



FOREVERWELL

JUNE | WOODBURY

Challenge Yourself This Summer—Try a New Class!

EXAMPLES:

SilverSneaker Yoga

Move your whole body through seated yoga poses using chair support to safely increase flexibility, balance, and range of motion. Restorative breathing and final relaxation help reduce stress and promote mental clarity.

Tai Chi

Tai= big or great Chi= Ultimate energy. Tai Chi is an ancient form of chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.

Reminder:

You receive a free 60-minute fitness assessment with your membership! It's a friendly, one-on-one time with a trainer to talk about your goals and explore how the Y can support you on your wellness journey.



MAKE YOUR MOVE

This June, we invite you to Make Your Move, whatever that means for you. Whether it's walking with a friend, trying a new class, joining a group outing, or setting a fresh goal, now's the time to take that next step. It's about more than movement—it's about staying engaged, empowered, and connected.

Summer is the perfect time to try something new, reconnect, and embrace small changes that lead to big rewards.

So... what's your move?

If you're not sure where to start, I'm here to help. Whether you're returning after time away or navigating your membership for the first time, let's connect. I'd be happy to meet one-on-one to walk through class options, registration, or anything else you need to feel confident and connected.

Let's find the right next step for you.

TO CONTACT:

Scarlett Johnson

Email: scarlett.johnson@ymcanorth.org

Phone: 651-229-6423

BRANCH HOURS

Mon.- Fri: 5AM-9PM

Sat: 7AM-5PM

Sun: 7AM-5PM



WOODBURY

2175 Radio Drive,
Woodbury, MN 55125

YOUR FOREVERWELL COMMUNITY

SOCIAL BUNCH

When: Every Monday at 9:30–11am **Where:** Community Room
Join others as they gather for fun conversation, community, and making new memories with friends every week! If you are new to the Y, this can be a great way to meet others in your community and foster new friendships with welcoming ForeverWell members.

GRIEF AMONG FRIENDS: SOCIAL GROUP

When: Every **Tuesday** at 11:30AM **Where:** Multi Purpose Room
A welcoming, peer-led group where people come to talk, listen, and connect during a time that can feel isolating. Some are new, others long-time participants—but all gather for mutual support and friendship, sharing both good days and hard ones. This is not a professionally facilitated group, but a caring community built on shared experience.

BOOK CLUB

When: The **Second** Tuesday of the month @ 1:30–2:30pm

Where: Community Room

This month, we're reading *The Lost and Found Bookshop* by Susan Wiggs. Set in San Francisco, this novel follows Natalie Harper as she inherits her family's struggling bookshop—and the unexpected journey of healing, love, and self-discovery that unfolds between its shelves. It's a touching story about second chances, the power of community, and the magic of books.

60+ & SOLO GROUP

When: Every 3rd Friday of the month, 2:30–3:30pm

Where: Multi Purpose Room

Specifically for individuals who are 60+ and live solo or far away from family. Whether you're looking to explore new hobbies, share in lively discussions, or simply enjoy the company of like-minded individuals, 60 & Solo is the group for you! Join us and start creating unforgettable memories with new friends.

CARD GAMES GROUP

When: Every W//Fri Mornings 10am **Where:** Community Room
Join in on the fun of playing cards, both Hand and Foot as well as Cribbage is popular games played. Even if you are unfamiliar with the card games, the members will gladly teach it to you so you can join in on the fun!

WATER BALL

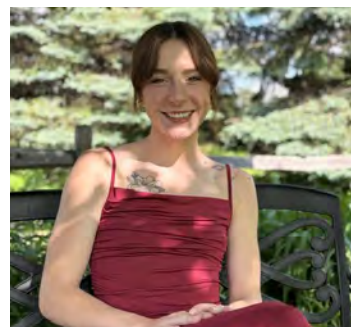
When: Every Wednesday, 7:20am–8:05am **Where:** The pool
Waterball is a fantastic way to stay active, improve hand-eye coordination, and enjoy the pool with friends. Whether you're looking to break the ice with new acquaintances or just want to have a good time.

