### EGYM ORIENTATIONS

Curious about our full-body strength training circuit? EGYM is an 11-machine system that automatically adjusts to your height and sets the resistance for you. It's a personalized, efficient way to build strength safely and effectively. Let us show you how it works—contact me for an orientation today!



#### **ABOUT ME**

I am currently a college student studying Psychology! Outside of my work at the YMCA, I compete in amateur boxing & Coach Cheerleading. I'm looking forward to connecting with you—please feel free to reach out with any questions or suggestions!

**To make appointment contact:**

[scarlett.johnson@ymcanorth.org](mailto:scarlett.johnson@ymcanorth.org)

**Phone:** 651-229-6423

# FOREVERWELL EVENTS

## HEALING THE SOUL THROUGH GRIEF & LOSS

**When:** Wednesday, July 16th, 11:00am–1:00pm

**Where:** Community Room

This workshop is designed to create a safe, compassionate space where you can explore your unique journey through grief. Together, we'll uncover the many faces of loss and learn gentle, practical tools to support healing and renewal. Whether your pain is recent or rooted in the past, you'll find understanding, encouragement, and connection with others who truly get it.

**Sign Up at Member Services Required**



## HONORING IMMIGRANT STORIES: CULTURAL POTLUCK

**When:** Friday, July 11th 12:00pm–1:00pm

**Where:** Community Room

Join us for a cultural potluck celebrating the rich diversity that makes up our community. You're invited to bring a dish that represents your home country, your ancestors' heritage, or a culture you feel connected to. We'll also welcome guest speaker Rezvan Tebyanifard—a ForeverWell member and beloved friend of the Y—who will share her powerful and persevering story of immigrating to the United States.

**Sign Up at Member Services Required**



## THE ABC'S OF MEDICARE

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**Where:** Multi Purpose Room

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# FOREVERWELL EVENTS

## THE FIVE SECRETS TO VIBRANT HEALTH

### TRAINWRECK TO TERRIFIC, PRESENTED BY: DR. KRIVA

**When: Tuesday, July 15th 11:00am–12:00pm**

**Where: Community Room**

This talk meets you where you are in your current health journey, offering a supportive and engaging starting point. It introduces the five essential keys to achieving and maintaining vibrant health, explained in a fun, accessible way. Attendees will explore new, cutting-edge insights on diet, exercise, sleep, and other critical factors—leaving with practical tools they can immediately apply to improve their well-being.

Sign Up at Member Services Required



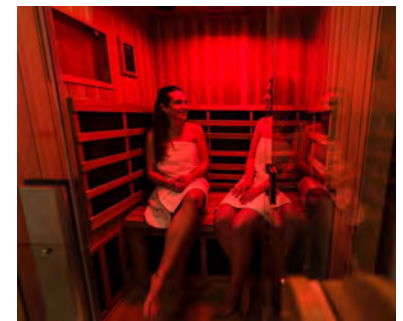
## BEAM LIGHT SAUNA INFO SESSION

**When: Wednesday, July 9th 11:00am–12:00pm**

**Where: Community Room**

Discover the science and benefits behind light therapy in this engaging and informative presentation by Beem Light Sauna of Woodbury. This session introduces infrared sauna and red light therapy as natural, non-invasive tools for improving overall well-being. Attendees will learn how these therapies can support detoxification, pain relief, skin health, stress reduction, and more—especially as we age. The presentation is easy to follow, rooted in science, and includes practical takeaways to help you feel your best.

Sign Up at Member Services Required



## CAREGIVING – PREPARE TO CARE

**When: Wednesday, July 23rd 11am–12pm**

**Where: Community Room**

One in six Minnesotans is a family caregiver. No matter where you are in the journey of family caregiving – just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time – having a good framework to guide both you and your loved one will make the process easier. During this session, we will share a framework to help you make plans to care for friends, family members, or loved ones.

Sign Up at Member Services Required





# FOREVERWELL FIELD TRIP **The Chanhassen Theatre Presents:**

**ONLY 9  
SPOTS LEFT!**

## **GREASE**

**Date: Wednesday, August 13th**

### **Time:**

Bus Pickup from Woodbury YMCA at 10:50am

Showtime: 1PM

Bus Drop off at Woodbury YMCA around 4PM

### **Price:**

Members \$125 / Non Members \$130

**LUNCH INCLUDED**

Questions/ Concerns reach out to:

[scarlett.johnson@ymcanorth.org](mailto:scarlett.johnson@ymcanorth.org) 651-229-6423

**Registration is now open**

**Please Sign up at Member Services**

YMCA of the North | 6 | [ymcanorth.org](http://ymcanorth.org)

# **FOREVERWELL GROUP FITNESS CLASSES:**

## **MONDAY:**

- 8:00am - SilverSneakers Circuit**  
w/ Monica STUDIO 3
- 8:15am - Water Exercise**  
w/ Cheryl POOL
- 9:00am - ForeverWell Yoga**  
w/ Sara F. STUDIO 1
- 9:00am Meditation**  
MULTI- ROOM
- 9:15am - Water Exercise**  
w/ Debbie POOL
- 9:30am - ForeverWell Combo**  
w/ Merilee Gym
- 10:30am - SilverSneakers Circuit**  
w/ Merilee STUDIO 1
- 11:30AM SilverSneaker 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/ Janine POOL
- 9:15am - Water Exercise Power**  
w/ Janine POOL
- 9:30am - SilverSneakers Yoga**  
w/ Katie STUDIO 3
- 10:30am - SilverSneakers Classic**  
w/ Deb STUDIO 3
- 11:30am - ForeverWell Cardio**  
w/ Deb 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:**

- 7:30am - WaterBall** in Lap Pool
- 8:00am - SilverSneakers Circuit**  
w/ Ann STUDIO 3
- 8:00am - ForeverWell Yoga**  
w/ Shelley B. STUDIO 1
- 8:15am - Water Exercise**  
w/cheryl POOL
- 9:15am - Salsa Splash**  
w/ Kathy POOL
- 10:30am - SilverSneaker Circuit**  
w/ Julie STUDIO 1
- 11:40am - ForeverWell Cardio**  
w/ Katie STUDIO 3
- 1:30-Silver Sneaker Circuit**  
w/ Monica STUDIO 3

## **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
- 9:30-SilverSneaker Yoga**  
w/ Katie Studio 3
- 10:45am - Zumba Gold**  
w/ Colleen STUDIO 3
- 10:30am - Gentle Yoga**  
w/ Tamara STUDIO 1

## **FRIDAY:**

- 8:00am - SilverSneakers Circuit**  
w/ Jennifer STUDIO 3
- 8:15am - Water Exercise**  
w/ Cheryl POOL
- 9:00am - ForeverWell Yoga**  
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



# JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meditation @9am the social bunch @9:30am	Grief Group @11:30am	card games @10am		card games @10am Ted Talk 9am <b>WE ARE CLOSED, HAPPY FOURTH</b>
	1	2	3	4
Meditation @9am the social bunch @9:30am	Grief group @11:30am <b>BOOK CLUB 1:30PM THE ABC'S OF MEDICARE 12:00pm-1:00pm</b>	card games @10am <b>BEAM LIGHT SAUNA INFO SESSION 11AM-12PM</b>		card games @10am Ted Talk 9am <b>CULTURAL POTLUCK 12:00PM</b>
7	8	9	10	11
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14	15	16	17	18
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21	22	23	24	25
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28	29	30	31	