



FOREVERWELL

October 2023 - New Hope Y

Save the Dates



ACTIVE AGING WEEK OCTOBER 2-8

Visit the Display Table at Member Engagement to pick up daily informational brochures.

See Page 5 for a list of free activities to stay Mentally, Socially and Physically Active.



ANNUAL KNITTER AND CROCHETER SALE NOVEMBER 13-15TH

All proceeds stay at the New Hope Y to be used for programming and scholarships.



SENIOR RESOURCE FAIR & MARKET

THURSDAY OCTOBER 26, 2023 10AM - 1PM

NEW HOPE YMCA GYM

761 42ND AVENUE NORTH, NEW HOPE MN

763-535-4800

Featuring Resources and Services for 55+

NEW this year - a market with crafts, jewelry, jams and more.

**EVENT IS FREE
AND OPEN TO THE COMMUNITY**

22-GE01

BRANCH HOURS

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

Customer Service:
612-230-9622

New Hope Y

7601 42nd Avenue North
Nancy Danielson,
ForeverWell Coordinator
nancy.danielson@ymcanorth.org
Phone: 763-592-5520



FOREVERWELL IN BRANCH GROUP EXERCISE CLASSES

MONDAY:

8:00am	Water Exercise with Tracy	Pool *
8:30am	SilverSneaker Circuit with Barb/Kathy	Studio 1
11:00am	SilverSneaker Yoga with Nancy	Studio 2
12:00pm	SilverSneaker Classic with Nancy	Studio 1
1:00pm	Tai Chi with Tom	Studio 2

TUESDAY:

9:30am	Group Active with Sallie	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
11:00am	Arthritis Water Ex with Carol	Pool*
11:00am	ForeverWell Combo with Angie	Studio 1
12:00pm	Chair Yoga with Angie	Studio 1

WEDNESDAY:

7:15am	Deep Water Exercise with Tracy	Pool *
10:45am	Line Dancing with Colette	Studio 1
11:00am	SilverSneaker Yoga with Barb/Nancy	Studio 2
12:00pm	SilverSneaker Classic with Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

THURSDAY:

8:30am	SilverSneaker Circuit with Nancy	Studio 1
9:30am	Group Active with Megan	Studio 1
9:30am	Zumba with Yasmin	Studio 2
11:00am	ForeverWell Water Ex with Carol	Pool*
11:00am	ForeverWell Combo with Becky	Studio 1
12:00pm	Chair Yoga with Becky	Studio 1

FRIDAY:

11:00am	SilverSneaker Yoga with Nancy	Studio 2
12:00pm	SilverSneaker Classic with Nancy	Studio 1

* Requires Pre-Registration

Reserve your space using the Y app, this link

<https://www.ymcanorth.org/reservations>

or call Customer Service 612-230-9622

GET THE MOST FROM YOUR MEMBERSHIP

All new and recently returning ForeverWell Members are invited to attend a group ForeverWell Orientation. We'll talk about Group Exercise classes, pool use, reservation systems, social opportunities, virtual activities and more. Then tour the facility, watch a class in action or try a fitness machine.

Weekly Group Orientations Monday Afternoons at 3pm or Wednesday mornings at 10am (no orientation Monday October 16)

Reserve your space by calling Nancy Danielson 763-592-5520

Nancy.Danielson@ymcamn.org

FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER

Schedule a complimentary Fitness Assessment to learn how to use some of the equipment in the fitness center and discuss your fitness/wellbeing goals.

stop at the Welcome desk to schedule your appointment.

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

WHAT IS FOREVERWELL?

ANSWER: WELLNESS ACTIVITIES FOR OLDER ADULTS!

These activities are designed to provide opportunities for adults 55+ to move, connect and explore.

Would you like to be involved in the planning and development of these opportunities? Contact Nancy Danielson, New Hope Y ForeverWell Coordinator.

nancy.danielson@ymcamn.org 763-592-5520

WEEKLY FOREVERWELL ACTIVITIES AT NEW HOPE Y

MONDAYS: PICKLEBALL IN THE GYM - 10am - 12pm

MONDAYS: WATER VOLLEYBALL - 11am - 1pm

MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS

Do you knit, crochet or loom? Or want to learn? Join us Monday afternoons from 2:00-3:30pm. Bring your own project or use our donated yarn to make items for local charities.

