



FOREVERWELLL

AUGUST 2023 | HAROLD MEZILE NORTH COMMUNITY YMCA

SAVE THE DATE

CARD DAY
EVERY FRIDAY
FROM 10AM-2PM

SMOOTHIE THYME
Wednesday August 9th &
23rd @ 11:15am-12:30pm

MENTAL HEALTH TALK



Tuesday August 22nd @
11:30am-1pm



NACHO TUESDAY!!
August 29th 11:15am-
12:30pm

PICKLEBALL!!

Thursdays 10:30am-12:30pm



ADVENTURE DAILY!!!

THE ROAD TO ADVENTURE IS ALWAYS OPEN

As we advance into the middle of summer, the Y wants to encourage you keep the outdoor adventures going. As you continue to enjoy longer and healthier lives, you should seek new and exciting ways to stay active and engaged. While adventure travel may not be for everyone, it offers a range of benefits for those who are willing to take the leap. From improved physical health and mental well-being to expanded social networks, adventure travel can provide seniors with a host of advantages that can enhance your quality of life in meaningful ways. One of the primary benefits of adventure travel for seniors is the increased level of physical activity it provides. Many adventure travel activities involve walking, hiking, and other forms of exercise that can improve cardiovascular health, boost endurance, and enhance overall physical fitness. Engaging in physical activity during adventure travel can also help seniors to maintain a healthy weight, reduce the risk of chronic diseases such as diabetes and heart disease, and improve overall mobility.

BRANCH HOURS

Monday-Friday: 7am-8pm
Saturday: 8am-2pm
Sunday: Closed

HAROLD MEZILE NORTH COMMUNITY YMCA

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Minneapolis, MN 55411
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ForeverWell Coordinator
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SMOOTHIE THYME!!

IN THE UPSTAIRS TEACHING
KITCHEN WEDNESDAY AUGUST
9TH & 23RD



Replenish with a refreshing smoothie
after your workout!

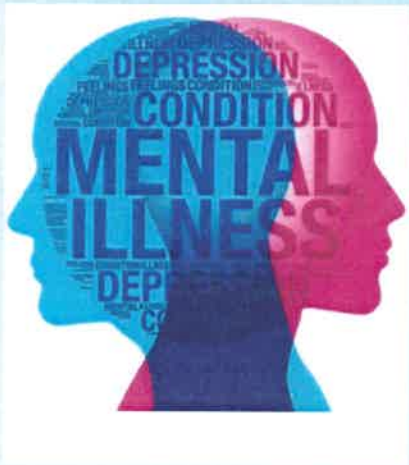
PICKLE BALL THURSDAYS 10:30AM-12:30PM



STARTING AUGUST 10TH

MENTAL HEALTH TALK

Tuesday August 22nd @11:30-1pm



Come be a part of an enlightening
and therapeutic dialog with
Behavioral Therapist Jamieya Bolin-
Johnson from Touchstone Mental
Health August 22nd in the upstairs
Teaching Kitchen from 11:30-1pm.

SAVE YOUR \$\$\$

Start your mornings off right with
a fresh cup of coffee on us!



SPECIAL THANK YOU!

*To everyone who participated In the
ForeverWell Potluck BBQ, and a very special
thank you to everyone who brought a dish! It
wouldn't have been a success without you.*

Thanks Mr.Ced for your skills the grill!

BE ON THE LOOKOUT

For flyers announcing other events
at th Y.



GROUP EXERCISE CLASSES!

Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers Classic 9:30-10:15am Tanisha		SilverSneakers Classic 9:30-10:15am Tanisha	ForeverWell Combo 9:00-9:45am Renee	
ForeverWell Cardio 10:30-11:15am Velma	Strength & Core Conditioning 10:20-11:05am Eric			ForeverWell Group Cycling 10:00-11:00am Eric
		Water in Motion 11:00-11:45am Q		Core Conditioning 11:00-11:30am Eric