



FOREVERWELL

OCTOBER 2023 | DOUGLAS DAYTON YMCA AT GAVIIDAE

SAVE THE DATE



HAPPY HOUR

Tuesday, October 17th,
4p.m. - 6p.m.

8th Street Grill
800 Marquette Avenue

Come Together at Camp St Croix November 11-12

Join us for a holistic wellness retreat that engages all of your senses! Immersing yourself in movement, music, nature, conversation, mindfulness, or art, you'll also learn tips and gain tools to easily incorporate at home.

Standard hostel-style cabin, \$90

Plumbed cabin, \$156

Commuter, \$50



INTRODUCING JEN MENK

DAYTON YMCA AT GAVIIDAE'S NEW EXECUTIVE DIRECTOR

Join us for a "meet and greet" on Thursday, October 12th at 10:15a.m. outside of Studio Ex following the ForeverWell Combo Class.

We are pleased to welcome Jennifer Menk as the new Executive Director of Dayton YMCA. Jennifer started her YMCA journey in 2013 as the Senior Director of Health and Wellbeing and is excited to now serve as the Executive Director, where she can channel her passion for the downtown community and her extensive corporate wellness experience. With over 30 years of leadership in the Health and Wellbeing industry, Jennifer's focus on whole person wellbeing aligns perfectly with the YMCA's mission.

BRANCH HOURS

Monday - Thursday: 6am - 8pm
Friday: 6am - 7pm
Saturday: 7am - 12pm
Sunday: Closed

DOUGLAS DAYTON YMCA

651 Nicollet Mall
Minneapolis, MN 55402
612-230-3475



The Aster Cafe

Minneapolis
Convention Center
Tour



The Puttery





FUN, INTERACTIVE WORKSHOPS TO SUPPORT YOUR WELLBEING

Wellbeing is a journey, integrating all aspects of your life - physical, mental, spiritual, social, and environmental - to create a sense of wholeness.

Our wellbeing workshops are designed to help you on that journey. We offer a variety of topics to meet your individual needs, and our small-group setting creates a safe and supportive space for you to explore, learn, and grow!

- OCT 3** **Boosting Your Stress Resilience**
Thursday, 6:00 – 7:00 p.m.
Virtual
- OCT 12** **Boosting Your Stress Resilience**
Thursday, 6:00 – 7:00 p.m.
Midway, Community Room
- OCT 21** **Simplifying Daily Self-Care**
Saturday, 11:00 a.m – 12:00 p.m.
Virtual

- OCT 10** **Cultivating Positive Self-Talk**
Tuesday, 6:00 – 7:00 p.m.
Virtual
- OCT 19** **Simplifying Daily Self-Care**
Thursday, 6:00 – 7:00 p.m.
Ridgedale, Conference Room
- OCT 25** **Cultivating Positive Self-Talk**
Wednesday, 6:00 – 7:00 p.m.
Blaisdell, Warehouse



REGISTER TODAY!

\$24 for YMCA members, \$26 for non-members
All workshops are 60 minutes.
Financial assistance is available.

ymcanorth.org/wellbeing
612-465-0468





Complete 5 activities during Active Aging Week and enter to win a prize! Hand Into the front desk when finished.

Options Include:

Attend a ForeverWell Social Event (Includes rooftop stretching and film club.)

Attend ForeverWell or Silver Sneakers Classes

Go for a swim in the pool

Play Pickleball

Schedule a Fitness Orientation or Personal Training Session

Sign up for YFit Circuit Training

Sign up for a Wellbeing Class/Workshop

Sign up for a Pilates Reformer Class



Time	Class
Monday	
Group Cycle	6:15am
ForeverWell	10:15am
Group Power	12:00pm
Body Pump	4:30pm
Yoga	5:15pm
Tuesday	
Performance	6:15am
Bootcamp	6:30am
ForeverWell Co	9:30am
Core	10:40am
Silver Sneakers	11:15am
Mat Pilates	4:00pm
Wednesday	
Group Cycle	6:15am
Water Exercise	8:30am
ForeverWell Yoga	10:30am
Yoga Flow	11:45am
Group Power	12:00pm
Group Cycle	4:30pm
Thursday	
Performance	6:15am
ForeverWell Co	9:30am
Rhythm Ride	11:45am
Group Cynergy	5:00pm
Friday	
Mat Pilates	9:30am
ForeverWell Yoga	10:30am
HIIT	11:30am
Saturday	
Yoga Flow	9:30am

October 2nd - 7th - **Active Aging Week** - Complete 5 ForeverWell activities and enter to win a prize. Turn the page from the newsletter in to the front desk with your name and contact info on it and the activities you have completed circled.

October 2nd, 9th, 16th, 23rd & 30th 1:45 p.m. - 3:15 p.m. - **Pickleball** - Everything is provided. Meet on the basketball court on the 4th floor. This is a group of beginners and it is member-led.

October 3rd, 10:30a.m. - 11:00a.m. - **Coffee and Stretching on The Rooftop** - weather permitting. Come enjoy fellowship and a relaxing stretch on our beautiful rooftop garden.

October 3rd, 10th, 17th, 24th & 31st - **Silver Sneakers Classic** - Tuesdays at 11:15 a.m. in Studio Ex. Chairs available for balance and rest.

October 12th & 26th - **Meditation with Michael** - 10:35 a.m. in Studio Harmony. Join us for a time of relaxation and clear your minds for 15 minutes. This is an introduction to meditation and all are welcome.

October 16th at 10:00 a.m. & October 24th at 9:30a.m. - **ForeverWell New Member Orientation** - Meet with Julie, our ForeverWell Coordinator, to find out what exactly ForeverWell is and what opportunities there are to work-out, be social and participate in educational opportunities. Call 612-371-8769 with any questions.

October 17th - 4:00 - 6:00 p.m. **Happy Hour - 8th Street Grill**. See front page for details. At your own cost.

October 19th - 10:35 a.m. - **Book Club Meeting** - Meet outside Studio Ex - Discuss previous book and receive the new one.

Coming in November - **Camp St. Croix** - Stay tuned for details.



OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Active Aging Week Pickleball 1:45p.m. - 3:15p.m.	3 Coffee and Stretching on the Rooftop 10:30a.m. - 11a.m.	4 Water Exercise 8:30a.m. - 9:15a.m. Pickleball 9a.m. - 11:25a.m.	5 ForeverWell Combo Class 9:30a.m. - 10:15a.m.	6 Film Club Strangers on a Train 1:00p.m. MPLS Library	7
8	9 Ask Mike - CPR Questions 11:05a.m. Studio Ex	10	11 Intro to Mindful Eating 6 - 7 p.m. Virtual Class	12 Meet Jen Menk 10:15a.m. Studio Ex Meditation 10:35a.m. Harmony	13 Film Club Rear Window 1:00p.m. MPLS Library	14
15	16 ForeverWell Orientation 10:00a.m.	17 Happy Hour 8th Street Grill 4-6p.m.	18 Pickleball 9a.m. - 11:25a.m.	19 Book Club 10:35a.m. Outside Studio Ex	20 Film Club Suspicion 1:00p.m. MPLS Library	21
22	23 Pickleball 1:45p.m. - 3:15p.m.	24 ForeverWell Orientation 9:30a.m.	25 Pickleball 9a.m. - 11:25a.m.	26 Meditation 10:35a.m. Gut Health and Immunity 6-7p.m. Virtual	27 Film Club Rope 1:00p.m. MPLS Library	28 Grocery Shopping 101 Howard Mezile YMCA 10a.m. - 11a.m.
29	30	31 Dress up for Halloween				