



FOREVERWELL

NOVEMBER 2024 | HUDSON YMCA



Practicing gratitude can improve your mental well-being and contribute to a positive relationship with yourself and others.

Here are some ways to stay GRATEFUL:

- 1. Keep a Journal**
- 2. Express gratitude**
- 3. Practice gratitude meditation**
- 4. Write Thank you notes**
- 5. Reflect on the positive things you are grateful for.**



Mandala Rock Painting Class

Thursday, November 21st

1:00-3:00PM

Back by popular demand. Join in this fun, creative and peaceful way of expressing your artistic self.

Register at Member Services. Limit 15.

Cost: \$25

(includes all materials and instruction)

Happy Thanksgiving!

Thursday, November 28th

The Y will be closed.

We're grateful for your patronage and wish you a happy holiday!

BRANCH HOURS

MONDAY-FRIDAY 5AM - 9PM

SATURDAY-SUNDAY 7AM - 5PM

HUDSON YMCA

2211 VINE STREET

HUDSON, WI 54016-1899

WWW.YMCANORTH.ORG



FOREVERWELL EXERCISE CLASSES

MONDAY :

8:10 AM - FOREVERWELL WATER EXERCISE

8:15 AM - SILVERSNEAKERS YOGA

9:15 AM - SILVER SNEAKERS CLASSIC

TUESDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

9:00 AM - NORDIC WALKING

9:15 AM - SILVERSNEAKERS YOGA

10:15 AM - SILVERSNEAKERS CIRCUIT

WEDNESDAY:

8:10 AM - FOREVERWELL WATER EXERCISE

8:15 AM - SILVERSNEAKERS CLASSIC

9:15 AM - SILVERSNEAKERS YOGA

10:15 AM - SILVERSNEAKERS CLASSIC

1:00 PM - LINE DANCING BEGINNING

2:00 PM - LINE DANCING INTERMEDIATE

THURSDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

8:15 AM - SILVERSNEAKER YOGA

9:15 AM - SILVERSNEAKER CIRCUIT

10:15 AM - FOREVERWELL STRETCH AND BALANCE

FRIDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

9:15 AM - SILVERSNEAKERS CIRCUIT

*CLASS OFFERINGS MAY BE SUBJECT TO CHANGE

"Take care of your body . It's the only place you have to live. Exercise is King, Nutrition is Queen. Put them together and you've got a kingdom." -Anonymous



I WOULD LIKE TO SAY THANK YOU FOR ALL YOUR SUPPORT, KINDNESS, INSPIRATION AND FRIENDSHIP YOU'VE GIVEN ME AS YOUR FOREVERWELL COORDINATOR . MY TIME HERE HAS COME TO AN END. I WILL MISS YOU!

LEAH KROLL -

FOREVERWELL COORDINATOR

FITNESS ASSESSMENT

SIGN UP AT MEMBER SERVICES FOR A COMPLIMENTARY FITNESS ASSESSMENT WITH A PERSONAL TRAINER! AVAILABLE TO FOREVERWELL MEMBERS WHO ARE NEW OR RETURNING.

FOREVERWELL SOCIAL ACTIVITIES

MONDAY : **WOODCARVING**
 2:30 PM
 STUDIO 2
 BRING YOUR OWN SUPPLIES

TUESDAY : **NORDIC WALKING** **BOOK CLUB**
 9:00 AM **MEETS 2ND TUES OF EACH MONTH AT 10:15AM**
 MEET IN LOBBY **SEE ATTACHED FLYER FOR BOOK LIST**
 POLES AVAILABLE **COMMUNITY ROOM**

PING PONG
11:15 AM
STUDIO 2

THURSDAY : **MAH JONGG - NEWCOMERS WELCOME**
 12:30 PM
 COMMUNITY ROOM

FRIDAY : **PING PONG**
 10:15 AM
 STUDIO 2





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Book
Club

FOREVERWELL BOOK CLUB

November 12th

Educated

by Tara Westover

January 14th

The Dictionary of Lost Words

by Pip Williams

December 10th

The Women

by Kristine Hannah

February 11th

The Immortal Life of Henrietta Locks

by Rebecca Skloot

MEETS THE 2ND TUESDAY OF EVERY MONTH
10:15 AM COMMUNITY ROOM NO REGISTRATION