



FOREVERWELL

NOVEMBER 2024 | HASTINGS AREA YMCA

QUICK NEWS

FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings and classes, how to sign-up for activities, a YMCA tour. Register for an ForeverWell Orientation at the Welcome Desk. Questions? Contact Tracy Spinks.

MACHINE ORIENTATION

Would you like to learn how to use the machines in the fitness center? **Tuesday, November 19, 1:00pm-2:00pm** is the next machine orientation with DeAnn Nicklay. Stop by our Welcome Desk to sign up for an appointment.



I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your **Foreverwell Coordinator: Tracy.Spinks@ymcamn.org** or call directly 651-319-8009.

SHARING & GRATITUDE

BRING A FRIEND TO THE YMCA

Why not share the fun you are having at the YMCA with someone you know? Invite a friend this month to come with you to try a group exercise class, enjoy a social activity like games group or enjoy a bite to eat at our cultural dish potluck. Stop by the welcome desk to check the status of your guest passes and use them before the end of the year.

FRIDAY PIE DAY

FRIDAY, NOVEMBER 1

10:15AM-11:30AM

MULTI-PURPOSE ROOM

Join us for a slice of pie and a cup of coffee! Limited pie & coffee; first come first served! We would love to see you! Please sign up if you can donate a pie on the ForeverWell Bulletin board. **FREE!**



WALK WITH A DOC!

FRIDAYS, NOVEMBER 8 & 22

12:00-1:00PM

MULTI-PURPOSE ROOM

Join Dr. Luke Krynski, PhD for Walk with a Doc! Each month learn about a different topic or research from healthcare professionals in your area. Attendees will be able to participate in a leisure walk or group exercise. You will meet new friends and have fun! No registration required. **FREE!**

Topic Nov. 8: **Fitness Tracking Devices**

Topic Nov. 22: **Home Work-Out Plans**



HASTINGS AREA YMCA

85 PLEASANT DRIVE
HASTINGS, MN 55033
PH: 651-480-8887

BRANCH HOURS

Monday-Friday: 5:00am-9:00pm
Saturday: 7:00am-5:00pm
Sundays: 7:00am-5:00pm

**Thursday, November 28th,
Thanksgiving Day the YMCA
will be closed.**

ARTS & CRAFTS GROUP

THURSDAY, NOVEMBER 14

10:30AM-12:00PM

MULTI-PURPOSE ROOM



Join us for a fun holiday project. These make great gifts or decorations for yourself! One project will be supplied for each registrant. **Please sign up on the ForeverWell Bulletin Board by Wednesday, November 13 at noon. FREE! Maximum participants:12**

LUNCH BUNCH

TUESDAY, NOVEMBER 19

11:30AM-1:00PM

EL ORIGINAL MEXICAN



Join us for lunch, meet new friends and enjoy conversation. El Original Mexican has authentic Mexican dishes, including lunch specials. Located at 1789 Market Blvd, Hastings, MN 55033. Cost of meal is your own.

Please sign up on the ForeverWell bulletin board to attend.

BAKE SALE! CALLING ALL BAKERS!

WEDNESDAY, NOVEMBER 20

THURSDAY, NOVEMBER 21

9AM-12:00PM, 4-7PM.

MULTI-PURPOSE ROOM

Please bring your baked goods donations (homemade or store bought) to the Multi-Purpose Room **BEFORE NOON on Tuesday, November 19** so we have time to price the items. See flyer for more details. If you can volunteer to sell the baked goods click on this [SIGNUPGENIUS](#) link to help us out. You can also email tracy.spinks@ymcamn.org to get the sign-up link. Thank you!

MOVIE DAY

THURSDAY, NOVEMBER 21

11:30AM-1:30PM

MULTI-PURPOSE ROOM



Enjoy popcorn while watching a movie with friends! Bring a bag lunch and beverage if you wish, to enjoy while viewing the movie "Judy". Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Released in 2019. Drama, PG-13 1hr 58 min. **FREE!**

Sign up on the ForeverWell Bulletin Board to attend.



