



FOREVERWELL

NOVEMBER 2024 | ANDOVER
FOREVERWELL COORDINATOR: REWA GIROUX-DUMAS

SAVE THE DATE

Honoring our Veterans

November 11, 2024

0800 Continental Breakfast!

0900 Presentation

"Echoes of Bravery"



In ForeverWell Room

no reservations required



Ensuring the health of raptors and the world we share.



MN Raptor Center
Andover YMCA Gym

Friday Nov. 15th

10:00-11:00 am

Registration required



YMCA GYM

Adult Pickleball

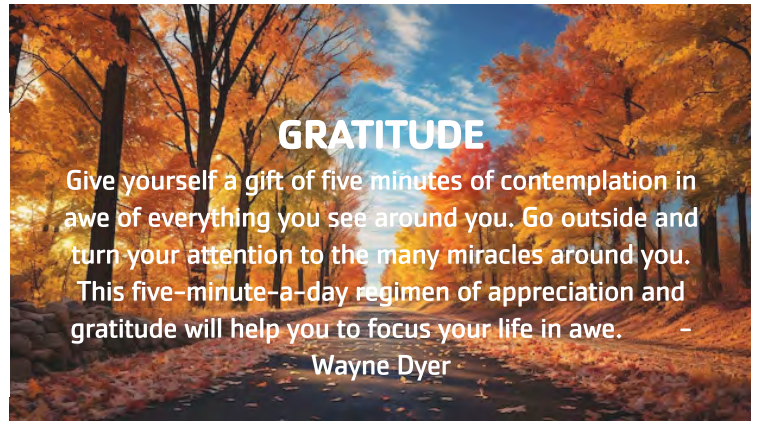
M-W-F 8:00-12:00

Beginner Pickleball

Tuesday 8:00-12:00

Thursday 8:00-9:30

Forever Well
Orientation Thursday Nov. 14th
10:00-10:45



GRATITUDE

Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe.

- Wayne Dyer

What is ForeverWELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life.

Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community.

COVID & FLU SHOT CLINIC

TUESDAY NOV. 5TH 11 AM - 4 PM

ANDOVER YMCA COMMUNITY ROOM

ADDITIONAL INFORMATION INSIDE !

ANDOVER YMCA CLOSED
Thanksgiving Day November 28th



BRANCH HOURS

Weekdays 5am-9pm
Saturdays 7am-8pm
Sundays 7am-8pm

ANDOVER YMCA

15200 Hanson Blvd, Andover, MN
Customer Service: 763 230-9622
Rewa Giroux-Dumas 612 465-0515
ForeverWell Coordinator
Rewa.Giroux-Dumas@ymcamn.org



Honoring our Veterans

November 11, 2024

0800 Continental Breakfast !

0900 Presentation

Hosted in the Andover YMCA ForeverWell Room
reservations not required

0900 - 1000
"Echoes of Bravery"
The Vietnam Veterans Experience

Presented by:  Anoka County
Historical Society

Questions? contact ForeverWell Coordinator: Rewa Giroux-Dumas
rewa.giroux-dumas@ymcamn.org 612 465-0515





Andover YMCA North Metro Ukulele Club

Holiday Concert

Wednesday Dec. 11th 10:00 am

Open to the Public!

Locaton: Andover YMCA Gymnasium

Donations appreciated **see donation box at event

**Join us in the YMCA Community Room for
Refreshments after the concert!**

Questions? contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcamn.org 612 465-0515



