



FOREVERWELL

OCTOBER 2023 | HASTINGS AREA YMCA

QUICK NEWS

FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings and classes, how to sign-up for activities, a YMCA tour.

Register for an ForeverWell Orientation at the Welcome Desk. Questions? Contact Tracy Spinks (see below).

MACHINE ORIENTATION

Would you like to learn how to use some of the machines in the fitness center?

Thursday, October 12, 12:00pm-1:00pm is the next machine orientation. Stop by our Welcome Desk to sign up for an appointment.



I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your

Foreverwell Coordinator:

Tracy.Spinks@ymcamn.org or call directly **651-319-8009**.

FALL INTO ACTION

ACTIVE AGING WEEK

OCTOBER 2-8

Join us for fun activities & classes for Whole Body Wellbeing: Mind, Body, Spirit, Environment, & Community.



COFFEE & CHAT AND GAMES GROUP

Monday, October 2, 10:30-11:30am in the Community Room. **FREE!**

COMO ZOO PARK & CONSERVATORY FIELD TRIP

Tuesday, October 3, 10:30am-1:30pm. Register on the ForeverWell Bulletin Board to attend. Drive or carpool. Optional Lunch at the Zoo.

STAINED GLASS COLORING PAGES DURING COFFEE & CHAT

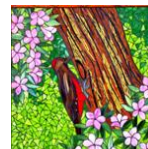
Wednesday, October 4, 10:00am-11:30am in the Community Room. **FREE!**

FALL/RISK BALANCE ASSESSMENTS

Thursday, October 5, 10:30am-12:00pm. There are six 15-minute spots available. You will receive a takeaway plan for balance exercises you can do at home. Located in the Community Room. Register at the Welcome Desk. **FREE!**

FRIDAY PIE DAY SOCIAL & COFFEE

Friday, October 6, 10:15am-11:30am in the Community Room. All pies are donated by you, the members of the YMCA. Please drop off pies no sooner than Thursday, October 5 (no frozen pies please). Thank you for your generosity! First come, first served until the pie is gone. **FREE!**



HASTINGS AREA YMCA

85 PLEASANT DRIVE
HASTINGS, MN 55033
PH: 651-480-8887

BRANCH HOURS

Monday-Friday: 5:00am-9:00pm
Saturday: 7:00am-5:00pm
Sundays: 7:00am-5:00pm

ARTS & CRAFTS GROUP

THURSDAY, OCTOBER 12

10:30AM-12:00PM

COMMUNITY ROOM



Join us for a fun craft project as we make Flannel Shirt sleeve pumpkins. You will need to bring an old flannel shirt or sweater for your pumpkin skin. If you have a hot glue gun, bring that too! Jute, Raffie, and fiber fill will be provided. Sign up on the ForeverWell Bulletin Board by Wednesday, October 11. **FREE!** Sign up on [ForeverWell Bulletin Board](#) to attend.

LUNCH BUNCH

THURSDAY, OCTOBER 19

11:30AM-1:00PM

KINGS PLACE BAR & GRILL



Enjoy eating a delicious lunch with friends from the YMCA. King's Place Bar and Grill prides itself on using the freshest ingredients in all their food, creating irresistible and memorable burgers. King's Place Bar and Grill has been rated "Best Twin Cities Burger". Address: 14460 240th St E, Miesville, MN-13.5 miles from YMCA. Cost at your own expense.

Sign up on [ForeverWell Bulletin Board](#) to attend.

MOVIE DAY

THURSDAY, OCTOBER 26

11:30AM-1:30PM

COMMUNITY ROOM



Enjoy popcorn while watching a movie with friends! Bring a bag lunch and beverage if you wish to enjoy while viewing the movie. **LOVE AGAIN** synopsis: Coping with the loss of her fiancé, Mira Ray sends a series of romantic texts to his old cellphone number, not realizing it was reassigned to journalist Rob Burns. Rob becomes captivated by the honesty of her words in the beautifully constructed texts. When he's assigned to write a profile of superstar Celine Dion, he enlists her help to figure out how to meet Mira in person -- and win her heart. Released 2023, Rated PG-13 1hr 44m *Romantic/Comedy*

Sign up on [ForeverWell Bulletin Board](#) to attend. FREE!

HALLOWEEN COSTUMES

TUESDAY, OCTOBER 31

Join us as we have fun dressing up in a costume today. Drums Alive will be FUN! Join us at 8am for a festive playlist!! 29 spots available.



COFFEE & CHAT

MONDAY & WEDNESDAY

9:00AM-11:30AM

COMMUNITY ROOM

Enjoy connecting with friends and planning activities to attend. Coffee must be consumed in the community room-no take outs!

FREE!

GAMES GROUP

MONDAY & WEDNESDAY

10:30AM-11:30AM

COMMUNITY ROOM

Enjoy playing board games or cards with other ForeverWell members or bring a favorite from home. No registration required.

FREE!

COFFEE MEET UP

FRIDAYS AT FROTH & CORK

10:15AM-11:15AM

Join other YMCA friends for coffee and conversation at a local coffee shop. Located at 110 4th Street East, Hastings. Cost is your own.

