



# FOREVERWELL

OCTOBER 2023 BURNSVILLE

## SAVE THE DATE

### COLORING & COFFEE

T, October 10 & 24

### HEALTH FAIR & MEDITATION

W, October 11

### PICKLEBALL BASICS &

### HAND & FOOT

Th, October 12 & 26

### CAMP HIKE

F, October 13

### FOREVERWELL CONNECTION

T, October 17

### OCTOGENARIAN COFFEE

W, October 18

### CARDCRAFTING

Th, October 19

### GRANDPARENTING

Th, October 19

### WALKING POKER

W, October 25

### HALLOWEEN BINGO

F, October 31

**Kathi Eilers, FW Coordinator**



## FALL INTO ACTION

Fall, for many, is the time of year to reset and rebalance. As lifelong learners, ForeverWellers, we continue this pattern by returning to a routine, add a little more structure and try some new experiences. During October, we pack a lot into Active Aging Week, including our Wellbeing Fair, Meditation and Hike Camp Streefland. This month celebrates our Octogenarians, learn about best practice in grandparenting, play Pickleball and BINGO on Halloween. Please join us for our special October offerings.

Send Kathi an email [kathleen.eilers@ymcamn.org](mailto:kathleen.eilers@ymcamn.org) or leave a voice message at 952-230-9061 with your idea or interests!

### SEPTEMBER MISSION MOMENT...

### FOREVERWELL CONNECTION

Learn more about this awesome group focused on aging successfully!



### BRANCH HOURS

Monday-Friday: 5am-9pm  
Saturday-Sunday: 7am-5pm

### BURNSVILLE

13850 Portland Avenue  
Burnsville, MN 55337  
**Coordinator: Kathi Eilers**  
[Kathleen.Eilers@ymcanorth.org](mailto:Kathleen.Eilers@ymcanorth.org)  
952-230-9061  
[www.ymcamn.org](http://www.ymcamn.org)

# FOREVERWELL CLASSES

Full Schedule online at: [https://www.ymcanorth.org/locations/burnsville\\_ymca/schedules/group-exercise](https://www.ymcanorth.org/locations/burnsville_ymca/schedules/group-exercise)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45am Water Exercise Janice Pool	6:15 Water Exercise Michele Pool	6:00-7:00am Yoga Nergis Studio B	6:15 Water Tabata Gayle Pool	8:05-8:50am SilverSneakers® Circuit Nicole Studio B	8:00-8:45am Water Exercise Michele Pool
9:00-10:00am Functional Fitness Jane Gym	8:00-8:45am Water Exercise Candace Pool	9:00-10:00am Functional Fitness Jane Gym	8:00-8:45am Water Exercise Candis Pool	9:00-9:45am SilverSneakers® Circuit Nicole Studio B	10:05-11:20am Yoga Susan Studio B
10:00-10:45am MS Water Exercise Kathi Pool	8:15-9:00am SilverSneakers® Classic Gabriela Studio B	9:00-9:45am Water Exercise Candis Pool	8:15-9:00am SilverSneakers® Classic Mary Studio B	10:00-10:45am Water Exercise Mary Pool	
10:30-11:15am SilverSneakers® Circuit Jane Gym	9:00-9:45am Water Exercise Candis Pool	10:00-10:45am Water Exercise Candis Pool	10:30-11:15am ForeverWell Conditioning Naseema Studio B	11:30-12:15pm SilverSneakers® Yoga Gabriela Studio B	
11:30-12:30pm ForeverWell Yoga Jane Studio B	9:15-10:00am ForeverWell Balance Gabriela Studio B	10:30-11:15am SilverSneakers® Circuit Jane Gym	10:30-11:00am MS Water Exercise Becky Pool	12:30-1:30pm QiGong Karen Studio A	
5:30-6:45pm Yoga David Studio B	11:00-12:00pm Gentle Yoga Gabe Studio B	11:30-12:30pm ForeverWell Yoga Jane Studio B	11:05-11:50am Aqua Zumba Mary Pool	5:30-6:30pm Candlelight Yoga Dave Studio B	
	1:00-2:00pm Tai Chi Stephanie Studio B	6:20-7:20pm Yoga David Studio B	11:30-12:15am ForeverWell Balance Naseema Studio B		
	6:00-7:15pm Centergy Nicole Studio B	7:20-7:50pm Meditation David Studio B	12:30-1:15pm SilverSneakers® Classic Naseema Studio B		

**SUNDAY**

9:15-10:15am Yoga Dawn Studio A
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**PREFER TO EXERCISE AT HOME?** Live and recorded classes are available at <https://www.ymcanorth.org/virtual-ymca-login>. If you need assistance activating your account, contact Customer Service at 612.230.9622.

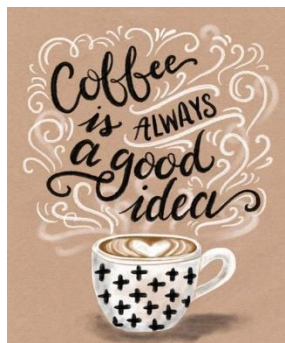


## COFFEE TIME

WEDNESDAYS

9:30AM-11:30AM

Enjoy connecting with friends & plan activities to attend. Please consider helping with serving coffee. The more volunteers, the more coffee times. Thank you to our volunteer for hosting your coffee time! FREE!