ANDOVER FOREVERWELL NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TR = teen room P= presentation HFT Hand foot and Toe CR=community room \$ = charge for activity WIF - Women in Faith</p>					<p><u>1</u> 7-9a Coffee 745 WIF TR</p> <p>1 pm Cribbage 1 pm Cards; Dimes</p>	<p><u>2</u> HFT 1 pm</p>
<p><u>3</u></p>	<p><u>4</u> 7-9a coffee 1pm HFT</p> <p>1200-1245 Movement & Balnce TR Gardeners club 6:30pm</p>	<p><u>5</u> 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 lunch bunch 1:30 Mahjong</p>	<p><u>6</u> 7-9 coffee 9-1030a Ukulele CR 10:00-11:30a TR Dementia Support 11-12 Dementia Presntation 1200 Farkle &Samba 4:30 Friends night out</p>	<p><u>7</u> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 1-4p 500 YMCA</p>	<p><u>8</u> 7-9a Coffee 745 WIF TR</p> <p>1:00p Cribbage 1pm learn HFT</p>	<p><u>9</u> HFT 1 pm</p>
<p><u>10</u></p>	<p><u>11</u> 7-9a coffee 1pm HFT</p> <p>1200-1245 Movement & balance TR</p>	<p><u>12</u> 7-9a coffee 9:30 Dimes Bingo 11am Sevens 12:15- 1:00 Power of Thought :Dulce 1200 lunch bunch 1:30 Mahjong</p>	<p><u>13</u> 7-9 coffee 9-1030a Ukulele 1200 Farkle & Samba 4:30 Friends night out</p>	<p><u>14</u> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 1-4 500</p>	<p><u>15</u> 7-9a Coffee 745a WIF</p> <p>10:00-11:00 Raptor Center - Y Gym 1 pm Cribbage 1 pm Cards; Dimes</p>	<p><u>16</u> 1:00p HFT</p>
<p><u>17</u></p>	<p><u>18</u> 7-9a coffe 1pm HFT 10:30-2:00 Country JAM session in CR 1200-1245 Movement & Balnce TR</p>	<p><u>19</u> 7-9a coffee 9:30 Dimes Bingo 9-1 AARP CR 11am Sevens 1200 POTLUCK! 1:30 Mahjong</p>	<p><u>20</u> 7-9 coffee 9-10:30 Ukulele CR 10-1130 bookclub Pam TR 1200 Farkle & Samba 4:30 FNO</p>	<p><u>21</u> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 12:30 -1:30 Discusion Panel ! 1-4 500 in CR</p>	<p><u>22</u> 7-8:30 Coffee 745a WIF</p> <p>1pm Cribbage 1pm learn HFT</p>	<p><u>23</u> 1:00p HFT</p>
<p><u>24</u> 8-5 Quilting Club bring your own project and machine</p>	<p><u>25</u> 7-9a coffee 1pm HFT 1200-1245 Movement & balance TR</p>	<p><u>26</u> 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 lunch bunch 1:30 Mahjong</p>	<p><u>27</u>7-9 coffee 9-1030a Ukulele 1200 Farkle & Samba 4:30 Friends night out</p>	<p><u>28</u> CLOSED</p> <p>HAPPY Thanksgiving</p>	<p><u>29</u> 7-8:30 Coffee 745a WIF</p> <p>1pm Cribbage 1pm Dimes - cards</p>	



ANDOVER YMCA CHAPLAIN

NONIE



In our Andover YMCA, we have a Chaplain and, a prayer box, where we welcome members and staff to share their requests. The prayer box is located in the waiting area just under the TV.

We all need prayer! Often, there are things that we place in our life where we need others to pray for us. Share your requests with Chaplain Nonie. Your requests go directly to Nonie. If you would like to connect with her directly, you may place that request in the box as well.

Note: All requests are kept confidential..

Submit your request for yourself or others today.

Email: AndoverYMCAchaplain@gmail.com



IT'S ALL FUN & GAMES! ANDOVER FOREVERWELL

HANDS, FOOT & TOE CARDS MONDAYS & SATURDAYS 1PM *

Want to LEARN how to play
HAND FOOT & TOE ?
2nd and 4th Fridays
1:00 pm



FARKLE!

