



FOREVERWELL

NOVEMBER 2024 | EAGAN

HAPPY NOVEMBER!!



SELF-CARE TIPS FOR THE HOLIDAYS!

SAVE THE DATE!

SOUND BOWL PRESENTATION WITH CATHLEEN!

Monday November 25th @ 11AM

Sound bath meditation uses the pure tones of quartz crystal bowls and a variety of tones to guide the body into deeper states of calm. Join us for a demonstration and discussion of the healing benefits of this form of meditation.

NEW WATER EXERCISE CLASSES!

Check the class schedule for new water exercise classes!

Registration NO LONGER required for WEX starting Sept. 3

1. Find short periods of time to sit quietly.

-Taking 30 seconds up to 3 minutes of meditation for 10 days can lower stress by 11%!

2. Tap into a sense of play.

-During the holidays we can run errands all the time making the holiday season a chore!! Take time to play! Maybe that means watching nostalgic Christmas movies or reveling in the daily surprise of an advent calendar. Whatever it is, making these elements a priority can help to bring balance to the stressful moments.

3. Care for the body.

- Even if you go for a 20 minute walk 3 times a day. Science shows we can dramatically decrease stress through movement.

4. Make room for all types of feelings.

- Know that even during the excitement of the holiday bliss other emotions can arise. Take time for yourself to identify with these emotions through meditation and relaxation.

BRANCH HOURS

Weekdays: 5am - 9pm
Saturday: 7am - 5pm
Sunday 7am - 5pm

EAGAN YMCA

Coordinator: Tommy Smith
651-319-8020
tommy.smith@ymcamn.org





COFFEE TIME

DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

GAME GROUPS

DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

MOVIE MATINEE | FREE



MONDAY, NOVEMBER 11TH @ 11AM | LOCATION: MPR

Join us for a showing of the film Home Alone. "Kevin McCallister has become the man of the house, overnight! Accidentally left behind when his family rushes off on a Christmas vacation, Kevin gets busy decorating the house for the holidays. But he's not decking the halls with tinsel and holly. Two bumbling burglars are trying to break in, and Kevin's rigging a bewildering battery of booby traps to welcome them."

LEGO TIME!!

FRIDAY, NOVEMBER 22ND @ 10AM | LOCATION: LOBBY

Stick around after class to join us in creating a fall themed Thanksgiving Barn! Coffee and light treats included!

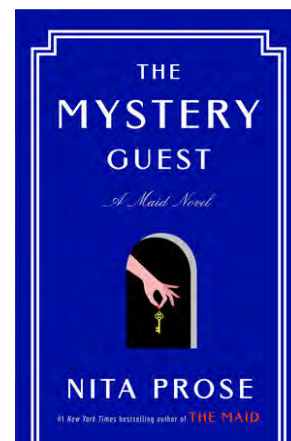
BOOK CLUB

Book Club will be taking November off for the holidays. The next day Book Club will meet will be December 11th.

There will be 2 books being discussed. "The Mystery Guest", and "The Mistletoe Mystery". Both by Nita Prose

UPCOMING BOOKS

December 11th: The Mystery Guest.



SOUND BOWL PRESENTATION

**MONDAY, NOV 25TH | 11AM
| MPR**

Register at the front desk or by contacting Tommy. Coffee and light snacks provided!



FOREVERWELL GROUP EXERCISE CLASSES

Monday			
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B
9:10am-9:55am	Salsa Splash	Bethany	Pool
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
6:00pm-6:45pm	Water Exercise	Rotating Lori/Deb	Pool
Tuesday			
8:00am-8:55am	Shallow Water	Erin	Pool
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:10am-9:55am	Water Tabata	Gayle	Pool
1:30pm-3:00pm	Line Dancing	Wanda	Studio A
Wednesday			
9:00am-9:45am	Water Exercise	Susan	Pool
11:50am-12:35pm	ForeverWell Combo	Mary	Studio A
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
5:10pm-5:55pm	Arthritis Water	Mara	Leisure Pool
Thursday			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Shallow Water	Erin	Pool
10:00am-10:45am	Deep Water Aerobics	Erin	Pool
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A
7:15pm-8:00pm	Water Exercise	Kristi	Pool
Friday			
9:00am-9:45am	Water Exercise	Ginny	Pool
10:00am-10:45am	Arthritis Water	Mara	Leisure Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
Saturday			
8:00am-8:45am	Salsa Splash	Mary	Pool

Reservations
for Water
Exercise NO
LONGER
Required!!!

*Updated
9/27/24



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		29 COFFEE HOUR 9:30 AM	30 GAME TIME 10 AM COFFEE HOUR	31 COFFEE HOUR 9:30 AM	1	2
3	4	5 COFFEE HOUR 9:30 AM	6 GAME TIME 10 AM COFFEE HOUR	7 COFFEE HOUR 9:30 AM	8	9
10	11 MOVIE MATINEE 11 AM	12 COFFEE HOUR 9:30 AM	13 GAME TIME 10 AM COFFEE HOUR	14 COFFEE HOUR 9:30 AM	15	16
17	18	19 COFFEE HOUR 9:30 AM	20 GAME TIME 10 AM COFFEE HOUR	21 COFFEE HOUR 9:30 AM	22 LEGO TIME! 10 AM	23
24	25 SOUND BOWL PRESENTATION 11 AM	26 COFFEE HOUR 9:30 AM	27 GAME TIME 10 AM COFFEE HOUR	 THANKSGIVING YMCA CLOSED!	29	

