



FOREVERWELL

NOVEMBER 2024 | FOREST LAKE YMCA OF THE NORTH
19845 FOREST ROAD N, FOREST LAKE, MN

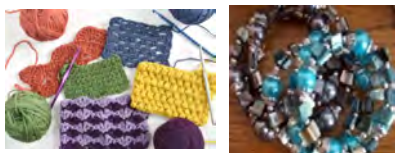
Thankfulness & Connections

STITCH & BEAD TOGETHER

1pm-2:30pm
November 11th & 25th

Everyone Welcome!
Bring your knitting, crocheting, needlework, or beading projects.

Friendly coaching and mentoring and free supplies offered by Barb, Melissa, and Joy.



SOCIAL & COFFEE

9am-12pm
Monday-Friday

CARDS & GAMES

Come Learn & Play With Us!

Mondays - 10am
Mexican Train Dominoes
Mah Jong

Tuesdays - 9:30am
Hand & Foot

Wednesdays - 10am
Mah Jong

Fridays - 9:30am
Cribbage
Hand & Foot



Wednesday
NOV. 20th
9:30am-11am

Changed DATE!

MEET OUR NEW HEALTH COACH

ROBIN HEDRICK



Robin Hedrick, MA, NBC-HWC is a national board-certified health and wellness coach. She applies a holistic approach that includes nutrition, stress management, movement, mindfulness, sleep, and connection.

What does your role look like here at the Forest Lake Y?

Currently, I work as a part-time health and wellness coach. I provide support and motivation and assist individuals in achieving long-term change for a healthier life. I partner with individuals to help them meet their Health and Wellbeing goals in areas that include nutrition, stress management, movement, sleep, and more!

What do you like to do outside of work?

I love spending time with family and friends, being outdoors, and taking walks with my dogs Finn and Zoey. I enjoy yoga, biking, and strength training at the Y and spending time at my in laws cabin near Walker, MN.

Any fun hobbies you enjoy?

I like to garden and scrapbook with friends.

What are some of your favorite winter activities?

Walking in the falling snow and watching movies by the fireplace.

What's a highlight for you in what you do here at the Y?

I get to meet and learn from many amazing people!

FOCUS ON **WHOLE-BODY WELLBEING** THIS MONTH!

Don't Know Where to Start? Let Us Help You!

ATTEND A FOREVERWELL ORIENTATION

During this time, become acquainted with ForeverWell programming tailored to welcome you to the Forest Lake YMCA!

Current Orientation Schedule:

Wednesday 11am-12pm

Every Other Friday 11am-12pm

*Sign up in advance at Welcome Desk



SET UP A **FREE 60-MINUTE** FITNESS ASSESSMENT

A one-on-one, 60-minute session with a certified personal trainer who will conduct an assessment in partnership with you, identifying areas of strength and weakness for a custom path toward your Wellbeing goals.

Our goal is to ensure your comfort, safety and competence in the Fitness Center.

MEET WITH OUR HEALTH COACH FOR A **FREE 30-MINUTE** WELLBEING CONSULTATION

Robin will partner with you to prioritize your goals and develop an action plan to get results through on-going motivation, support and accountability.

ENGAGE IN VIRTUAL Y

Engage in our Virtual Y during those times you are unable to be at the Y due to illness, cabin time or vacation. Virtual Y features meditation, nutrition, yoga, group exercise and many more Wellbeing options.

Want to Learn More About Virtual Y?
Come to a Virtual Y Friday Learning Session
(See Page 6 for Dates)

DON'T FORGET ABOUT YOUR **FREE 30-MINUTE CHECKPOINT**

Follow-up conversation 30 Days post
Fitness Assessment

SCHEDULE A FREE
BALANCE ASSESSMENT OR
See Page 8 for Drop-In Times!

ASK QUESTIONS & SIGN UP AT THE WELCOME DESK!

FOREVERWELL GROUP EXERCISE

Fitness & Movement classes designed for Adults 55 & over.

MONDAY

- 7am: Shallow Water Power - POOL
- 8am: Water Exercise - POOL
- 8:30am: ForeverWell Combo - STUDIO 1
- 9am: Shallow Water Exercise - POOL
- 10:55am: Silver Sneakers Circuit - STUDIO 1

TUESDAY

- 8am: Shallow Water Exercise - POOL
- 9am: Shallow Water Exercise - POOL
- 11am: Zumba Gold - STUDIO 1

WEDNESDAY

- 7am: Water Exercise Power - POOL
- 8am: Water Exercise - POOL
- 8:30am: ForeverWell Combo - STUDIO 1
- 9:30am: ForeverWell Combo - GYM
- 10:45am: Stretch & Strength - STUDIO 1