WEDNESDAYS AT
12PM

SEVENS

FUN & EASY CARD GAME
TUESDAYS 11AM-12PM

CRIBBAGE

FRIDAYS 1PM
*AUG. 16TH - TEEN ROOM
1:00-3:00

HFT Tournament
Monday Nov. 11th 1-3
Sign up in the ForeverWell
Room

MAHJONGG

TUESDAYS 1:30PM
* MUST KNOW HOW TO PLAY



SAMBA CARD GAME

WEDNESDAYS 12:00-4:00
* Open to new players!
Come and learn!

DIME BINGO

TUESDAYS AT 9:30AM
THURSDAYS AT 10:45AM

DIMES CARD GAME

1ST AND 3RD FRIDAY
1:00 PM
AUGUST 2ND

YMCA 500

1ST, 2ND AND 4TH THURSDAYS 1-4PM
Please show up early so we can figure out seating and
start on time

DON'T SEE WHAT YOU'RE LOOKING FOR? DO YOU HAVE IDEAS FOR A NEW ACTIVITY?
REACH OUT AND WE'LL WORK TO GET IT STARTED!

CONTACT REWA, FOREVERWELL COORDINATOR

REWA.GIROUX-DUMAS@YMCAMN.ORG

BIBLE STUDY W/MARY

THURSDAYS AT 9:15AM TEEN ROOM

All are welcome to this thoughtful and welcoming discussion.



FRIENDS NIGHT OUT WEDNESDAYS AT 4:30PM

Come to the YMCA ForeverWell Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

WOMEN IN FAITH – TEEN ROOM

FRIDAYS AT 7:45 – 9:00 AM

Come to sit and share. Hosted by Bonnie

Lunch Bunch *bring your lunch and visit Tuesdays at 12:00

* When presentations are scheduled,
Stay and Enjoy!

YMCA BOOK CLUB WITH PAM – TEEN ROOM

4TH WEDNESDAY OF THE MONTH AT 10:30AM

*NOTE: WILL MEET 3RD WEDNESDAY FOR NOV. & DEC.***

NOVEMBER 20TH

Nov. Book: Title: The Ursula by Brian Freeman

Please come and share in our discussions. Everyone is welcome.

Reach out to Pam with any questions at pamequinox41@yahoo.com.



CHAIR MOVEMENT & BALANCE WITH REWA

MONDAYS TEEN ROOM 12:00-12:45

WE WILL EXPLORE BALANCE BASED FUNCTIONAL MOVEMENT, YOGA AND MEDITATION. THIS CLASS WILL IMPROVE RANGE OF MOTION, STRENGTH, BODY AWARENESS, BONE HEALTH AND BALANCE

NO CLASS DEC. 2ND & DEC. 30TH



TEEN ROOM IS LOCATED DOWN THE HALL FROM THE FOREVERWELL ROOM

HAVE QUESTIONS? PLEASE CONTACT FOREVERWELL COORDINATOR, REWA GIROUX-DUMAS AT:

REWA.GIROUX-DUMAS@YMCAMN.ORG 612 465-0515

HAPPY HOUR

3RD THURSDAY OF THE MONTH (11/21) AT 4:30PM

Ready for a night out? Meet at Beef O' Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.

Address: 15190 Bluebird St. NW Andover, MN 55304

BEEF O' BRADY'S
GOOD FOOD. GOOD SPORTS™

DEMENTIA CAREGIVER SUPPORT GROUP

1ST WEDNESDAY OF THE MONTH (11/6) 10:00 - 11:30AM

MEET IN THE TEEN ROOM

The purpose: to provide caregivers with updated information, emotional support, and problem-solving tools related to the challenges of giving care to those living with Alzheimer's disease.

