



# FOREVERWELL

OCTOBER 2023 | ST. PAUL MIDWAY YMCA

## IN THIS ISSUE

### EXISTING FOREVERWELL PROGRAMS AT MIDWAY

**Coffee and Conversation**  
Thursdays from 11-12:30  
(Kitchen/Community Room)

**Bridge Group**  
Wednesdays from  
12-2 pm (Kitchen/Kids Play)

**Pickleball**  
Monday through Friday from  
8 am to 12 pm (Gym)  
(Tuesdays are beginner day,  
all are welcome to help)

### FOREVERWELL BINGO

**Every other Wednesday**  
October 4<sup>th</sup> from  
11 am – 12 pm  
October 18<sup>th</sup> from  
11 am – 12 pm

### CHINESE MAHJONGG

Chinese mahjongg group on  
Thursdays from 1-3 pm on  
Thursdays in the Kitchen.  
Contact Hayley if you are  
interested in joining.

### TED TALK AND DISCUSSION

“Naure. Beauty.  
Gratitude”  
Friday, October 27<sup>th</sup> at 11:30  
in Studio K.

## FALL INTO ACTION THIS OCTOBER

Fall is here! It is going to be a busy month with lots of programming at the Midway YMCA!

Active Aging Week is the first week of October. Look for the flier on page 4 to learn more.

“A Balancing Act: Falls, Unsteadiness, And What to Do About It” – Dr. David Stephenson will present on the importance of balance and ways to know if you are higher risk for falling, and provide helpful tips for how to get on and off the floor, as well as some basic exercises that could help. **Monday, October 16<sup>th</sup> from 9:30-10 am in the Community Room/Kitchen.**

Back by popular demand, we will be going to the Apple Orchard again this October. We will be going to Pine Tree Apple Orchard. The address is 450 Apple Orchard Rd, White Bear Lake, MN 55110. We will be leaving from the Midway Y at 11:30 or you can meet at the apple orchard at 12 pm. Contact Hayley at 651.259.9623 to sign up. 😊

Have a great month!

Sincerely,  
Hayley, ForeverWell Coordinator at the Midway YMCA  
Hayley.kilbride@ymcanorth.org | 651.259.9623

### BRANCH HOURS

Monday-Friday: 5am-9pm  
Saturday: 7am-5pm  
Sunday: 7am-5 pm  
**Member Service Desk**  
(651) 646-4557

### MIDWAY YMCA

1761 University Ave W  
Saint Paul, MN 55104  
**ForeverWell @ Midway**  
Hayley, ForeverWell Coordinator  
hayley.kilbride@ymcanorth.org  
651.259.9623  
<https://www.ymcanorth.org/>

## BIRTHDAYS OF THE MONTH CELEBRATION AT MIDWAY YMCA

Last Tuesday of every month – October 31<sup>st</sup> from 11-12:30 pm in the kitchen/community room

Celebrate those who have had birthdays this month with treats, coffee, and singing! (Any ForeverWell members are welcome, not just those who have had a birthday)



### Balance Assessments

**Balance Assessments are back!**

Join personal trainer Chris and ForeverWell Coordinator Hayley on **Thursday, October 12<sup>th</sup> from 11:15-12 pm in Flex B/C**. A balance assessment takes about 10-15 minutes to complete.

### Dr. Kriva Presents on “How to Stay Fit While You Sit”

Dr. Kriva is back! This month he will be presenting on “How to Stay Fit While You Sit.”

“How to Stay Fit While You Sit” is a talk tailored to those who sit for long periods of time as a requirement for their job. The health implications of prolonged sitting are explained, bolstered by new research findings. Proper ergonomic work station design is presented as well as exercises that can be performed to better maintain fitness while sitting. Emphasis is placed on injury prevention.

Tuesday, October 17<sup>th</sup> at 11:30 am in the Kitchen

## FOREVERWELL ORIENTATION/ NEW MEMBER INFORMATION + EGYM

Welcome to the Midway YMCA! ForeverWell is an awesome program geared to all YMCA members 55 and older. We have many different classes, programs, and events that will help you improve your mind, body, and spirit.

If you are interested in learning more about the ForeverWell program, would like to schedule a ForeverWell Orientation, or if you have any suggestions for programming, contact Hayley Kilbride-Pierce at [Hayley.Kilbride@ymcanorth.org](mailto:Hayley.Kilbride@ymcanorth.org) or 651.259.9623. I would love to hear your ideas!