THURSDAY

- 8am: Shallow Water Exercise - POOL
- 9am: Shallow Water Exercise - POOL
- 9:30am: Cardio Dance - STUDIO 2
- 10:30am: Chair Yoga - STUDIO 1
- 11:30am: Gentle Yoga - STUDIO 1
- 6pm: Aqua Zumba - POOL

FRIDAY

- 8am: Shallow Water Exercise - POOL
- 9am: Deep Water Exercise - POOL
- 8:30am: ForeverWell Combo - STUDIO 1
- 9:30am: ForeverWell Strength - STUDIO 1



DROP-IN PICKLEBALL HOURS:

Mondays: 7am-10am
12pm-2:30pm

Tuesdays: 7am-10am
12pm-2:30pm

Wednesdays: 6am-9am
12pm-2:30pm
6pm-8:45pm

Thursdays: 7am-10am
12pm-2:30pm

Fridays: 7am-10am
12pm-2:30pm

Saturdays & 11am-1pm

Sundays

LEARN HOW TO PLAY

**11:30am-12pm
Tuesdays & Fridays**

**Thank you to all of
our PICKLEBALL
VOLUNTEERS!!**

thank you

SCHEDULES

Separate schedules are available at the Welcome Desk or on the Y website for Gym, Pool and all Group & Water Exercise classes

NOVEMBER IS NATIONAL GRATITUDE MONTH

It's a time to focus on the positive and recognize what you're grateful for!

Practicing gratitude can have many benefits, including:

Improved Mood

Reduced Stress

Better overall health and well-being

Stronger immune system

Lower blood pressure

More restful sleep

Less aches and illness

More happiness & optimism

More energy

Positive mental outlook



Here are some ways to celebrate National Gratitude Month:

Keep a gratitude journal: Write down what you're grateful for each day

Write handwritten letters: A small gesture that can mean a lot to someone

Volunteer: Help out at a local charity or community center

Appreciate the little things: Take time to focus on things that make you smile

Live in the present: Focus on the here and now, rather than the past or future

DON'T FORGET!
VOTING DAY
TUESDAY
NOVEMBER 5TH



TRY
Something
NEW

SOUND BATH
TUESDAY
NOVEMBER 5TH
7:30PM



SIGN UP AT
WELCOME DESK

DEMENTIA CAREGIVERS
SUPPORT GROUP



WEDNESDAY, NOV. 6TH
1:30PM

To Sign Up:
Contact Sue Gilbert
sue.gilbert9@gmail.com

Note: Caregivers Support Group is held
the first Wednesday each month.

10 EARLY SIGNS OF
PARKINSON'S DISEASE

THURSDAY
NOVEMBER 7TH

10:30AM

Presented By:

Erin McGee

Parkinson's Foundation

GROUP HIKE OUTING
FRIDAY

NOVEMBER 8TH
11AM

WILD RIVER STATE PARK

ALL levels and abilities welcome
to join in!

Sign up at the
Welcome Desk

More details on the
hike will be emailed

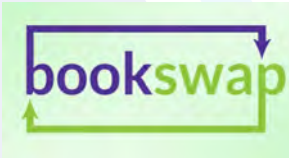


VACCINATION CLINICS
FLU & COVID

Thursday, Nov. 7th
9am - 12pm

Monday, Nov. 25th
10am - 12pm





PUZZLE & BOOK JUMBLE

**WEDNESDAY, NOV. 13TH
9AM-12PM**

Bring in your puzzles and books to swap (JUMBLE) with others!

Limit of 5 Items Each Category

JEANIE'S JOURNEYS TRAVEL TALK

**THURSDAY NOVEMBER 14TH
10:30AM-11:30AM**



FOREVERWELL PHOTO FOCUS

**THURSDAY, NOV. 14TH
10:30AM-12PM**

Join us for a dedicated time to organize your photos, and connect with fellow photo and memory keeping enthusiasts!

**Presented by: Jenny Kasa
Photo Solution Advisor**

VIRTUAL Y FRIDAYS

**NOV. 1ST, 15TH & 29TH
12PM**

**Learn How to Navigate
Virtual Y with Barb!**



Women's Wellness Retreat at Camp St. Croix NOV. 15TH-17TH



COME TOGETHER WOMEN'S WELLNESS

Second Annual
Nov. 15-17
Check-in begins 5:00PM Friday
Bring a friend!
Price includes hostel-style lodging

- Yoga and Tai Chi
- Mindfulness Hike and Art
- Delicious food fresh from our Farm
- Evening Dessert around the fire
- \$200 Member \$250 Non-Member



Register Now

WELLBEING WORKSHOP

Simplifying Daily Self Care

TUESDAY
NOVEMBER 19TH
5PM-6PM

Sign Up at Welcome Desk
Fee Based Workshop



Presented By:
HEALTH COACH,
ROBIN HEDRICK

HOOKED ON BOOKS!
WEDNESDAY, NOV 20TH
10:30AM

NOVEMBER BOOK:
TO KILL A MOCKINGBIRD



Limited Number of Books
are available for check out
at the Welcome Desk

Contact Cheryl
swine001@umn.edu or visit a
meeting to check us out!