Contact is kathy.besst@lifesparksl.com

FOREVERWELL POTLUCK! 3RD TUESDAY OF THE MONTH

NOVEMBER 19TH 2024

12:00 - 1:00PM

THEME: THANKSGIVING
FAVORITES



Andover YMCA
North Metro Ukulele Club

Holiday Concert

Wednesday Dec. 11th 10:00 am
in Andover YMCA GYM

Open to the Public
See flyer for details

ANDOVER YMCA FOREVERWELL



Proudly presents at the Anover YMCA:



Thursday Jan. 16th 1:00 pm - 2:00 pm 1920s Prohibition

This program includes a presenter dressed in 1920s fashion who shares what Anoka County (its people, places and schools) looked like during this era and tells a shortened story of Prohibition.

Sign up at Members Services
\$10 members \$15 guests

Location: Andover YMCA ForeverWell Room



Take the AARP Smart Driver™ course and you may save money on your car insurance!* Drive smart. Save smart. • Refresh your driving skills and know the new rules of the road. • Learn research-based driving strategies to help you stay safe behind the wheel. • Discover proven driving methods to help keep you and your loved ones safe on the road.

When:

Tues. Nov. 19th

Time: 9:00am - 1:00pm

Location: YMCA Community Room

Register in ForeverWell Room or Contact :

Dan Scott 651 274-9844

Checks & Cash only

No Credit Cards

Pay at the class

CLASSROOM COURSE **\$20 for AARP members | \$25 for non-members**



LOOKING AHEAD



Patty Zenz

Care Transition Coordinator

ST. CROIX
HOSPICE

Wed. Nov. 6th 11:00 -12:00

Dementia 101

Overview of Alzheimer's and dementia-related disorders, including medical complications, behavioral changes and disease progression.

Dementia 201:

Behaviors and Interventions Strategies for communicating with Alzheimer's and dementia patients, possible meanings of patient behaviors and intervention strategies.

Monday Country JAM Sessions! 11:00 - 2:00

November 18th Dec. 16th Feb. 24th March 24th

* set up at 10:30

YMCA Community Room

Bring your instrument and jam out with other musicians.

Come enjoy some music! Bring snacks and your dancing shoes.



www.freepik.com/free-vector/set-musical-instruments



Power of Thought

Dulce Vida

Law of Attraction, Present Moment, and Gratitude

Tuesday Nov. 12th & Dec. 10th 12:15-1:00

"Believing in the power of thought and the boundless capabilities we each possess, I am dedicated to empowering individuals to cultivate unwavering self-belief."

Wednesday Dec. 4th

10:30-12:00



FREE informational seminar that is fun, interactive, and very educational!



FREE Panel Education!
FOUR speakers with great information
Thursday Nov. 21st 12:30-1:30



join our **expert panel** to explore **aging in place** strategies and ensure **peace of mind for the future**. Learn about downsizing strategies to support healthy living from Suzanne Austin at Caring Transitions.

Discover proactive planning with Sam Kaelberer from Interim HealthCare.

Learn about **caregiver burnout** with Brooke Baker from Renaissance Adult Day.

Lastly, **explore various senior living options** and learn about the various levels of supportive care from Kathy Besst Arbor Oaks

Caring Transitions specializes in assisting seniors and their families with downsizing, estate sales, and relocation services. Our mission is to provide compassionate and comprehensive support during life's transitions.

The Presenters

- **Suzanne Austin**, Caring Transitions Owner - Caring Transitions is a compassionate service provider specializing in estate sales, downsizing, and relocation support for seniors and families, helping them navigate life transitions with ease and dignity.
- **Brooke Baker**, Renaissance Adult Day Owner - Renaissance Adult Day Care provides a home away from home for adults who treasure their independence, value friendship and their days to be filled with new experiences and engaging activities.
- **Sam Kaelberer**, Interim - Interim HealthCare has pioneered the way care is delivered through a home-based, flexible care model that combines clinical expertise, innovation, and experience with highly personalized care.
- **Kathy Besst**, Arbor Oaks - A Lifespark Senior Living community that has been empowering the independence of its residents for over 30 years. They focus on providing care and support based on a holistic approach that puts the individual's needs above all else.