Current ForeverWell orientation times:  
12-1 pm on Tuesdays

Or by appointment – contact Hayley at [hayley.kilbride@ymcanorth.org](mailto:hayley.kilbride@ymcanorth.org) or 651.259.9623

Schedule your fitness assessment today! With your membership at the YMCA you get a free 60 minute fitness assessment with a personal trainer. Contact the front desk at the Y or Hayley to schedule your assessment.

## FOREVERWELL WALKING MEDITATION

Did you know that meditation and deep breathing is beneficial for your overall health?

Join for a WALKING meditation at Crosby Farms Regional Park – meet at 2595 Crosby Farm Rd. Saint Paul, MN 55116

Tuesday, October 3<sup>rd</sup> from 1-2 pm

Benefits of meditation:

- Reduces pain and enhances the body's immune system
- Reduces feelings of depression, anxiety, confusion, and anger
- Increases blood flow and slows heart rate
- Increases energy
- Helps control thoughts
- Reduces stress

Contact Hayley at 651.259.9623 or [Hayley.kilbride@ymcanorth.org](mailto:Hayley.kilbride@ymcanorth.org) to sign up.

### Lake Como Walking Group

Every other Monday at 2 pm – meet by the Pavillion facing the waterfall.

Contact Hayley at 651.259.9623 or [Hayley.kilbride@ymcanorth.org](mailto:Hayley.kilbride@ymcanorth.org) to sign up.

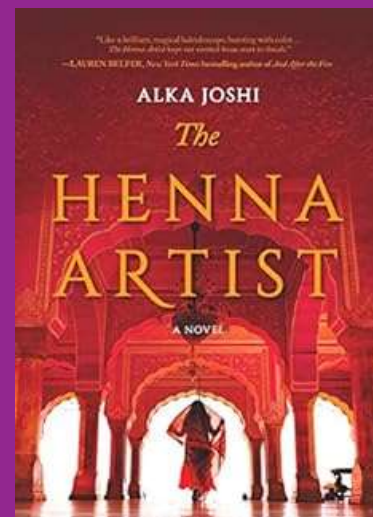
In October we will walk on the 9<sup>th</sup> and the 23<sup>rd</sup>. I hope to see you there!

## ST. PAUL MIDWAY YMCA BOOK CLUB

The next book for the Saint Paul Midway YMCA Book Club is "The Henna Artist" by Alka Joshi.

The next meeting will be on Thursday, October 19<sup>th</sup> at 10 am.

Contact Pam Nelson at 651-699-4555 if you need a book or have questions about attending. Coffee will be provided.



### Orthology at the Midway YMCA

Orthology physical therapy services are now in nine YMCA locations, including the Midway YMCA. Physical therapy services combine a wide variety of techniques designed to restore function, range of motion, flexibility, resolve injury, and alleviate pain.

David Stephenson earned his Doctor of Physical Therapy from Concordia University, St. Paul, after receiving a Bachelor of Science in Kinesiology from the University of Minnesota. David is a patient-focused physical therapist who enjoys helping people from all demographics achieve their therapy goals. His treatment approach seeks to understand an individual's whole story and examine the broader clinical picture. David aims to restore function and reduce pain through manual therapy and specific exercise prescription to promote healing, strength, and muscle control to help patients get back to moving and living better. Call 651-688-7500 to sign up for your functional assessment.



## **Active Aging Week at the Midway YMCA!**

Join us for lots of fun opportunities!

**Monday, October 2<sup>nd</sup>:** Dr. David Stephenson from Orthology will be tabling from 11 am-12 pm by the front desk at the Midway Y. Stop by to learn more about physical therapy, ask questions about active aging, or schedule a free functional assessment.

**Tuesday, October 3<sup>rd</sup>:** Walking Meditation at Crosby Farms Regional Park from 1-2 pm. Address is 2595 Crosby Farm Rd. Saint Paul, MN 55116

**Wednesday, October 4<sup>th</sup>:** Stretching and Coffee on the Rooftop 9:30-10 am. Meet in the lobby. In the event of bad weather, we will move indoors. Check out the rooftop before it is too chilly!

**Thursday, October 5<sup>th</sup>:** Drop in technology help in the Community Room from 12-1 pm. Bring all your technology questions!

**Friday, October 6<sup>th</sup>:** Self Care Day! 11:30 am in the Community Room. We will be making sugar scrubs, coloring, journaling, and listening to relaxing music.