DEMENTIA FRIENDS MINNESOTA

Informational Session

Thursday
NOVEMBER 21ST
9AM



Presented by members of
ACT on Alzheimer's Lake Area

LUNCH and LAUGH

Lunch Outing Group
THURS. NOV. 21ST

11:30AM



KEYS CAFE
in Forest Lake



MEDICARE Q&A with Kirk Possehl

WEDNESDAY, NOV. 20TH - 1-3PM

Kirk Possehl & his team pride themselves in their Medicare Insurance expertise **and in helping as many people as they can.**

As a 2-time breast Cancer Survivor, Kirk has **more** than a bit of experience navigating the healthcare field!

Come ready with questions!



Possehl Agency

UKULELE PLAY ALONG

**EVERY MONDAY
12PM-1PM**

A jam session for ukulele players!

Contact Gunny for details
Jamesr.Louisww@gmail.com

Everyone Welcome!



FREE PILATES REFORMER DEMOS

**Every 3rd Tuesday
11:30am-1:30pm**

What is Pilates Reformer?

A Pilates reformer is a piece of exercise equipment that helps strengthen and lengthen muscles, improve posture, and teach diaphragmatic breathing.

FREE BALANCE ASSESSMENTS

Stop by & See our
Personal Trainer, Hannah
**2nd Tuesday of every Month
11AM-1PM**

What is a Balance Assessment?

A balance assessment is a series of tests that evaluate a person's ability to maintain their balance and fall risk.

**ANNUAL HOLIDAY DOOR
DECORATING CONTEST
COMING SOON!!!**



FREE-FRIEND FRIDAY!

Bring a friend for free on Fridays
during the Month of November

**All Guest Pass Policies Apply
Guests 16yrs old+ must have a
photo ID**



**HAPPY
Holidays!**

PRESENTED BY



BEAUTY and the BEAST JR

Free Preview Showing during Tech Rehearsal

Thursday, November 7th

7PM-9PM

A CHRISTMAS CAROL

Free Preview Showing during Tech Rehearsal

Tuesday, November 26th

7PM-9PM



LIMITED TICKETS AVAILABLE
SIGN UP AT WELCOME DESK

PRODUCTION LOCATION:
MAPLEWOOD YMCA
COMMUNITY CENTER

INTERESTED IN CARPOOLING?

**LET US KNOW AT THE
WELCOME DESK!**

We are also looking for volunteer
carpool drivers!



COMING SOON!
Look for the Blue Bin
in our Lobby!



Holiday Season Gift Drive

**Support our 31st Annual Holiday
Gift Drive for isolated older adults.**

Gifts for Seniors provides resources and life-affirming personal contact. With the critical support of donors, volunteers, and community partnerships, we strive to alleviate the loss of connection to others and the devastating spiral into isolation.





ALL YMCA OF THE NORTH LOCATIONS ARE CLOSED ON THANKSGIVING THURSDAY, NOVEMBER 28TH

Thankful-For-You

Chili Lunch!

Tuesday, Nov. 26th
11am-1pm



CHILI provided by your YMCA Forest Lake Leadership Team



Help Us Stock The Shelves for The Holidays!

PLEASE BRING NON-PERISHABLE DONATIONS TO THE CHILI LUNCH!

Benefiting The
**FOREST LAKE FAMILY PATHWAYS
FOOD SHELF & HUGO FOOD SHELF**

HAVE a YMCA QUESTION?

Customer Service - 612-230-9622

Ask for the FOREST LAKE YMCA

Ask a Team Member or a ForeverWell Volunteer at the Y!

JOIN OUR FOREST LAKE YMCA FACEBOOK GROUP!



STUDIO 2 FLOOR Re-Surfacing Week of November 24-30

Keep an Eye on Group X Schedule for Changes This Week

We Want to Hear From YOU!

We are starting our 2025 brainstorming, and we want to know what fun programs **YOU** would like to see at the Forest Lake Y Next Year!