MONDAYS: NEW AND RETURNING MEMBER ORIENTATION - 3pm Meet at Front Desk Lobby

TUESDAYS: COFFEE CHAT - 8am-10am Lobby

TUESDAYS: MAHJONGG and TRAIN DOMINOS- 12:30pm-2:30pm Pool Lobby

WEDNESDAYS: COFFEE CHAT - 8am-10am Lobby

WEDNESDAYS: NEW AND RETURNING MEMBER ORIENTATION - 10am Meet at Front Desk Lobby

WEDNESDAYS: PICKLEBALL IN THE GYM - 10am -12pm

WEDNESDAYS: WATER VOLLEYBALL - 11am - 1pm

WEDNESDAYS: CRIBBAGE 1:00pm Pool lobby. Cribbage board and cards available alternate times, upon request

THURSDAYS: PICKLEBALL IN THE GYM - 1pm-3pm

FRIDAYS: PICKLEBALL IN THE GYM - 10am -12pm

FRIDAYS: WATER VOLLEYBALL - 11am - 1pm

SELECT FRIDAYS: FOREVERWELL AFTERNOON SOCIAL - 1:00pm (following SilverSneaker Classic® Class).

Coffee provided. Dates are noted on calendar.

BOOK DISCUSSION GROUP MEETS THE THIRD THURSDAY OF THE MONTH AT 2:00PM.

No pre-registration required.

October 19: *The Last Thing He Told Me* by Laura Dave

November 16: *The Sewing Girls Tale* by John Wood Sweet

December 21: No Meeting

ANNUAL HALLOWEEN SOCIAL

Friday October 27th at 1:00pm in the Pool Lobby.

Costumes are encouraged

Please bring something to share - coffee will be provided



COME TOGETHER @ CAMP ST CROIX NOVEMBER 11-12, 2023

YMCA Camp St. Croix 532 County Road F Hudson, WI 54016

Join us for a holistic wellness retreat that engages all of your senses! Immersing yourself in movement, music, nature, conversation, mindfulness, or art, you'll also learn tips and gain tools to easily incorporate at home. Even better, you get to tailor your experience—making it as rigorous or relaxing as you'd like. And you'll enjoy nutritious and delicious meals made with fresh, local ingredients. All within the beautiful backdrop of Camp St. Croix! [Register here](#)

- Standard hostel-style cabin, \$90
- Plumbed cabin, \$156
- Commuter, \$50

ONLINE LIVE REGISTRATION LINK: https://account.ymcanorth.org/PersonifyEbusiness/Product-Search/KW/COME_TOGETHER/AUTO/Y



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE AGING WEEK OCT. 2-8

STAYING MENTALLY, SOCIALLY AND PHYSICALLY ACTIVE AT THE NEW HOPE Y!

Monday Oct. 2 - Indoor Pickleball 10am - Noon, Water Volleyball 11am-1pm, Knitting and Crocheting 2-3:30pm

Tuesday Oct. 3 - Coffee Social 8-10am, Mah Jong and Dominoes 12:30pm

Wednesday Oct. 4 - Coffee Social 8-10am, Financial Wellness Seminar 10am**, Indoor Pickleball 10am - Noon, Water Volleyball 11am-1pm, Cribbage 1:00pm, Fall Risk Assessments 1:30-3:00pm by appointment**

Friday Oct. 6 - Indoor Pickleball 10am - Noon, Water Volleyball 11am-1pm, **All Things Apple Potluck 1pm Pool Lobby****

Visit the "Active Aging Week" display in the Lobby for informational articles and resources.

**** Register at Member Engagement Desk**



23-FW03



FUN, INTERACTIVE WORKSHOPS TO SUPPORT YOUR WELLBEING

Wellbeing is a journey, integrating all aspects of your life - physical, mental, spiritual, social, and environmental - to create a sense of wholeness.

Our wellbeing workshops are designed to help you on that journey. We offer a variety of topics to meet your individual needs, and our small-group setting creates a safe and supportive space for you to explore, learn, and grow!

OCT 3 **Boosting Your Stress Resilience**
Thursday, 6:00 – 7:00 p.m.
Virtual

OCT 10 **Cultivating Positive Self-Talk**
Tuesday, 6:00 – 7:00 p.m.
Virtual

OCT 12 **Boosting Your Stress Resilience**
Thursday, 6:00 – 7:00 p.m.
Midway, Community Room

OCT 19 **Simplifying Daily Self-Care**
Thursday, 6:00 – 7:00 p.m.
Ridgedale, Conference Room

OCT 21 **Simplifying Daily Self-Care**
Saturday, 11:00 a.m – 12:00 p.m.
Virtual

OCT 25 **Cultivating Positive Self-Talk**
Wednesday, 6:00 – 7:00 p.m.
Blaisdell, Warehouse



REGISTER TODAY!