Contact ForeverWell Coordinator Hayley at 651.259.9623 or [Hayley.kilbride@ymcanorth.org](mailto:Hayley.kilbride@ymcanorth.org) with any questions.



## ST. PAUL MIDWAY YMCA CALENDAR – OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Pickleball 8-12 (Gym)</p>	<p>3 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12-1 (Lobby)</p>	<p>4 Pickleball 8-12 (Gym)</p> <p>Bingo 11-12 (Community Room)</p>	<p>5 Pickleball 8-12 (Gym)</p> <p>11-12:30 pm – Coffee and Conversation (Kitchen/Community Room)</p> <p>Mahjongg 1-3 (Kitchen)</p>	<p>6 Pickleball 8-12 (Gym)</p>
<p>9 Pickleball 8-12 (Gym)</p> <p>Lake Como Walking Group 2 pm (Meet at Pavillion)</p>	<p>10 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12-1 (Lobby)</p>	<p>11 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p>	<p>12 Pickleball 8-12 (Gym)</p> <p>11-12:30 pm – Coffee and Conversation (Kitchen/Community Room)</p> <p>Mahjongg 1-3 (Kitchen)</p>	<p>13 Pickleball 8-12 (Gym)</p>
<p>16 Pickleball 8-12 (Gym)</p>	<p>17 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12-1 (Lobby)</p>	<p>18 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p> <p>Bingo 11-12 (Community Room)</p>	<p>19 Pickleball 8-12 (Gym)</p> <p>10 am Book Club (Community Room)</p> <p>11-12:30 pm – Coffee and Conversation (Kitchen/Comm Room)</p> <p>Mahjongg 1-3 (Kitchen)</p>	<p>20 Pickleball 8-12 (Gym)</p>
<p>23 Pickleball 8-12 (Gym)</p> <p>Lake Como Walking Group 2 pm (Meet at Pavillion)</p>	<p>24 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12-1 (Lobby)</p>	<p>25 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p> 	<p>26 Pickleball 8-12 (Gym)</p> <p>11-12:30 pm – Coffee and Conversation (Kitchen)</p> <p>Mahjongg 1-3 (Kitchen)</p>	<p>27 Pickleball 8-12 (Gym)</p> <p>Ted Talk and Discussion 11:30 am (Studio K)</p>
<p>30 Pickleball 8-12 (Gym)</p>	<p>31 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12-1 (Lobby)</p>			

# **ForeverWell Group Exercise Classes to**

## **Check Out:** (Full Class Listing Online or Posted on Studio Doors)

### **Mondays:**

Water Exercise – 6:45 am with Abby (Pool)  
ForeverWell Cardio – 8:30 am with Brenda (Studio A)  
Deep Water Exercise – 9 am with Dave (Pool)  
Tai Chi for Practice – 10 am with John (Studio B)  
SilverSneakers Classic – 10:15 am with Heidi (Flex B/C)  
Yoga – 10:45 am with Sandra (Studio A)  
Line Dancing – 11:15 with Hayley (Flex B/C)

### **Tuedays:**

Gentle Yoga – 8:15 am with Laura (Studio A)  
Deep Water Exercise – 9:30 am with Lacy (Pool)  
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)

### **Wednesdays:**

Water Exercise – 6:45 am with Dave (Pool)  
Zumba Gold – 8:30 am with Hayley (Studio A)  
Mat Pilates – 9 am with Abby (Flex B/C)  
SilverSneakers Classic – 10:15 am with Brenda (Flex B/C)  
Yoga – 10:50 am with Sandra (Studio A)

### **Thursdays:**

Deep Water Exercise – 9:00 am with Dave (Pool)  
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)  
Gentle Yoga – 11:30 with Barbara (Studio A)

### **Fridays:**

Water Exercise – 6:45 am with Dave (Pool)  
ForeverWell Cardio – 8:30 am with Catherine (Studio A)  
SilverSneakers Classic – 10:15 am with Hayley (Flex B/C)  
Yoga – 10:50 am with Matt (Studio A)

### **Saturdays:**

ForeverWell Strength – 11:45 with Catherine (Flex B/C)

### **Sundays:**

Yoga – 3:30 pm with Mike

Studio A – downstairs  
Flex B/C – upstairs

**\*SCHEDULE SUBJECT TO CHANGE. Please see the front desk with questions. To see the current schedule, download the Y app or visit our website at [ymcanorth.org](http://ymcanorth.org).**