



# FOREVERWELL

October 2023 | White Bear Area YMCA

## ForeverWell News

### SAVE THE DATE!

#### Book Club

Monday, Oct. 9th

"The Postmistress of Paris"

by Meg Waite Clayton

11:30 a.m. - 12:30 p.m.

Leading Club:

Carole Overlie

Where: Commons Area



#### Pilates Reformer Demo Class

Interested in finding out about Pilates Reformer classes? Please sign-up for the Demo class at the front desk.

When: Fridays

Time: 1 p.m.

Where: Studio B

Trainer: Laura McNiff

\*Please sign up at the front desk



## Fall into Action!



## Active Aging Week

Try these below:

Monday, 10/2 - Senior Health & Wellness Fair  
Time: 9:30 a.m. - Noon

Tuesday, 10/3 - Intro into Meditation  
Time: 11 a.m. - 11:30 a.m.

Wednesday, 10/4 - Intro into Line Dancing  
Time: 11:15 a.m. - 11:45 a.m.

Thursday, 10/5 - Meditation  
Time: 10:30 a.m. - 10:45 a.m.

Friday, 10/6 - Intro to Pilates  
Time: 11:15 a.m. - 11:45 a.m.

**Please sign-up at the front desk.**

### BRANCH HOURS

Monday-Friday: 5 am - 9 pm

Saturday-Sunday: 7 am - 5 pm

### WHITE BEAR AREA

2100 Orchard Lane

White Bear Lake, MN

**FW Coordinator: Laura McNiff**

*Laura.Mcniff@ymcamn.org*

651-259-1461



## Senior Health & Wellness Fair Monday, October 2nd

This senior event is designed especially for you! The primary focus is on active aging and senior lifestyles. We hope that you will gain new insight into aging in place. Take advantage of learning all new things from our vendors. There will be many programs and services to explore that will help you live your best life!

**When: Monday - October 2<sup>nd</sup>**

**Time: 9:30 am – 12 p.m.**

**Where: WBL YMCA- Gym**

**Prizes - Delicious food & Drawings!!!**



### Understanding Alzheimers & Dementia

Join us to learn about:

- The impact of Alzheimers
- The differences between Alzheimers & Dementia
- Alzheimers disease stages and risk factors

When: Wednesday, October 11th

Time: Noon – 1 p.m.

Where: Commons Area

Speaker: The Alzheimers Assoc. Rep.

**\*Please sign-up at the front Desk**



### WBA YMCA - Walking Club

WHEN: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month

TIME: 11:30 am - 12:15 pm

WHERE: Meet at the front doors

WBA YMCA LEADERS: Mike & Beth Nevala

**Dogs Welcome!!!**

**\*Please sign-up at the front Desk**



### Balance Assessments!

2<sup>nd</sup> & 4<sup>th</sup> Tuesday

Monthly at 1:30 p.m.

**\* Sign up at the front desk.**



## Cribbage Anyone???

If you have played the game for years  
or are just wanting to get started.  
Everyone is everyone!!!  
Jackie will lead our group.

If you interested, please sign-up at the  
front desk.

## ForeverWell Tours



Guided tour of the club.  
Laura will explain what the ForeverWell  
program is about and how it works.

**When: Thursdays at 9 a.m.**

**\*Please sign up at the front desk**

## FOREVERWELL CLASSES:

### MONDAY

8:45am - ForeverWell Combo w/Tracy  
9:45am - ForeverWell Strength w/Carl  
9:50am - Tai Chi w/Jerry  
10:00am - ForeverWell Water X w/Pam  
11:15am- ForeverWell Combo w/Kim

### TUESDAY:

8:00am - Water Exercise w/Joanne  
8:45am - ForeverWell Combo w/Tracy  
9:00am - Deep Water Exercise w/Joanne  
10:30am - Chair Yoga w/Laura  
1:15pm - Line Dancing w/Barbara

### WEDNESDAY:

8:45am - ForeverWell Combo w/Kim  
9:45am - SilverSneakers® Classic w/Deb  
10:00am - Water Exercise Power w/Alexa  
11:15am- Tai Chi w/Jerry

### THURSDAY:

8:45am - Studio Combo w/Tracy  
10:00am - Water Exercise Power w/Alexa  
1:15pm - Line Dancing w/Kim

### FRIDAY:

8:00am-Water Exercise w/Joanne  
8:45am - Foreverwell Combo w/Tracy  
9:00am - Deep Water Exercise with Joanne  
10:45am- Silver Sneakers Circuit w/Laura  
11:30am - Chair Yoga w/Dawn



## Active Aging Week Oct. 2nd – Oct. 6<sup>th</sup>

### Monday – October 2nd

#### **Senior Health and Wellness Fair**

Time: 9:30 – 12 p.m.

Where: Gym

**Prizes, Food & give aways!!!**

### Tuesday – October 3<sup>rd</sup>

#### **Intro into Meditation**

Time: 11:00 – 11:30 a.m.

Where: Studio B

Come and find out what meditation is all about. Heather will go over the basics of meditation and lead you in a sample class.

**\*Please sign up at the front desk.**

### Wednesday – October 4<sup>th</sup>

#### **Intro to Line Dancing with Kim**

Time: 11:15 – 11:45 a.m.

Where: Studio A

Come and find out how fun Line Dancing can be! This class will help you get your cardio in and having fun doing it.

**\*Please sign up at the front desk.**

### Thursday – October 5<sup>th</sup>

#### **Meditation**

Time: 10:30–10:45 a.m.

Where: Studio B

Come and find out what meditation is all about. Heather will lead you in a 15 minute meditation.

**Join us in Studio B.**

### October 6<sup>th</sup>

#### **Intro to Pilates with Jodi**

Time: 11:15 – 11:45 a.m.

Where: Studio B

Helps with strengthen core, flexibility and muscle strength.

**\*Please sign-up at the front desk.**