MEDITATION

When: Every Monday at 9AM **Where:** Multi Purpose Room
Come for a relaxing and invigorating lesson on slowing the body down and being in the moment. Meditation is often the aspect of yoga that many struggle to sit through. They will teach you many techniques with this calming class and, in turn, give you tools to regulate your nervous system.

ForeverWell Coordinator

MY NAME IS SCARLETT AND I'M YOUR FOREVERWELL COORDINATOR!



ABOUT ME

I am currently a college student studying Psychology! Outside of my work at the YMCA, I compete in amateur boxing. I'm looking forward to connecting with you—please feel free to reach out with any questions or suggestions!

WHAT CAN I HELP YOU WITH?

FOREVERWELL ORIENTATIONS

Wednesdays, at 9am

Are you new to the Y? Come learn what the Y has to offer you, get a tour of the facility and ask any questions you may have. Learn how to register for classes/activities, and so much more!

NAVIGATING YOUR Y

MEMBERSHIP

Coming back after some time away? Or just not sure where to start? I'm here to help! Whether you need help learning how to use your membership, registering for classes, or deciding what's right for you, I'd be happy to connect with you one-on-one.

INTERESTED IN VOLUNTEERING?

Volunteering at the Y is a great way to stay active, connect with others, and make a difference in your community.

Whether you enjoy welcoming members, helping with events, or supporting special programs, there are many ways to get involved.

To set up a time to chat

contact:

Scarlett Johnson

Email:

scarlett.johnson@ymcanorth.org

Phone: 651-229-6423

Construction Plan for June:

June will bring some changes to the parking lot as we are nearing the next phases of the construction process. We will see the fencing area move to the front of the library and along the sidewalk to the street. The library entrance will move to the East side of the building with parking opening in that lot. Our South Lot (by the preschool) will be getting a mill and overlay in the middle of June which should last only about a week. Everything is moving along nicely with timing with a completion of the project projecting this fall.

Teresa Moes has moved to the Hastings Y

"I am incredibly grateful for the time I have spent at this YMCA. It has been a true pleasure getting to know and work alongside such a caring team and wonderful members.

The sense of community here has been inspiring, and I will carry those connections and memories with me as I transition to a new role on Monday May 16th and return home to my hometown of Hastings and the Hastings YMCA. Thank you all for making this such a meaningful experience. I have genuinely enjoyed getting to know each one of you.

Thank you for welcoming me into your community."

ForeverWell Coordinator

WHAT CAN I HELP YOU WITH?

BALANCE ASSESSMENTS

Are you at risk for a fall? A 30 minute balance assessment can measure where you are at physically and what you can work on to improve your balance. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks follow.

EGYM ORIENTATIONS

Curious about our full-body strength training circuit? EGYM is an 11-machine system that automatically adjusts to your height and sets the resistance for you. It's a personalized, efficient way to build strength safely and effectively. Let us show you how it works—contact me for an orientation today!

To make appointment contact
scarlett.johnson@ymcanorth.org
Phone: 651-229-6423



WOODBURY YMCA NEWS

NEW YMCA APP

We've officially transitioned to our new YMCA app!

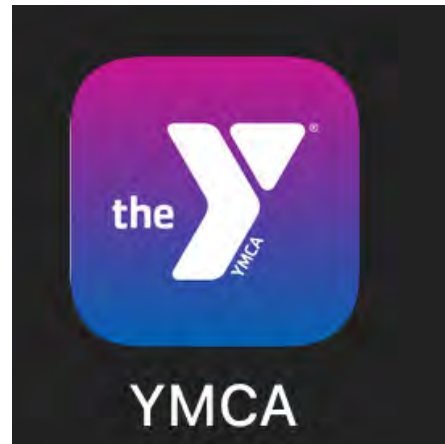
Starting May 30th, all things YMCA will be available through the YMCA of the North app. If you'd like help getting set up, your ForeverWell Coordinator is happy to assist.

