



FOREVERWELL

NOVEMBER 2024 / EMMA B. HOWE YMCA / 763-785-7882

NEED TO KNOW:

WHAT IS FOREVERWELL-

Discover everlasting wellness with YMCA programs tailored for individuals ages 55 and above! Experience invigorating group exercises classes, rejuvenating aquatic exercises, and engaging social events.

REMINDERS

- No cell phone use in locker room
- Lock up valuables
- No towel service
- Guest passes available check with membership

ForeverWell Coordinator

Kim Gemlo-Bush
763-717-1811
Kim.gemlo-bush@ymcamn.org

GET CONNECTED TO THE YMCA

If you are new or a returning member that need to get information on all the YMCA's programming. List below are ways to get connected, which are free and included with your membership.

FOREVERWELL MEMBER ORIENTATION

These are for new or returning members that want to get information on programming for the active older adult at the branch. Orientations are held on Tuesday 9am-10am & Friday 11am-12pm. Must register to attend the orientation by contact Kim at 763-717-1811.

FITNESS ASSESSMENT

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register at membership desk. Contact Tiffany with questions at 763-445-3644.

NUTRITION ASSESSMENT

Meet virtually or in-person with one of our certified nutrition specialist to explore your goals and potential next steps to better nourishment. Register at membership or on website.

WELLBEING ASSESSMENT

Meet virtually or in-person with one of our board-certified health coach to explore your key health and wellbeing concerns or goals. Register at membership or on website.

BRANCH HOURS

MONDAY-FRIDAY: 5AM-9PM
SATURDAY: 7AM-5PM
SUNDAY: 7AM-5PM

EMMA B. HOWE YMCA

8950 Springbrook Dr. NW
Coon Rapids, MN 55433
www.emmabhoweymcanorth.org

Thanksgiving Day the YMCA is CLOSED.

FOREVERWELL CLUBS—NO REGISTRATION REQUIRED

- **Card Club**—Meet every Tuesday at 10:30am–12pm in Senior Lounge.
- **Coloring Club**—Meet every Tuesday at 1pm–3pm in Senior Lounge.
- **Indoor Walking Club**—Meet on Wednesdays at 11:45am–12:15pm at YMCA Track by fitness studio doors. We will be playing walking poker for fun prizes.
- **Mahjong Club**—Meet every Wednesday at 1:30pm–3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.
- **Dominos Club**—Meet on the 1st & 3rd Monday at 1pm–2:30pm in the Senior Lounge. We will be playing Mexican Train Style Dominos.
- **Book Club**—Thursday, November 21st at 12:45pm–1:45pm in Senior Lounge. Come join us for a discussion on the book *Killer of the Flower Moon* by David Grann. Sign up with Kim to get the discussion questions.
- **Knit & Crochet Club**—Meet every Friday at 10:30am–12:00pm in Senior Lounge.

VIRTUAL EXPERIENCE SCHEDULE

To join any of these virtual experiences register at www.ymcanorth.org/activity_finder. Social from the comfort of your home. Classes use Zoom format.

Monday

- **Coffee Talk**—Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am–10:00am.

Tuesday

- **Trivia & Brain Teasers**—You will need a piece of paper and pencil to write down your answers. Meet November 12th at 10:30am–11:30am.

Thursday

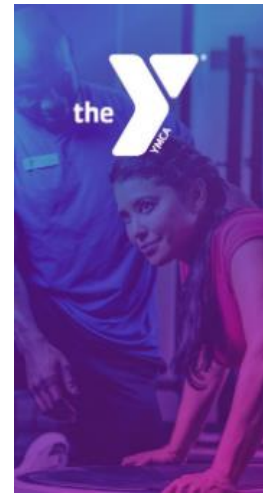
- **Bible Study**—For all people of faith. An opportunity to reflect on what the text might mean for you. Meet every Thursday at 10:30am–11:30am.

Friday

- **Happy Hour Group**—Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm–5:00pm.