VOLUNTEERS

WANTED!

CONTACT TRACY IF YOU WOULD LIKE TO HELP!

The YMCA needs volunteers like you to make our programs bigger and better! If you are interested in helping with activities or events, contact Tracy Spinks.

FOREVERWELL GROUP EXERCISE CLASSES

MONDAY:

8:00am - Water Exercise with Tracy
9:15am - SilverSneakers® Classic with Tracy
10:15am - SilverSneakers® Classic with Julie S
10:15am - ForeverWell Water X with Tracy
10:30am - Gentle Yoga with Corrie
1:00pm - ForeverWell Tai Chi with Bobbi
5:45pm - Water Exercise with Yvonne

TUESDAY:

8:00am - Gentle Yoga with DeAnn
8:00am - ForeverWell Drums Alive with Tracy
9:00am - ForeverWell Stretch with Tracy
9:30am - SilverSneakers® Yoga with Julie P
10:30am - Meditation with Julie P
10:30am - Gentle Yoga with Jennifer

WEDNESDAY:

8:00am - Water Exercise with Tracy
9:15am - SilverSneakers® Circuit with Tracy
10:15am - SilverSneakers® Classic with Bobbie
11:15am - ForeverWell Tai Chi with Bobbie
10:30am - ForeverWell Water X with Jennifer

THURSDAY:

8:00am - Gentle Yoga with Tracy
9:15am - ForeverWell Cardio with Tracy
10:15am - SilverSneakers® Yoga with DeAnn
5:45pm - Water Exercise with Yvonne

FRIDAY:

8:00am - Water Exercise with Tracy
9:15am - SilverSneakers® Circuit with Tracy
10:15am - SilverSneakers® Classic with Beth
10:15am - ForeverWell Water X with Tracy

***Class registration needed for pool exercise classes.**

FALL/RISK BALANCE ASSESSMENTS

MONDAY, OCTOBER 30

2:00-3:00PM, 4 SPOTS AVAILABLE

Are you at risk for a fall? A balance assessment can measure where you are at and what you can work on to improve your balance and walking gait. Receive a take-away page so you can track your progress and make improvements in the weeks to follow. Wear supportive shoes and bring water. 60-minute appointment. **Sign up at the Welcome Desk.**

BUILDING BETTER BALANCE

Wednesdays, 1:00-1:45pm
7 weeks, Studio A
Classes start November 1. Join Tracy for the Building Better Balance class that works to enhance overall physical health, which leads to better functioning in daily activities. Pricing is \$81.00 for members, \$97.00 for non-members.

STRENGTH TRAINING FOR SENIORS

Tuesdays, 9:35-10:20am,
7 weeks, Studio A
Classes start October 31. Join Bobbie to learn about sets, reps, tempo, and the proper amount of weight you should be lifting. Pricing is \$81.00 for members, \$97.00 for non-members.

OCTOGENARIAN CELEBRATION

TUESDAY, OCTOBER 24

11:30AM-1:00PM








GYMNASIUM

Celebrating the lives of our 80+ year old members! Please join us for a light luncheon, music, and entertainment on Tuesday, October 24th, 11:30am-1:00pm at the Hastings YMCA, 85 Pleasant Drive, Hastings. The doors will open for seating and social time at 11:15am. Limited seating to the first 100 to register.

Please R.S.V.P. by registering online, by email to Tracy.Spinks@ymcamn.org or Register in person at the Hastings YMCA Welcome Desk by Friday, October 20. We look forward to seeing you!

OCTOBER 2023 AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	3 COMO ZOO PARK & CONSERVATORY TRIP (Details in Newsletter) 10:30am-1:30pm	4 STAINED GLASS COLORING PAGES COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	5 Fall/Risk Balance Assessments 10:30am-12:00pm <i>Sign-up required</i>	6 FOREVERWELL PIE SOCIAL & COFFEE 10:15-11:30am	7
8	9 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am <i>Foreverfall Orientation 1:00-2:00pm</i>	10	11 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	12 ARTS & CRAFTS FLANNEL SHIRT PUMPKIN CRAFT 10:30am-12:00pm Community Room	13 COFFEE MEET UP @FROTH & CORK 10:15-11:15am	14 
15 	16 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	17	18 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	19 LUNCH BUNCH KINGS IN MBSVILLE 11:30am-1:00pm <i>Sign-up required</i>	20 COFFEE MEET UP @FROTH & CORK 10:15-11:15am	21
22	23 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am <i>Foreverfall Orientation 1:00-2:00pm</i>	24 OCTOGENARIAN CELEBRATION! 11:30am-1:00pm <i>Registration Required</i>	25 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	26 MOVIE DAY: "LOVE AGAIN" 11:30am-1:30pm <i>Sign-up required</i>	27 COFFEE MEET UP @FROTH & CORK 10:15-11:15am	28 
29	30 Fall/Risk Balance Assessment 2:00-3:00pm <i>Sign-up required</i>	31 HALLOWEEN DRESS UP IN A FUN COSTUME TODAY! 				*Reservations are required for ALL Water Exercise Classes