To schedule a time to walk through the app together, contact:

Scarlett Johnson

scarlett.johnson@ymcanorth.org

651-229-6423



NEW GRIEF GROUP COMING SOON

We're pleased to share that our chaplain will soon be leading a GriefShare support group, a structured, video-based program designed to support individuals experiencing all types of grief, not just the loss of a loved one.

While it is rooted in Christian principles, GriefShare is open to everyone and welcomes participants from all backgrounds. This group is different from our Grief Among Friends gatherings in that it follows a set curriculum and offers guided weekly sessions. Whether your grief is fresh or something you've carried for a long time, this supportive environment can help you begin to heal. More details about dates and times will be available soon.



FOREVERWELL EVENTS

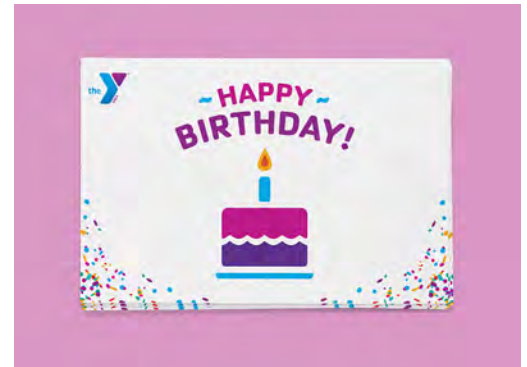
YMCA BIRTHDAY PICNIC

When: Friday, June 6th 12–1pm

Where: Outside YMCA (If weather allows)

Join us as we celebrate the YMCA's founding on June 6, 1844, with a relaxed summer picnic. We'll be serving up classic hot dogs and refreshing lemonade, and we invite you to bring a shareable side dish or dessert to contribute. It's a wonderful way to honor the Y's long history of building community and promoting wellness in a fun, casual setting. We look forward to celebrating with you!

Sign Up Required in ForeverWell Book



SUMMER BINGO

When: Friday, June 27th 10–11am

Where: Community Room

Enjoy a fun and relaxing afternoon of bingo this summer! Whether you're an experienced player or trying it for the first time, it's a great opportunity to connect with friends and enjoy some lighthearted entertainment. Join us for laughter, conversation, and good company as we welcome the season together.

Sign Up Required in ForeverWell Book



AYURVEDA AND SUMMER HEALTH PRACTICES

When: Friday, June 20th 11am–12pm

Where: Community Room

Led by Kali Higgins, Discover simple ways to stay cool and balanced this summer with Yoga + Ayurveda. In this peaceful session, we'll use rose water and cucumbers to refresh the skin and eyes, while enjoying a cooling herbal tea together. This is a chance to relax, learn, and care for your summer self. We will also learn some yoga postures, breathwork and general self-care practices to support our bodies in the heat and change of seasons.

Sign Up in ForeverWell Book



FOREVERWELL EDUCATION

Staying curious and open to new ideas is a great way to keep the mind active and engaged. At the Y, we offer opportunities each month to learn something new, connect with others, and explore topics that matter. From health talks to travel stories to hands-on workshops, there's always something interesting on the calendar. Take a look at what's coming up this month.

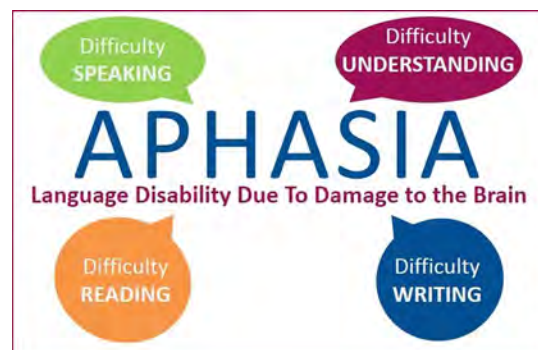
LIVING SUCCESSFULLY WITH APHASIA

When: Wednesday, June 11th 11am-12pm

Where: Community Room

Join us for Living Successfully with Aphasia, a powerful talk by Gus Avenido, National Aphasia Association Ambassador. After a stroke in 2021 left him with significant aphasia and apraxia, Gus began a journey of recovery and advocacy. He'll share what aphasia is, how it affects communication, and the tools that help him live well. Learn practical tips, hear his personal story, and gain insight into how to support those living with aphasia.