Questions? contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcamn.org 612 465-0515



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Season of Gratitude

Everyday is a day to find GRATITUDE in your life

Health benefits of being thankful

You'll get the biggest health benefits of gratitude when it becomes habitual and part of your thought process. But even allotting some time each day or week to prioritize gratitude can be beneficial.

Reduce depression

Gratitude seems to reduce depression symptoms — people with a grateful mindset report higher satisfaction with life, strong social relationships and more self-esteem than those who don't practice gratitude.

Lessen anxiety

Gratitude can be a coping tool for anxiety. Regularly practicing gratitude combats negative thinking patterns by keeping thoughts focused on the present..

Support heart health

Research finds that keeping a gratitude journal can cause a significant drop in diastolic blood pressure — the force your heart exerts between beats. Having grateful thoughts, even if you don't write them down, also helps your heart by slowing and regulating your breathing to synchronize with your heartbeat.

Relieve stress

Stress triggers a fight-or-flight response in your nervous system — your heart beats faster, muscles contract and adrenaline pumps. But gratitude can help calm the nervous system.

Improve sleep

People with an attitude of gratitude tend to pursue goals that keep them feeling good — a positive attitude promotes positive action. They engage in activities that support healthy sleep, such as eating well and exercising regularly.

*credit: March 2022 UCLAHealth

What are the 3 types of gratitude?

- 1. Gratitude for people:**Being thankful for the people in your life, like family, friends, colleagues, or even strangers who have helped you or left a positive impact
- 2. Gratitude for things:**Appreciating material possessions, comforts, or conveniences that enhance your life
- 3. Gratitude for experiences:**Valuing the experiences you've had, from simple pleasures to major life events, and the lessons they've taught you

** credit to Calm.com

Tips for practicing gratitude

The best way to form a mindset of gratitude is to slip it in throughout the day. You can incorporate more gratitude in your life by:

- **Writing it down:** Take time either at night or in the morning to write down something that went well. Dedicate a notebook or journal to gratitude so you can reflect and remind yourself of those moments.
- **Hitting pause:** Many of us reflexively say, “thanks” often. Next time you hear yourself say it, stop and pinpoint precisely what you are thankful for.
- **Redirecting your thoughts:** You may feel negative or frustrated during the day. When that happens, step back and shift your focus to a positive aspect of the situation.
- **Sharing your gratitude:** Send a quick note telling someone why you are thankful for them or encourage your family to share something they’re grateful for each night at dinner. Credit: March 2024 UCLAHealth

Start and End each day with gratitude. You may choose the same things each time to start, then add as your gratitude awareness grows.

Each morning: Today I am grateful for:	Before bed: Today I am grateful for:



FOREVERWELL

GROUP EXERCISE CLASSES

Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership.

[COMPLETE group exercise schedule is available online.](#)

MONDAY	Class	Location
8:00am	Water Ex	Lap pool
9:15am	Studio strength & cardio	Mindbody
11:00am	Silver Sneakers Circuit	Studio 3
5:15pm	Auqua Zumba	Lap Pool
6:00pm	Oula	Studio 2
6:00pm	Mat Pilates	Mindbody studio
TUESDAY		
7:00am	Auqua Zumba	Pool
8:00am	Silver Sneakers Circuit	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	Shine Dance Fitness	Studio
11:00am	Silver Sneakers Classic	Studio 3
11:45am	Restorative Yoga	Mindbody Studio
6:00pm	Yoga	Studio 3
WEDNESDAY		
9:00am	Water Ex	Lap Pool
9:30am	Yoga	Mindbody
10:45am	Zumba	Studio 2
11:00am	ForeverWell Stretch	Studio 3
5:00pm	Yoga Flow	Mindbody
THURSDAY		
7:00am	Aqua Zumba	Lap Pool
8:00am	Silver Sneakers Circuit	Studio 2
8:30am	Mat Pilates	Mindbody
8:50am	Silver Sneakers Yoga	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	SHINE fitness	Studio 2
10:45am	Gentle Yoga	Mindbody
11:00am	Silver Sneakers Circuit	Studio 3
12:00pm	Restorative Yoga	Mindbody
FRIDAY		
8:30am	Studio Combo	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	Yoga	Mindbody
11:00am	Silver Sneaker Classic	Studio 3
12:00pm	ForeverWell Cardio Dance	Studio 2
4:45pm	Yoga	Mindbody
SATURDAY		
8:00am	Salsa Splash (water fitness)	Lap Pool
9:30am	Cardio Dance	Studio 2
SUNDAY		
10:00am	Shine Dance Fitness	Studio 2
10:45am	Yoga	Mindbody

