

FOR EVERVELL NOVEMBER 2024 | HUDSON YMCA

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

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

YMCA



"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

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



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 9:00 AM MEET IN LOBBY POLES AVAILABLE

BOOK CLUB MEETS 2ND TUES OF EACH MONTH AT 10:15AM SEE ATTACHED FLYER FOR BOOK LIST COMMUNITY ROOM

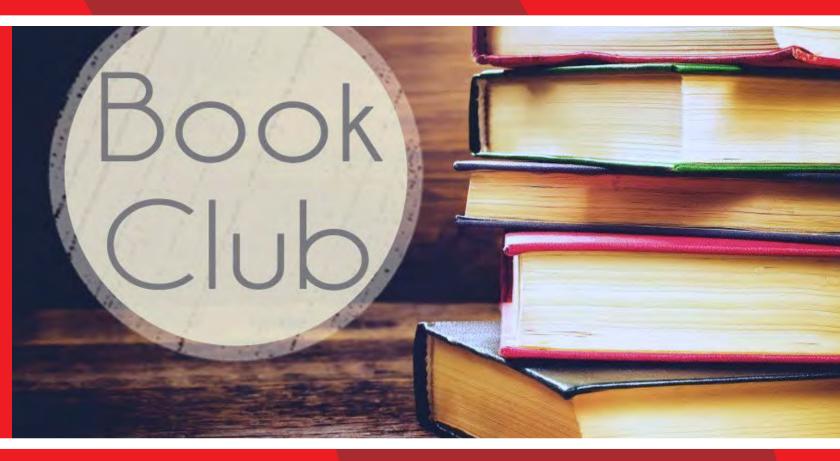
PING PONG 11:15 AM STUDIO 2

- 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



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 <u>February 11th</u> The Immortal Life of Henrietta Locks by Rebecca Skloot

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