YMCA APP

The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code or go to app store and search YMCA Twin Cities to download it.



Apple QR



Android QR



FOREVERWELL EVENTS & ACTIVITIES—NO SIGN UP REQUIRED. JUST DROP IN!

SOCIAL COFFEE TIME

Meet every Tuesday & Wednesday & Thursday at 8:30am-12:00pm in Senior Lounge.
Come, socialize, and drink coffee with other ForeverWell adults.

PICKLEBALL

M/W/F at 8:00am-1:00pm & T/Th at 12:00pm-3:30pm & Sa/Sun at 7am-9am

If you are new to pickleball, come M-F at 12pm-1pm. If no one shows up on M/W/F by 12:15 court will be picked up and put away. Beginner pickleball is managed by member volunteers (ask for Scott, Sonny or Dean). Intermediate and Advance level players come on M/W/F at 8am-1pm & T/Th at 1-3:30pm.

PARKINSON'S SUPPORT GROUP

Meet 2nd Thursday of the month at 11:15am-12:15pm in Meeting Room

Join other Y members that have Parkinson's or loved ones with PD. The group will do a 30-minute boxing demonstration. Contact Tiffany at 763-445-3644 with further questions.

BLANK SLATE GAME

Wednesday, November 6th at 12:45pm-1:15pm in Senior Lounge.

Join us for this clever board game and try to predict what others are thinking. A prize for the winner.

VETERANS DAY RECOGNITION

Monday, November 11th at 8am-12pm in the Lobby

Join us in the lobby to recognize all the Veterans. YMCA staff will be passing out Thank You notes, popcorn and a small prize to all the veterans. Thank you for your service!

MARY T. INC PRESENTATION

Monday, November 18th at 10am-11:30am in Community Room

Expert staff from The Outpatient Therapy and Wellness Center at Mary T Inc. will be here discussing Physical and Occupational therapy. Discussion will primarily relate to pelvic floor health and early lymphedema detection. A Certified Occupational Therapist will offer free lymphedema screening.

FOREVERWELL POTLUCK

Wednesday, November 20th at 12:00pm-1:00pm in Community Room

Come join other seniors for lunch and to socialize with friends. It is potluck so bring a dish to share.
Coffee will be provided.

KNIT & CROCHET CLUB CRAFT SALE

Tuesday, November 26th at 9am-1pm in Community Room.

Do you need a gift for some special? Then come check out the items made by the Crochet & Knit club members. All proceeds will go to the YMCA Annual Giving Campaign.

FOREVERWELL ACTIVITIES – SIGN UP WITH KIM AT 763-717-1811. SPACE IS LIMITED.

LUNCH OUTING

Thursday, November 14th at 12:30pm

We will be meeting at TGI Friday's – 12519 Riverdale Blvd. NW in Coon Rapids. Must have own transportation and meal is on your dime. Deadline November 13th.

AARP SMART DRIVER COURSE

Friday, November 22nd at 9am-1pm in Meeting Room

Do you need to take the course on defense driving? AARP will be here to host the course. This course is for anyone that needs a refresher course and first timer. Register with Kim at 763-717-1811. Cost: \$20.00 for AARP members & \$25.00 for Non AARP members. Payment needs to be a check made out to AARP. No cash! Bring your AARP card to class. Deadline Nov. 18th. Space is limited.

TURKEY BINGO

Tuesday, November 19th at 1:30pm-2:30pm in Community Room

Come join other ForeverWell members playing bingo. You could win some prizes. The coverall will be for a frozen turkey! Bring a non-perishable item/canned goods to help us stock the food shelf. Deadline November 17th.

VOLUNTEER OPPORTUNITIES:

EVERY MEAL–Monday, November 11th at 1pm-3pm

You may be participating in the packing of food bags for local communities in need. Own transportation to 2723 Patton Rd. in Roseville. Deadline November 8th.