Sign Up in ForeverWell Book



BONES, JOINTS, AND SUPPLEMENTS

When: Tuesday, June 17th 11am-12pm

Where: Community Room

Led by Dr. Kriva, This workshop is designed for individuals with arthritis or those looking to prevent it. It begins with a review of joint anatomy and function, followed by an overview of the different types of arthritis. Participants will explore non-drug supplements and natural biomechanical strategies to support joint health. The session concludes with take-home exercises to help minimize arthritis's impact on daily life.

Sign Up in ForeverWell Book



Redefining What It Means to Grow Older

Today's seniors are living longer, staying active, and thriving well into their 80s and 90s. Whether it's teaching fitness classes, walking with friends, or bouncing back from surgery with impressive resilience, older adults are showing us that aging doesn't have to mean slowing down. This article from The Wall Street Journal highlights just how much the landscape of aging has changed, and how the YMCA continues to support this new era of vitality and connection.

-Thank you to my friend and fellow FW member Joe Kovarik for showing me this article!-

Americans in Their 80s and 90s Are Redefining Old Age

Dementia rates are down, recovery rates are up. Many are thriving mentally and physically deep into their later years.

By Amy Dockser Marcus

Three times a week, Hank Van Parys, 94, heads to the YMCA in Kingston, N.Y., where he leads a cardiovascular fitness class.

Van Parys joined the group back in 1980 when IBM, where he worked as a planner, offered the class as a perk. The workout, and the 1980s playlist that accompanies it, have not changed much, even as the people in the class have grown older. The five former IBM colleagues that remain regulars now range in age from 89 to 94. They call themselves the "Kick-Ass Old Farts."

Van Parys runs a brisk set. "Pull on those hamstrings," he urges. "Time to crunch," he calls

out. "Push-ups, the fun part!"

After the calisthenics, the group walks around the Y's track for 30 minutes, then they head across the street to a favorite breakfast spot, Stone Soup Food Company. Over sausage and eggs in a spinach wrap, Van Parys sums up the credo that animates them: "Do it today so you can still do it tomorrow."

For a growing number of Americans, old age has undergone a profound transformation. Many are living to advanced ages in good health, with some even demonstrating improvements with the passing years.

A long-running study of older people in the greater New Haven, Conn., area found that most

who had lost the ability to feed or bathe themselves recovered within six months, and often sooner. The Einstein Aging Study, which has followed people 70 or older from the Bronx since 1993, discovered a declining rate of dementia in successive age cohorts born after 1929.

According to researchers at the Stanford Center on Longevity, older Americans report higher levels of emotional well-being and lower levels of negative emotions compared with young adults. "The reason we hadn't seen things that tend to improve with age is we were never looking for them," said Yochai Shavit, director of research at the center.

Len Waters, 89, is evidence of this growing resilience among older Americans. He joined the fitness class at the Kingston Y decades ago, after his IBM manager talked him into it. Waters had heart bypass surgery 20 years ago. Three weeks after surgery, he asked his doctor, "Can I go back to class?"

Aging But Not Declining

There have been warnings for years about a "gray tsunami" of old people in decline. They were going to overwhelm the economy and sink society.

Some of those predictions have come true.

'The reason we hadn't seen things that tend to improve with age is we were never looking for them.'

YOCHAI SHAVIT
Stanford Center on Longevity

Please turn to the next page

FOREVERWELL GROUP FITNESS CLASSES:

MONDAY:

8:00am - SilverSneakers Circuit
w/ Monica STUDIO 3

8:15am - Water Exercise
w/ Cheryl POOL

9:00am - ForeverWell Yoga
w/ Sara F. STUDIO 1

9:00am Meditation
MULTI- ROOM

9:15am - Water Exercise
w/ Debbie POOL

9:30am - ForeverWell Combo
w/ Merilee Gym

10:30am - SilverSneakers Circuit
w/ Merilee STUDIO 1

11:30AM SilverSneaker Yoga
w/Katie STUDIO 1

12:30pm - Line Dancing
w/ Wanda STUDIO 1

1:30pm - Line Dancing (Intermediate/Adv.)
w/ Wanda STUDIO 1

1:30pm - SilverSneakers Classic
w/ Monica STUDIO 3

TUESDAY:

8:30am - Water Tabata
w/ Janine POOL

9:15am - Water Exercise Power
w/ Janine POOL

9:30am - SilverSneakers Yoga
w/ Katie STUDIO 3

10:30am - SilverSneakers Classic
w/ Deb STUDIO 3

11:30am - ForeverWell Cardio
w/ Deb STUDIO 3

11:30am - Tai Chi 1- 21 forms of Sun Style
w/ Kimberley STUDIO 1

12:30pm - SilverSneakers Yoga
w/ Julie STUDIO 3

12:40pm - Tai Chi 2- 20 new forms of Sun 41
w/ Kimberley STUDIO 1

WEDNESDAY:

7:30am - WaterBall in Lap Pool

8:00am - SilverSneakers Circuit
w/ Ann STUDIO 3

8:00am - ForeverWell Yoga
w/ Shelley B. STUDIO 1

8:15am - Water Exercise
w/cheryl POOL

9:15am - Salsa Splash
w/ Kathy POOL

10:30am - SilverSneaker Circuit
w/ Julie STUDIO 1

11:40am - ForeverWell Cardio
w/ Katie STUDIO 3

1:30-Silver Sneaker Circuit
w/ Monica STUDIO 3

THURSDAY:

8:00am - Silver Sneakers Circuit
w/ Ann STUDIO 1

8:30am - Water Exercise
w/ Colleen POOL

9:15am - Water Exercise Power
w/ Colleen POOL

9:30-SilverSneaker Yoga
w/ Katie Studio 3

10:45am - Zumba Gold
w/ Colleen STUDIO 3

10:30am - Gentle Yoga
w/ Tamara STUDIO 1

FRIDAY:

8:00am - SilverSneakers Circuit
w/ Jennifer STUDIO 3

8:15am - Water Exercise
w/ Cheryl POOL

9:00am - ForeverWell Yoga
STUDIO 1

9:15am - Water Exercise
w/ Debbie POOL

11:45am - Tai Chi 3
w/ Kimberley STUDIO 3

1:30pm - SilverSneakers Classic
w/ Monica STUDIO 3



FOREVERWELL FIELD TRIP The Chanhassen Theatre Presents:

Only 20
spots left!!

GREASE

Date: Wednesday, August 13th

Time:

Bus Pickup from Woodbury YMCA at 10:50am

Showtime: 1PM

Bus Drop off at Woodbury YMCA around 4PM

Price:

Members \$125 / Non Members \$130

LUNCH INCLUDED

Questions/ Concerns reach out to:

scarlett.johnson@ymcanorth.org 651-229-6423

Registration is now open

Please Sign up at Member Services

YMCA of the North | 9 | ymcanorth.org



JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meditation @9am the social bunch @9:30am board games@2pm 2	Grief Group @11:30am 3	card games @10am 4		card games @10am Ted Talk 9am YMCA BIRTHDAY PICNIC 12-1pm 6
Meditation @9am the social bunch @9:30am board games@2pm 9	Grief group @11:30am Book Club 1:30PM 10	card games @10am LIVING SUCCESSFULLY WITH APHASIA 11-12PM 11		card games @10am Ted Talk 9am 12
Meditation @9am the social bunch @9:30am board games@2pm 16	Grief group @11:30am BONES, JOINTS, AND SUPPLEMENTS 11-12PM 17	card games @10am 18		card games @10am Ted Talk 9am 60+ and Solo 2:30pm AYURVEDA SUMMER HEALTH PRACTICES 11-12 19
Meditation @9am the social bunch @9:30am board games@2pm 23	Grief group @11:30am 24	card games @10am 25		card games @10am Ted Talk 9am SUMMER BINGO 10-11am 26
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