FOREVERWELL COORDINATOR
Mary Rivard -
Mary.Rivard@ymcamn.org

ENGAGEMENT DIRECTOR
Kelsey Davis, 651-330-3068
Kelsey.Davis@ymcamn.org



NOVEMBER 2024 HIGHLIGHTS

★ See the Star? - Please Register at the Welcome Desk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 STITCH & BEAD TOGETHER 1pm Ukelele Play Along Group 12-1pm	29	30 LUNCH N'LEARN What is Health Coaching? 12:30pm	31 	1  How To Navigate Virtual Y 12pm	2
3 	4 Ukelele Play Along Group 12-1pm	5 VOTING DAY SOUND BATH 7:30PM	6 Alzheimer's & Dementia Caregivers Support Group Meeting 1:30pm	7 ★ SHOT CLINIC 9am-12pm ★ 10 EARLY SIGNS OF PARKINSON'S DISEASE 10:30AM	8  GROUP HIKE 11AM WILD RIVER STATE PARK	9
10	11 STITCH & BEAD TOGETHER 1pm Ukelele Play Along Group 12-1pm	12 FREE DROP-IN BALANCE ASSESSMENTS 11AM-1PM 	13  PUZZLES & BOOKS JUMBLE 9am-12pm	14  JEANIE'S JOURNEYS 10:30-11:30AM Photo Focus 10:30am-12pm	15  How To Navigate Virtual Y 12pm	16 ★ Women's Wellness Retreat 15TH-17TH 
17 ★ Women's Wellness Retreat 15TH-17TH 	18  Ukelele Play Along Group 12-1pm	19 FREE PILATES REFORMER DEMOS 11:30AM-1:30PM WELLBEING WORKSHOP ★ 5PM-6PM	20  9:30am-11am Hooked on Books 10:30am Medicare Q&A with Kirk Possehl 1pm-3pm	21  DEMENTIA FRIENDS INFO SESSION 9AM LUNCH GROUP ★ 11:30AM Keys Cafe Forest Lake	22	23
24	25 ★ SHOT CLINIC 10am-12pm STITCH & BEAD TOGETHER 1pm Ukelele Play Along Group 12-1pm	26 CHILI LUNCH 11am-1pm 	27  BINGO was Moved to the 3rd Wednesday This Month!	28 YMCA CLOSED 	29  How To Navigate Virtual Y 12pm	

CARDS & GAMES WEEKLY

- Mondays - 10am**
Mexican Train
Dominoes
Mah Jong
- Tuesdays - 9:30am**
Hand & Foot
- Wednesdays - 10am**
Mah Jong
- Fridays - 9:30am**
Cribbage
Hand & Foot

SOCIAL & COFFEE
Monday-Friday 9AM-12PM

DON'T FORGET ABOUT FREE-FRIEND FRIDAY THIS MONTH!
Happening Every Friday in November!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUPPORT OUR ANNUAL COAT DRIVE FOR NEIGHBORHOOD CENTER - MONTREAL COURTS

**WE ARE ACCEPTING GENTLY USED AND
UNWORN WINTER GEAR FOR YOUTH AGES
0- 18 YRS.**

SIZES TO CONSIDER

TODDLER 4- 5, AND 6- 7

YOUTH 8, 10- 12 AND 14

TEEN 16- 18, 20, SMALL MEDIUM AND LARGE

THANK YOU FOR YOUR HELP AND SUPPORT!

WE ARE ACCEPTING ITEMS THROUGH NOVEMBER 15TH



22-GE01



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN OUR FOREST LAKE YMCA FACEBOOK GROUP!



STAY CONNECTED
WITH ALL OUR LATEST
NEWS AND EVENTS



WELLBEING WORKSHOP

November 19 | 5pm–6pm

**Forest Lake Community Rooms
with Robin Hedrick**

SIMPLIFYING DAILY SELF-CARE

During this interactive workshop, you'll be introduced to five dimensions supporting your whole wellbeing—along with a simple yet powerful tool to assist you in quickly identifying key areas for self-care focus. You'll also access a range of free, user-friendly self-care activities and resources to help you create a personalized self-care plan to conveniently integrate into your day!

REGISTER TODAY!

\$25 per person, or small group wellness subscribers may utilize one 60-minute session. Stop by the front desk or the website to register or learn more. Financial assistance is available.



ymcanorth.org/wellbeing



**Dementia
Friends
Minnesota**

A Program of TRELIS™

Informational Session

Thursday, November 21, 2024 9am

Presented by members of
ACT on Alzheimer's Lake's Area

Mariette Hoefler Hospice of the Northwest
Tracy Hestekin Choice Connections

YMCA of the North, Forest Lake



19845 Forest Rd N
Forest Lake MN 55025



www.actonalzlakesarea.org



Lakes Area



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THANKFUL FOR YOU CHILI LUNCH 11AM-1PM TUESDAY, NOV. 26TH

EVERYONE WELCOME!

**CHILI PROVIDED BY YOUR
YMCA FOREST LAKE
LEADERSHIP TEAM**