\$24 for YMCA members, \$26 for non-members
All workshops are 60 minutes.
Financial assistance is available.

23-284929

ymcanorth.org/wellbeing

612-465-0468



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



A NEW APPROACH TO FOOD AND NUTRITION

Nutrition workshops are designed to provide a fun, interactive, and educational small group experiences. You will leave with practical takeaways and tips from a Wellbeing Instructor, Health and Wellbeing Coach or Licensed Nutritionist.

OCT 4 **Gut Health and Immunity**
Wednesday, 6:00 – 7:00 pm
Midway YMCA

OCT 11 **Introduction to Mindful Eating**
Wednesday, 6:00 – 7:00 pm
Virtual

OCT 14 **Fall Herbs and Spices**
Saturday, 10:00 – 11:00 am
Midway YMCA

OCT 16 **Farm to Table Series - Fall**
Saturday, 10:00 – 11:00 am
Midway YMCA

OCT 24 **Farm to Table Series - Fall**
Thursday, 11:15 am – 12:15 pm
Midway YMCA

OCT 26 **Gut Health and Immunity**
Thursday, 6:00 – 7:00 pm
Virtual

OCT 27 **Growing Your Own Microgreens**
Friday, 11:15 am – 12:15 pm
Midway YMCA

OCT 28 **Grocery Shopping 101**
Saturday, 10:00 – 11:00 am
Harold Mezile YMCA



REGISTER TODAY!

\$24 for YMCA members, \$26 for non-members

All workshops are 60 minutes
Financial assistance is available

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FOR YOUTH DEVELOPMENT*
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FOR SOCIAL RESPONSIBILITY

New Hope Y ForeverWell Activity and Event Calendar – October 2023

	Mon	Tue	Wed	Thu	Fri
	<p>2 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters group 2-3:30pm, Pool Lobby</p> <p>ForeverWell Member Orientation 3:00pm</p>	<p>3 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p> <p>Train Dominoes 12:30-2:30 Pool Lobby</p>	<p>4 Coffee Chat 8-10am, Lobby</p> <p>Financial Wellness Seminar 10am MPR</p> <p>ForeverWell Member Orientation 10:00am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p> <p>Free Fall Risk Assessments by appt. 1:30-3pm Studio 2</p>	<p>5</p>	<p>6 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>All Things Apple Potluck 1pm Pool Lobby</p> <p>Bring an item containing apple to share with the group. Coffee provided</p>
	<p>9 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters group 2-3:30pm, Pool Lobby</p> <p>ForeverWell Member Orientation 3:00pm</p>	<p>10 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p> <p>Train Dominoes 12:30-2:30 Pool Lobby</p>	<p>11 Coffee Chat 8-10am, Lobby</p> <p>ForeverWell Member Orientation 10:00am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p>	<p>12</p>	<p>13 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>ForeverWell Social 1:00pm Pool lobby</p>
	<p>16 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters group 2-3:30pm, Pool Lobby</p> <p>ForeverWell Member Orientation 3:00pm</p>	<p>17 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p> <p>Train Dominoes 12:30-2:30 Pool Lobby</p>	<p>18 Coffee Chat 8-10am, Lobby</p> <p>ForeverWell Member Orientation 10:00am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p>	<p>19</p> <p>Book Group 2pm <i>The Last Thing He Told Me</i> by Laura Dave</p>	<p>20 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>ForeverWell Social 1:00pm Pool lobby</p>
	<p>23 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters group 2-3:30pm, Pool Lobby</p> <p>ForeverWell Member Orientation 3:00pm</p>	<p>24 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p> <p>Train Dominoes 12:30-2:30 Pool Lobby</p>	<p>25 Coffee Chat 8-10am, Lobby</p> <p>ForeverWell Member Orientation 10:00am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p>	<p>26</p> <p>Free Senior Resource Fair and Market 10am-1pm Gym</p>	<p>27 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Halloween Social 1:00pm Pool lobby. Coffee Provided, Bring something to share.</p>
	<p>30 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters group 2-3:30pm, Pool Lobby</p> <p>ForeverWell Member Orientation 3:00pm</p>	<p>31 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p> <p>Train Dominoes 12:30-2:30 Pool Lobby</p>			