RISE INC.–Tuesday, November 12th at 1:30pm-3:30pm in Community Room

You will be helping the art therapy coordinator at Rise with prep work ranging from tracing, cutting and organizing items. Deadline November 11th.

FEED MY STARVING CHILDREN–Thursday, November 21st at 2:30pm-4:15pm

Bring your family and grandchildren to volunteer! FMSC is a nonprofit organization that feeds starving children in body and spirit. Own transportation to 401-93rd Ave. in Coon Rapids. Deadline Nov. 19th.

KIDS IN NEED FOUNDATION–Monday, November 25th at 1:30pm-3:30pm

You may be participating in activities ranging from organizing school supplies to packing backpacks. Own transportation to 2719 Patton Rd. in Roseville. Deadline November 22nd.

ACTIVE OLDER ADULT GROUP EXERCISE CLASSES

Monday	Class	Location	Instructor
7:00am-7:45am	FW Cycle	FA	Chuck H
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Angie O
10:30am-11:15am	Group Cycle	FA	Tiffany
10:20am-11:20am	Zumba Gold®	MP	Elaine F
10:45am-11:30am	SS Yoga	FS	Kim GB
12:00pm-1:00pm	SS Classic	FS	Kim GB
<u>Tuesday</u>			
8:15am-9:00am	FW Combo	MP	Stephanie E
9:30am-10:15am	SS Circuit	MP	Stephanie E
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
10:30am-11:30am	Gentle Yoga	MP	Ann
10:45am-11:30am	FW Strength	FS	Angie O
11:00am-11:45am	Water Exercise	Pool	Tiffany K
11:45am-12:45pm	Tai Chi for Health	MP	Dale K
<u>Wednesday</u>			
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Kim GB
9:30am-10:15am	SS Circuit	MP	Chandra
10:30am-11:15am	FW Stretch	MP	Lumiko O
5:30pm-6:30pm	Gentle Yoga	MP	Dale
<u>Thursday</u>			
7:00am-7:45am	FW Cycle	FA	Chuck H
9:30am-10:15am	SS Circuit	MP	Kim GB
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
11:00am-11:45am	Arthritis Water X	Pool	Karri S
11:45am-12:30am	SS Yoga	FS	Kim GB
<u>Friday</u>			
8:15am-9:00am	Water Exercise	Pool	Rachel L
9:00am-9:45am	FW Combo	FS	Velma
9:15am-10:00am	FW Water X	Pool	Angie O
9:30am-10:15am	SS Classic	MP	Kim GB
10:30am-11:15am	FW Stretch	MP	Lumiko O
11:30am-12:30pm	Tai Chi for Health	MP	Lumiko O
1:00pm-2:00pm	Line Dance	FS	Kim GB
5:15pm-6:00pm	Aqua Zumba®	Pool	Natalie K
<u>Saturday</u>			
8am-8:45am	Aqua Zumba®	Pool	Darcy F
10:20am-11:20am	Intermediate Line Dance	MP	Kayla M

MP=Multipurpose Studio (1st floor) FS=Fitness Studio (2nd floor) FA=Fitness Alcove (2nd floor)
SS=SilverSneakers™ FW=ForeverWell

SAFETY TOPIC FOR NOVEMBER...KEEPING WINTER SAFE AT Y

Last winter may have been mild, but predictions for this winter prepare us to expect the cold, ice and snow that we are used to at YMCA of the North. November is a great month to double-check the condition of all your winter weather tools and resources. Be sure to prepare for winter weather in advance. Reach out to your friends, family and community to make plans that ensure all have what they need in the case of travel challenges due to road conditions.

Remember to **WALK LIKE A PENGUIN** to stay safe in winter conditions at home, around your community, and on your way into the Y!

Be a penguin on ice and snow



- Wear footwear with slip-resistant soles and good treads
- Adjust your pace to surface conditions
- Walk like a penguin with arms extended to the side and feet pointed slightly outward
- Watch where you're stepping



Safety is everyone's responsibility – prevent falls