



# FOREVERWELL

MARCH 2024 | HUDSON YMCA



## YMCA Day of GIVING

**March 6, 2024**

**Join the generosity  
movement and make a  
difference in the  
Hudson Y Community.**



**Scan the code to make a  
gift or go to:**

[ymcanorth.org/dayofgiving](https://ymcanorth.org/dayofgiving)



Mandala Rock Painting Class results 1/24

## FW Nordic Walk at Camp St Croix

**Tuesday, March 19th 9:00-10:00AM**

The Nordic Walk will be taking place at Camp St Croix this week. Please meet at the River Center, which is the main building off of the South Entrance.

## Parkinson's Disease Talk by Parkinson's Foundation MN

**Wednesday, March 20th 1:00-2:00PM Studio 2**

Join us to increase your knowledge of PD and learn about common early symptoms.

**Register at Member Services. Limit 25.**

## Planned Giving Talk by Joe Sullivan

**Wednesday, March 27th 1:00-2:00PM Studio 2**

Charitable giving can positively change lives for the better. Learn smart strategies to make your gifts more meaningful, possibly reduce your taxes, and even provide a source of fixed income for you and your loved ones.

**Register at Member Services. Limit 25.**

### BRANCH HOURS

MONDAY-FRIDAY 5AM - 9PM  
SATURDAY-SUNDAY 7AM - 5PM

### HUDSON YMCA

2211 VINE STREET  
HUDSON, WI 54016-1899  
[WWW.YMCANORTH.ORG](http://WWW.YMCANORTH.ORG)



**"Exercise not only changes your body, it improves your mind, your attitude and your mood. "**

## **FOREVERWELL ORIENTATION**

ARE YOU NEW TO THE Y? LEARN ABOUT FITNESS OFFERINGS, HOW TO REGISTER FOR CLASSES & ACTIVITIES AND GET A TOUR. SIGN UP AT MEMBER SERVICES. IF OFFERED TIMES DON'T WORK, CONTACT LEAH KROLL.



### **I AM HERE TO HELP**

IF YOU WOULD LIKE MORE INFORMATION ON PROGRAMS OR CLASSES, PLEASE REACH OUT BY PHONE OR EMAIL YOUR FOREVERWELL COORDINATOR :

LEAH.KROLL@ YMCANORTH .ORG  
OR CALL DIRECTLY  
651-435-6734

## **FITNESS ASSESSMENT**

AFTER COMPLETING YOUR FOREVERWELL ORIENTATION, SIGN UP AT MEMBER SERVICES FOR A COMPLIMENTARY FITNESS ASSESSMENT WITH A PERSONAL TRAINER! AVAILABLE TO FOREVERWELL MEMBERS WHO ARE NEW OR RETURNING.