JOIN THE YMCA!

INQUIRE ABOUT YOUR INSURANCE BENEFITS

Our YMCA of the North offers memberships to those who have SilverSneakers, One Pass, Renew Active, and Silver & Fit.

Stop in with your photo ID and insurance card to sign up today. Share with your friends!

FITNESS ASSESSMENTS

Want to schedule a one-on-one 60-minute session with a certified personal trainer? Appointment will include:

- Conduct a fitness assessment
- Identify areas of strength
- Identify areas that need improvement
- Goal setting
- Develop a custom path to help you achieve your well being goals. * with package
- Tour of fitness center and equipment
- Awareness of all Y well-being modalities
- Some locations also offer an InBody Assessment to quickly and accurately measure your body fat percentage and basal metabolic rate at no charge to the member.

Stop by our member service desk today to sign up for a fitness assessment. [One FREE assessment per membership.](#)

EXERCISE WITH THE YMCA FROM HOME

Live and recorded classes are available through our website at www.ymcanorth.org/live-fitness-and-wellbeing. If you would like assistance activating your account, contact Customer Service at 612-230-9622



Wednesday Nov. 13th at 12:00
Line dancing w/ Ginger

HERE AT ANDOVER YMCA !

FRIDAY NOV. 15 TH

10:00-11:00



***Members \$10

***Guests \$15

Sign up TODAY at Members Services

Special *** \$10 for 1 Adult and 2 children (+8 yrs old)

Adult must be with children at all times

LIVE BIRDS!

Enjoy this engaging presentation!

Each of these winged ambassadors has a story of how they came to be at The Raptor Center. We will learn about each raptor (3) and their unique qualities. Their stories, remind us all, that we play a role in the health of raptors and the world we live in.

Location: YMCA Gym



Questions? contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcamn.org 612 465-0515



Wednesday Dec. 4th

10:30-12:00

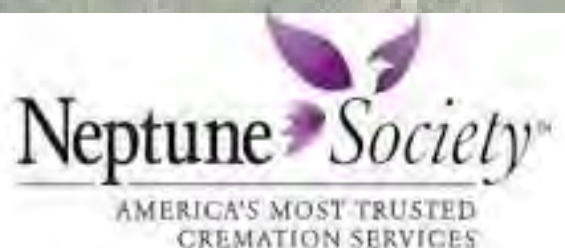
What is your Plan?

Do you know all your pre-planning options?

Do you want that piece of mind?

Do you want to protect your family and finances?

FREE informational seminar that is fun, interactive, and very educational!



**Questions? contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcamn.org 612 465-0515**



Thursday Dec. 19th

12:30 – 2:00pm

Pelvic Floor health & Lymhedema detection

Outpatient Therapy and Wellness Center at Mary T Inc. Expert staff will be here discussing Physical and Occupational therapy - primarily related to **pelvic floor health** and **early lymphedema detection**

****** Lymphedema screening involves assessing individuals for early signs of fluid retention and swelling in the limbs due to impaired lymphatic function. Early detection can help prevent progression and manage symptoms more effectively.***

FREE - screenings will be offered by a Lymphedema Certified Occupational Therapist

sign-up appreciated - not required - located in the ForeverWell Room

Questions? contact ForeverWell Coordinator: Rewa Giroux-Dumas
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