



# FOREVERWELL

OCTOBER 2023 / EMMA B. HOWE YMCA / 763-785-7882

## NEED TO KNOW:

### REMINDERS

- Mask wearing is optional
- No towel service
- Guest passes available check with membership
- No cell phone use in locker room
- Lock up valuables

### WATER & CYCLE EXERCISES CLASSES ONLY

- Reservations required
- Limited space available
- Let membership know of registration at check-in to pick up ticket

### YMCA APP

Apple QR



Android QR



The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code to get started!



## FOREVERWELL CLUBS

Registration is required for any In-Branch Activity contact Kim at 763-717-1811 to register. Space is limited.

**Card Club**-Meet every Tuesday at 10:30am-12pm in Senior Lounge.

**Coloring Club**-Meet every Tuesday at 1pm-3pm in Senior Lounge.

**INDOOR Walking Club**-Meet on ODD Wednesdays at 11:45am-12:15pm at YMCA Track by fitness studio doors.

We will be playing walking poker for fun prizes.

**OUTDOOR Walking Club**-Meet on EVEN Wednesdays at 11:45am-12:45pm. For October, we will meet at Coon Rapids Dam Regional Park-9750 Egret Blvd. in Coon Rapids. Will not meet if it is raining, heat index is high or air quality is poor.

**Mahjong Club**-Meet every Wednesday at 1:30pm-3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.

**Book Club**-Thursday, September 28<sup>th</sup> at 12:45pm-1:45pm in Senior Lounge. Come join us for a discussion on the book *The Love of My Life* by Rosie Walsh.

**NEW Domino Club**-Meet the 1<sup>st</sup> Thursday of month at 1pm-2:30pm in the Senior Lounge. We will be playing Mexican Style Dominos

**Knit & Crochet Club**-Meet every Friday at 10:30am-12:00pm in Senior Lounge.

### BRANCH HOURS

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

### EMMA B HOWE YMCA

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[www.emmabhoweymcanorth.org](http://www.emmabhoweymcanorth.org)

## VIRTUAL EXPERIENCE SCHEDULE

### SOCIALIZE FROM THE COMFORT OF YOUR OWN HOME

To join any of these virtual experiences register at [www.ymcanorth.org/activity\\_finder](http://www.ymcanorth.org/activity_finder). Classes use Zoom format.

#### Monday

- **Coffee Talk.** Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am-10:00am.

#### Tuesday

- **Trivia & Brain Teasers.** You will need a piece of paper and pencil to write down your answers. Meet October 10th at 10:30am-11:30am.

#### Thursday

- **Bible Study.** Is for all interested adults, people of faith and seekers alike. This is an opportunity for participants to reflect on what the test might mean for them in their daily lives. Meet every Thursday at 10:30am-11:30am.

#### Friday

- **Happy Hour Group.** Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm-5:00pm.

### FOREVERWELL NEW MEMBER ORIENTATIONS

These are for new or returning members that want to get information on programming for the active older adult at the branch. Register at the membership desk or contact Kim at 763-717-1811. Orientations are on Tuesday 9am-10am or Friday 11am-12pm.

### YMCA FITNESS ASSESSMENTS

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register with Gary S. at 952-582-8284 or [gary.sandin@ymcamn.org](mailto:gary.sandin@ymcamn.org).

### ORTHOLOGY FUNCTIONAL ASSESSMENT

Dealing with persistent pain or discomfort that is affecting your workout or participating in some of your daily activities? Orthology/Optum physical therapist, David Anderson is offering a free functional assessment. During the 30-minute assessment he will discuss the history of your ailment, evaluate range of motion/strength/functional movements/soft tissues to determine what may be causing your pain and limitations. Then discuss how physical therapy may help you. Please call 763-220-4844 or email David at [david.anderson@orthology.com](mailto:david.anderson@orthology.com) to set up an appointment.

## Active Older Adult Group Exercise Classes

Registration required for Water & Cycle Exercise class ONLY at [www.ymcanorth.org/reservations](http://www.ymcanorth.org/reservations) 72 hours prior. Limited space. SS=SilverSneakers® FW=ForeverWell

#### Monday

7:00am-7:30am FW Cycle  
8:00am-9:00am Water Exercise  
8:30am-9:15am FW Combo  
9:30am-10:15am FW Water X  
10:30am-11:30am Zumba Gold  
10:45am-11:30am SS Yoga  
12:00pm-1:00pm SS Classic

#### Tuesday

9:30am-10:15am SS Circuit  
10:45am-11:30am FW Strength  
11:15am-12:00pm Arthritis Water Exercise  
11:45am-12:45pm Tai Chi for Health

#### Wednesday

8:00am-9:00am Water Exercise  
8:30am-9:15am FW Combo  
9:30am-10:15am FW Water X  
10:30am-11:15am FW Stretch

#### Thursday

7:00am-7:45am FW Cycle  
9:30am-10:15am SS Circuit  
11:15am-12:00pm Arthritis Water Exercise  
11:45am-12:30am SS Yoga

#### Friday

8:00am-8:45am Water Exercise  
9:30am-10:15am FW Water X  
9:15am-10:00am FW Combo  
9:30am-10:15am SS Classic  
10:30am-11:15am FW Stretch  
11:30am-12:30pm Tai Chi for Health  
1:00pm-2:00pm Line Dance

#### Saturday

8am-8:45am Aqua Zumba  
10:40am-11:40am Line Dance  
The entire group exercise schedule is on [ymcanorth.org](http://ymcanorth.org) or pick a copy up at the membership desk.