## **FOREVERWELL EXERCISE CLASSES**

### **MONDAY :**

**8:10 AM - FOREVERWELL WATER EXERCISE**

**8:15 AM - SILVERSNEAKERS YOGA**

**9:15 AM - SILVER SNEAKERS CLASSIC**

### **TUESDAY :**

**7:30 AM - FOREVERWELL WATER EXERCISE**

**8:00 AM - FOREVERWELL CYCLE (30 MINUTE CLASS)**

**9:00 AM - NORDIC WALKING \*MARCH 19TH MEET AT CAMP ST CROIX**

**9:15 AM - SILVERSNEAKERS YOGA**

**10:15 AM - SILVERSNEAKERS CIRCUIT**

**11:15 AM - MEDITATION \* MARCH 5TH AND 12TH ONLY**

### **WEDNESDAY:**

**8:10 AM - FOREVERWELL WATER EXERCISE**

**9:15 AM - SILVERSNEAKERS CLASSIC**

**10:15 AM - SILVERSNEAKERS YOGA**

**1:00 PM - LINE DANCING BEGINNING**

**2:00 PM - LINE DANCING INTERMEDIATE**

### **THURSDAY :**

**7:30 AM - FOREVERWELL WATER EXERCISE**

**8:00 AM -FOREVERWELL CYCLE (30 MINUTE CLASS)**

**8:15 AM - SILVERSNEAKER YOGA**

**9:15 AM - SILVERSNEAKER CIRCUIT**

**11:15 AM - FOREVERWELL STRETCH AND BALANCE**

### **FRIDAY :**

**7:30 AM - FOREVERWELL WATER EXERCISE**

**9:15 AM - SILVERSNEAKERS CIRCUIT**

# FOREVERWELL SOCIAL ACTIVITIES

**MONDAY :**      **WOODCARVING**

**2:30 PM**

**STUDIO 2**

**BRING YOUR OWN SUPPLIES**

**CONVERSATIONS & CONNECTIONS**

**MEETS 3RD MON OF EACH MONTH AT 11:30 AM**

**TUESDAY :**      **NORDIC WALKING**

**9:00 AM**

**MEET IN LOBBY**

**POLES AVAILABLE**

**BOOK CLUB**

**MEETS 2ND TUES OF EACH MONTH AT 10:15AM**

**SEE ATTACHED FLIER FOR BOOK LIST**

**WEDNESDAY: TABLE GAMES**

**10:00 AM**

**COMMUNITY ROOM**

**KNITTING GROUP**

**12:00 PM**

**COMMUNITY ROOM**

**THURSDAY :**      **MAH JONGG - NEWCOMERS WELCOME**

**12:30 PM**

**COMMUNITY ROOM**

**FRIDAY :**      **PING PONG AND BAGS**

**10:15 AM**

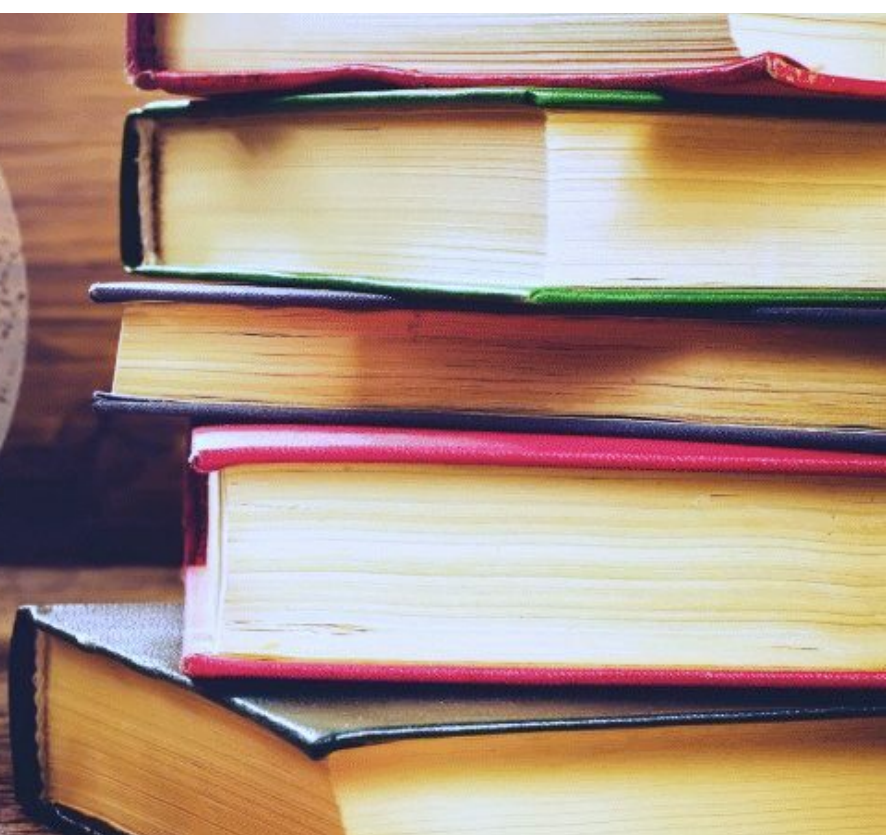
**STUDIO 2**







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FOREVERWELL BOOK CLUB

March 12th

Salt to the Sea

by Ruta Sepetys

May 14th

The House of Eve

by Sedeqa Johnson

April 9th

Ordinary Grace

by William Kent Krueger

June 11th

Dear Edward

by Ann Napolitano

MEETS THE 2ND TUESDAY OF EVERY MONTH  
10:15 AM COMMUNITY ROOM NO REGISTRATION