## COLORING & COFFEE

TUE, OCT 10<sup>TH</sup> & 24<sup>TH</sup>

11:30AM - 12:30PM

Come and create a colorful mandala or season inspired piece of creativity. Supplies are provided. Coloring provides an outlet for self-expression, helps to maintain motor function, improves dexterity (grip control), improves hand-eye coordination, encourages cooperation, promotes mindfulness because full attention and concentration is required.



## ACTIVE AGING WELLBEING FAIR

WED, OCT 11<sup>TH</sup>

10:00AM- NOON

KIDS GYM

Visit with representatives and resources from a variety of wellbeing opportunities here at the Y and from our community. Bring a guest. Attendees will get a free guest pass!



## MEDITATION

WED, OCT 11<sup>TH</sup>

11:30AM- 12:15PM

An RN, Health Educator and Y member, Marilyn Curran will lead a special mediation. Mediation is a tool you can use to train your awareness for better perspective in stressful situations and reduce negative emotions. Join to focus on the present and leave with a sense of mental clarity and calm.



## FOREVERWELL ORIENTATIONS

Learn about the benefits of a healthy lifestyle and how to get started. Orientations are offered Tuesdays from 10:00am – 11:00am or by appointment.

[Kathleen.Eilers@ymcanorth.org](mailto:Kathleen.Eilers@ymcanorth.org)  
(952) 230-9061 or  
kathleen.eilers@ymcamn.org



## BRUNCH BUNCH

FRI, OCT 27<sup>TH</sup>

11:00AM

Meet friends from the Outdoor Walking group for brunch (or an early lunch) following the walk on the last Friday of each month. This month we will go to Lucky 13's, in the Burnsville Center. Individuals pay for their own meal and tip. Please sign up at the Front Desk or email Kathi so we can reserve a spot for you.

## HAND & FOOT

THU, OCT 12<sup>TH</sup> & 26<sup>TH</sup>

1:00PM- 3:30PM

Come play cards with friends. Easy to learn. A fun way to get know new friends and old. You are welcome to bring a snack to share.



## PICKLEBALL BASICS

TH, OCTOBER 12<sup>TH</sup> & 26<sup>TH</sup>

9:30AM – 11:00PM

Have fun learning a little more about the game of pickleball. Skill and drill session will include introduction to the rules, scoring lines and sideouts. There will be focused practice of basic strokes such as forehand, backhand, volley, and the serve.



The first Thursday session is for true beginners with no previous experience. Learn the very basic rules of the game. By the end of the session the student will be able to play a complete game of pickleball.

The second Thursday is only for people who have taken the first session or anyone who knows the basics already and wants to add some sophistication to his/her game.

Free for members. Space is limited to 12 and registration is required. Register at the Front Desk.

## CAMP STREEFLAND HIKE

FRI, OCTOBER 13<sup>TH</sup>

9:30AM – 11:00PM

Let's all meet at the YMCA's Camp Streefland. Take time to escape to nature... to enjoy the changing colors, crisp fall fresh air and share a mindful moment with our Foreverwell friends. Camp is only 4 miles from the Burnsville YMCA. We will have the opportunity to connect with nature on our hike on the trails with the guide of Camp staff. Coffee and snack provided. Dress for the forecast of that day. Register at the Welcome Desk.



## ADULT PLUS OPTION

This membership option is ideal for ForeverWell folks who would like to include family members in activities here at the YMCA.

Members who currently have either an Adult only membership or Silver Sneakers, Silver & Fit, Renew Active or One pass membership may add up to 3 youth (ages 0-9 years) onto their membership.

The adult member may be a single parent wanting to provide membership opportunities to a youth under the age of 10, or a grandparent who may be a caregiver for a grandchild or grandchildren.

This is an affordable opportunity for families wishing to enjoy the benefits of Kids' Stuff, recreational pool use and seasonal use of splash decks, member pricing on swimming lessons and open gym time.

## REGISTRATION

The sign-up and information binder is kept at the Front Desk. Please use this binder to register for social and educational activities unless the event requires a fee. Please pay your fee with a Member Services staff. Thank you!



## FOREVERWELL CONNECTION

TUE, OCTOBER 17<sup>TH</sup>

12:00PM – 1:30PM

This is a new offering, designed to bring ForeverWell folks together for learning, sharing and support! Even though we anticipate ups and downs in our health and well-being, let's explore what can work to help us get through life's challenges. The group will review and discuss factors that affect the aging process and identify measures that can help us age more successfully. Topics for monthly engagement will include best practice in wellbeing as we age and grow from there. Participant interest, need and energy will drive exploration and discussion. Bring your bag lunch!

Join Chris Farris, MS, RN, PHN, for ForeverWell Connection -- an interactive discussion group. She is an elder care consultant for ElderNest, Inc., which helps keep seniors living at home and transitioning as needed.



