



# FOREVERWELL

NOVEMBER 2024 | BURNSVILLE

## FOREVERWELL CLASSES AND PROGRAMS FOR Y MEMBERS AGES 55 +



### MEET THE TRAINER SERIES

**Katherine Gray**

Wed 11/6 10:30-12

Thurs 11/21 10:30-12

Perfect opportunity to Schedule Equipment Orientation, Fitness Assessments and or work with Katherine to Set Fitness Goal and ask questions!

*for the Veteran*

**THANK YOU**  
for bravely doing  
**WHAT YOU'RE CALLED TO DO**  
so we can safely do  
**WHAT WE'RE FREE TO DO**



chasingblueskies.net



## 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. Check out all of our activities in this newsletter.

### Fraud Prevention Presentation

**Monday, November 18 | 11:30 am - 12:30 pm**  
**Burnsville YMCA**

A representative from Associated Bank will be here to discuss the scams affecting our community and how we can best protect ourselves and our loved ones.

- Computer takeovers, password best practices and shopping online
- Elder scams and what signs to look for
- Check fraud
- Monitoring and Freezing your credit score
- Steps to take if you've become a victim

**BRANCH HOURS**  
Monday-Friday:  
5:00am-9:00pm  
Saturday & Sunday:  
7:00am-5:00pm

**Burnsville YMCA**  
13850 Portland Ave. S.  
Burnsville, MN 55337  
952-898-9622

# ONGOING ACTIVITIES

---

## KNIT & CROCHET GROUP

Mondays 1:30–2:30pm

Work on projects while socializing with others.



## BOOK GROUP

November 5 - 12:30-1 :30pm  
(First Tuesday of every month.)

Read and discuss interesting and educational selections.  
Contact Gabe for details.

## COFFEE TIME WEDNESDAYS

9:30 - 11:00am

Enjoy a cup of coffee while you connect with friends!

Coffee Time would not be possible without the help of our volunteers. Thank you Lisa, Sue, Wand and Bill for your help!



## MAHJONG

Wednesdays 12:30–3pm

Join the fun and challenge your skills. You will need to bring your own card. New players are encouraged to join and learn as they go!

## COLORING & COFFEE

Tuesdays November 11 & November 25  
11:30am - 12:30pm

Join us for a chance to relax, socialize and practice mindfulness. Bring your own supplies or use ours!



## HAND AND FOOT

Thursdays 1:00 - 3:30pm

Come play cards with friends. Easy to learn and a fun way to make new friends too. Bring a snack to share if you'd like.

# Are You Feeling Lucky?

## We are starting a Monthly Lucky 13 Participation Game For Our ForeverWell Members!

Here are some of the Guidelines

Pick up a Lucky 13 card at the Member Service Desk

Visit the Burnsville Y 13 times in 1 month.

Have someone at Member Service Desk initial your card when you are at the Y.

Give completed card to the Member Service Desk and get 1 FREE Guest Pass added electronically to your account

Leave your completed card with a Member Service Staff to be entered into a monthly prize drawing



### Lucky 13

1	2	3	4	5	6
---	---	---	---	---	---



13



7	8	9	10	11	12
---	---	---	----	----	----

November 2024

### Lucky 13 - Participation Guidelines

1	Visit the Burnsville YMCA 13 times per month present the card and have the desk initial
2	Give completed card to Front Desk to receive 1 electronic guest pass added to your account
3	You will become eligible to win a prize drawing
4	Have fun at the Y



Member Name \_\_\_\_\_

Please print

# FOREVERWELL GROUP EXERCISE CLASSES

<b>MONDAY</b>		
8:00 – 8:45am	Water Exercise	Pool – Jan
9:00 – 10:00am	Functional Fitness	Gym – Jane
10:00 – 10:45am	MS Water Exercise	Pool – Kathy
10:15 – 11:00am	SilverSneakers® Circuit	Gym – Jane
10:45 – 11:30am	ForeverWell Cycle	Warehouse – Becky
11:15am – 12:15pm	ForeverWell Yoga	Studio A – Jane
5:30 – 6:30pm	Yoga	Studio B – David

<b>TUESDAY</b>		
6:15 – 7:00am	Water Exercise	Pool – Michele
8:00 – 8:45am	Water Exercise	Pool – Mary
8:15 – 9:00am	SilverSneakers® Classic	Studio A – Gabe
9:15 – 10:00am	ForeverWell Balance	Studio A – Gabe
10:30 – 11:30am	Gentle Yoga	Studio A – Gabe

<b>WEDNESDAY</b>		
6:00 – 7:00am	Yoga	Studio B – Nergis
9:00 – 10:00am	Functional Fitness	Gym – Jane
9:00 – 9:45am	Water Exercise	Pool – Mary
10:15 – 11:00am	SilverSneakers® Circuit	Gym – Jane
10:45 – 11:30am	ForeverWell Cycle	Warehouse – Becky
11:15am – 12:15pm	ForeverWell Yoga	Studio A – Jane
12:45 – 1:45pm	Tai Chi 1	Studio A – Stephanie
6:20 – 7:20pm	Yoga	Studio B – David
7:30 – 7:50pm	Meditation	Studio B – David

# FOREVERWELL GROUP EXERCISE CLASSES

<b>THURSDAY</b>		
6:15 - 7:15am	Water Tabata	Pool - Gayle
8:00 - 8:45am	Water Exercise	Pool - Mary
8:15 - 9:00am	SilverSneakers® Classic	Studio A - Gayle
10:30 - 11:00am	MS Water Exercise	Pool - Mary
11:05 - 11:50am	Salsa Splash	Pool - Mary
11:30am - 12:15pm	ForeverWell Cardio Dance	Studio A - Blanka

<b>FRIDAY</b>		
8:00 - 8:45am	SilverSneakers® Classic	Studio A - Nicole
9:00 - 9:45am	SilverSneakers® Circuit	Studio A - Nicole
10:00 - 10:45am	Water Exercise	Pool - Mary
11:30am - 12:15pm	SilverSneakers® Yoga	Studio B - Gabe
12:30 - 1:30pm	OiGong	Studio A - Karen
5:30 - 6:30pm	Yoga	Studio B - David

<b>SATURDAY</b>		
8:00 - 8:45am	Water Exercise	Pool - Michele
10:05 - 11:20am	Yoga	Studio B - Susan

<b>SUNDAY</b>		
9:15 - 10:15am	Yoga	Studio A - Dawn

L Q G L R Z L T O U L Y V N  
 V A J C P G C H U A Q N A I  
 H J P I U R Q A N R Z I G O  
 G K Q I G V G N G Y D O T G  
 F Z T U I N Y K G N A E P Y  
 G N I F F U T S I P C M I X  
 S T U R K E Y G W G O Z S P  
 E R T E Z F H I X A R W O M  
 O Z E R O U X V Y A N T W I  
 A L A H S P B I I X A N Q R  
 N S E K T U C N B T F S P G  
 E O W O B A Q G O N M G Q L  
 D T F M N C E E T M X A Z I  
 U E V A T R S F N O N C D P

Thanksgiving

Pilgrim

Yams

Potatoes

Indian

Stuffing

Turkey

Feathers



Corn

Husk