## **RISE WITH THE Y PROGRAM**

“Rise with the Y” is a partnership program between the YMCA and Rise Inc. Rise Inc. serves adults with disabilities here at our YMCA and “Rise with The Y” offers an opportunity for YMCA members to participate in various activities and events alongside Y team members as well as Rise participants and staff. We are looking for Y members to join this impactful program. There is no cost to this program so please reach out to Tanya at [Tanya.osterber@ymcamn.org](mailto:Tanya.osterber@ymcamn.org) if you are interested in participating or wanting to know more about this program.

## **SOCIAL COFFEE TIME**

**Meet every Tuesday & Wednesday & Thursday at 8:30am- 12:00pm in Senior Lounge.**

Come, socialize, and drink coffee with other ForeverWell adults. You can bring in your own cup to fill or there are coffee cups available.

## **PICKLEBALL**

**Monday/Wednesday/Fridays at 8:00am- 12:00pm & Tuesday & Thursday at 1:00pm-3:30pm in Gym.**

Come and play pickleball with other ForeverWell adults. If you have never played, come on Tuesday or Thursday it is for beginners. No registration needed.

## **ACTIVE AGING WEEK 10/2-10/8**

Pick up a AAW bingo card to participate in some of the activities. Once you complete a bingo drop off at membership to be enter into a drawing for a prize. You can have more than one bingo. For every bingo is an additional entry into drawing.

## **BLANK SLATE GAME**

**Wednesday, October 4<sup>th</sup> at 12:45pm- 1:15pm in Senior Lounge.**

Join us for this clever party game where you try to predict what others are thinking to win prizes. Register with Kim by October 3<sup>rd</sup> at 763-717-1811.

## **LUNCH OUTING**

**Thursday, October 12<sup>th</sup> at 12:30pm**

Let us get together with other YMCA ForeverWell members for lunch. We will be meeting at Muddy Cow- 133 Coon Rapids Blvd. in Coon Rapids. Must have own transportation and meal is on your own dime. Register with Kim by October 11<sup>th</sup> at 763-717-1811 to hold your spot.

## **CRAFT CLASS**

**Tuesday, October 17<sup>th</sup> at 1pm-3pm in Community Room**

Come join other ForeverWell adults for an afternoon of creating your very own small crafts. Supplies are provided. Limited space. Register by October 13<sup>th</sup> with Kim at 763-717-1811.

## **VOLUNTEER OPPORTUNITY – RISE INC.**

**Tuesday, October 17<sup>th</sup> at 2pm-4pm**

Come join other ForeverWell adults for an afternoon of volunteering at Rise Inc. You must have your own transportation (8406 Sunset Road NE in Spring Lake Park). You will be help the art therapy coordinator at Rise do prep work ranging from tracing, cutting and organizing items. Register with Kim by October 16<sup>th</sup> at 763-717-1811. Limited space.

## **FOREVERWELL BINGO**

**Thursday, October 19<sup>th</sup> at 1:30pm-2:30pm in Community Room.**

Come and join other ForeverWell members in a few games of bingo. You could win some fun prizes. Bring a non-perishable item or canned good to help us stock the local food shelf. Register by October 18<sup>th</sup> with Kim at 763-717-1811.

### **PICKLEBALL TOURNAMENT**

**Monday, October 23<sup>rd</sup> at 8am-12pm**

Come join other ForeverWell members for a few games of pickleball in a mixed doubles tournament. Register with Kim by October 18<sup>th</sup> at 763-717-1811.

### **VOLUNTEER OPPORTUNITY—FEED MY STARVING CHILDREN**

**Tuesday, October 24<sup>th</sup> at 2pm-4pm**

Come join other ForeverWell adults for an afternoon of volunteering at Feed My Starving Children. FMSC is a nonprofit organization that feeds starving children in body and spirit. You must have your own transportation. Register with Kim by October 22<sup>nd</sup> at 763-717-1811. Limited space.

### **VOLUNTEER OPPORTUNITY—KIDS IN NEED FOUNDATION**

**Monday, October 30<sup>th</sup> at 1:30pm-3:30pm**

Come join other ForeverWell adults for an afternoon of volunteering at Kids in Need Foundation. You will participate in activities ranging from organizing school supplies to packing backpacks. You must have your own transportation (2719 Patton Rd. in Roseville). Register by October 27<sup>th</sup> at 763-717-1811.