## OCTOGENARIAN COFFEE

WED, OCTOBER 18<sup>TH</sup>

11:15AM-12:00

### KIDS GYM

Please come together in friendship and community. This coffee and cupcake celebration is in honor of our Forever-Well community members who are in their 80's or older. An all-age party! **Please register at the Welcome Desk!**



## FALL CARDCRAFTING

TH, OCTOBER 19<sup>TH</sup>

11:15AM – 12:30PM

Katherine, from the YMCA Fitness Center will help us design and create cards using a variety of paper and stamps. If you have supplies (paper, stamps or stickers) to use or share you are welcome to bring those with you. We will get creative and make cards for any occasion you choose. Free for members.



### WHOLE PERSON WELLBEING

Take care of yourself, your whole person by including a focused and intentional variety of activities.

**BODY** • Try a different Group Exercise class • Connect with eye & hand coordination games- Pickleball, Basketball, Volleyball!

**MIND** • Learn something new- Sign up for a workshop or talk this week! • Sign up to give a talk or lead an activity at the Y.

**SPIRIT** • Be aware of your sleep. Get a good night's rest. • Enjoy relaxation with a Y Meditation, Tai Chi or Yoga Class

**COMMUNITY** • Introduce yourself to a Y member you don't know • Learn a new card game at the Y with other FW members who'll teach you.

**ENVIRONMENT** • Be with nature. Take time to take even a short walk or breathing breaking the fresh air. Grab a little bit of sunshine even if temperatures are low.

## GRANDPARENTING SAFETY AND MORE

THU, OCTOBER 19<sup>TH</sup>

1:00PM – 2:30PM



Many things have changed since the participants in Grandparents: Getting Started raised their children. It is important for grandparents to learn the new recommendations for care based on research from doctors and scientists studying the physical and emotional development of infants and children.

Taught by certified Safe Sitter® Instructors, participants will learn how to provide the best and safest care for their grandchildren. They will also learn the latest information on how to safely care for infants and children and how to manage the behavior of children of all ages, in addition to life-saving skills such as choking rescue, first aid, and injury management.

Learning tips on creating a good relationship from the start as well as learning to say no to every request to babysit will help grandparents enhance their relationship with their children and create lasting memories with their grandchildren. **Space is limited, register at the Welcome Desk.**

## WALKING POKER

WED, OCT 25<sup>TH</sup>

8:30AM – 11:30PM

Participants walk 5 laps around the track. After each lap, players receive one card for their hand. Start when you like and go at your own pace. Winning hand (best throughout the day) will receive a **\$15.00 gift card** to Valley Natural Foods our local Co-Op. Thank you **Valley Natural Foods!**



## BINGO

TUE, OCTOBER 31

11:30AM – 12:30PM

Dress up! Don't be afraid to wear a costume. Prize awarded for best costume. Boo!



## SOCIAL AND EDUCATIONAL GROUPS

WEEKLY & BIWEEKLY ACTIVITIES

**Knit & Crochet** – Mondays, 1:30–2:30pm. Work on projects while socializing with others. Group meets in the Community Room or Pavilion.

**Mindful Coffee & Coloring** – Tuesdays, Oct 10 & 24, 11:30–12:30pm. Supplies available or bring your own projects. Fun and relaxing time to create, socialize and/or practice mindfulness.

**ForeverWell Connection** – Tue, Oct 17 at Noon is back (monthly). Group education and discussion of whole person wellbeing issues.

**Mah Jongg** – Wednesdays, 1:00 – 3:00pm. Join the fun and challenge your skills. You will need to bring your own card. New players are encouraged to join play and learn as they go. This group meets in the Community Room.

**Book Group** – First Tuesdays of the month, next meeting is Oct 3, 12:30–1:30pm. Read and discuss interesting and educational selections. Please contact Kathi or Gabe for details.

**Off-Site Walking** – Fridays, Oct 6, 13, 20 & 27 @ 9:30am Meet at Earley Lake Day Park. Please contact Kathi to register and for meeting details. (952) 230-9061.

## October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1:30 Knit & Crochet	3 12:30 Book Group	4 9:30 Coffee 1:00 MahJongg	5	6 9:30** Off-Site Walking	7
8 Active Aging Week	9 1:30 Knit & Crochet	10 11:30 Coloring and Coffee	11 9:30 Coffee 10:00 Wellbeing Fair 11:15 Meditation 1:00 MahJongg	12 9:30 Pickleball Basics 1:00 Hand & Foot	13 9:30** Camp Hike Streefland	14
15	16 1:30 Knit & Crochet	17 12:00 ForeverWell Connection	18 9:30 Coffee 11:15 Octogenarian Coffee 1:00 MahJongg	19 11:15 Cardcrafting 1:00 Grandparenting Safety & More	20 9:30** Off-Site Walking	21
22	23 1:30 Knit & Crochet	24 11:30 Coloring and Coffee	25 8:30 Walking Poker 9:30 Coffee 1:00 MahJongg	26 9:30 Pickleball Basics 1:00 Hand & Foot	27 9:30** Off-Site Walking 11:00 Brunch Bunch	28
29	30 1:30 Knit & Crochet	31 11:30 BINGO				