COFFEE & CHAT

MONDAY & WEDNESDAY

9:00AM-11:30AM

COMMUNITY ROOM

Enjoy connecting with friends and planning activities to attend. Coffee must be consumed in the community room-no take outs! **FREE!**

GAMES GROUP

MONDAY & WEDNESDAY

10:30AM-11:30AM

COMMUNITY ROOM

Enjoy playing board games or cards with other ForeverWell members or bring a favorite from home. No registration required. **FREE! In Conference Room 11/20**

BALANCE

ASSESSMENTS

TUESDAY, NOVEMBER 26

10:00AM-11:00AM

MULTI-PURPOSE ROOM

A balance assessment can measure where you are at and what you need to work on to improve your balance and walking gait. Receive a take-away page and learn how to make improvements in the weeks to follow. Wear supportive shoes and bring water. 60-minutes. Register at the Welcome Desk. **4 spots available.**

FOREVERWELL GROUP EXERCISE CLASSES

MONDAY:

8:00am - Water Exercise with Tracy, Pool
9:15am - SilverSneakers® Classic with Tracy, Gymnasium
10:15am - SilverSneakers® Classic with Bobbie, Gymnasium
10:15am - ForeverWell Water X with Tracy, Pool
10:15am - Line dancing with Deena, Studio B
10:30am - Gentle Yoga with Corrie, Studio A
1:00pm - ForeverWell Balance with Tracy, Studio A
1:00pm - ForeverWell Tai Chi with Bobbie, Studio B

TUESDAY:

8:00am - Gentle Yoga with Julie P, Studio B
8:00am - Drums Alive® with Tracy, Gymnasium
9:00am - ForeverWell Stretch with Tracy, Studio A
9:30am - SilverSneakers® Yoga with Julie P, Gymnasium
10:30am - Meditation/Breathwork with Julie, Studio C

WEDNESDAY:

8:00am - Water Exercise with Tracy, Pool
9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
10:15am - SilverSneakers® Classic with Bobbie, Gymnasium
10:15am - ForeverWell Water X with Jennifer, Pool
10:15am - Line Dancing with Deena, Studio A
11:15am - ForeverWell Tai Chi with Bobbie, Studio A
11:15am - Line Dancing Intermediate with Deena, Studio B

THURSDAY:

8:00am - Gentle Yoga with Tracy, Studio B
9:15am - ForeverWell Cardio with Tracy, Gymnasium
10:15am - SilverSneakers® Yoga with DeAnn, Gymnasium

FRIDAY:

8:00am - Water Exercise with Tracy, Pool
9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
10:15am - SilverSneakers® Classic with Bobbie, Gymnasium
10:15am - ForeverWell Water X with Tracy, Pool

SATURDAY:

8:00am - Water Exercise, Rotation, Pool
*Class registration needed for pool exercise classes.

THANKSGIVING DAY

THURSDAY, NOVEMBER 28

Enjoy the harvest holiday of Thanksgiving by starting the day with thoughts of gratitude. The YMCA will be closed for this holiday. We are truly thankful for each one of you and the uniqueness you bring to our community!

FOREVERWELL BALANCE CLASS

MONDAYS 1:00-1:30PM

STUDIO A

Improve your balance, mobility and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Conquer your fear of falling, supplement your weekly workouts, and improve your gait.

FOR FUN & EXERCISE!

LINE DANCING

MONDAYS 10:15-11:45

WEDNESDAYS 10:15-11:00

You will learn a variety of line dances and western struts in this class. A fun and social way to exercise! All levels welcomed.

INTERMEDIATE/ADVANCED

WEDNESDAYS 11:15-12:15

For the experienced line dancers a chance to practice more complicated dances, socialize and have fun. **FREE!**



DRUMS ALIVE

TUESDAYS

8:00AM-8:50AM

GYMNASIUM

Drums Alive™ combines traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire mind, body, and spirit. Class limited to 29 participants. **FREE!**

NOVEMBER AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Reservations are required for ALL Water Exercise Classes</p>				<p>1</p>  <p>PIE & COFFEE SOCIAL Multi-Purpose Room 10:15-11:30am</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p>	<p>5</p>	<p>6</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p>	<p>7</p>	<p>8</p> <p>WALK WITH A DOC! 12:00-1:00PM MULTI-PURPOSE ROOM</p>	<p>9</p> 
<p>10</p> 	<p>11</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p>	<p>12</p>	<p>13</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p>	<p>14</p>  <p>ARTS & CRAFTS Wood Ornament 10:30am-12:00pm Multi-Purpose Room <i>Sign-up required</i></p>	<p>15</p>	<p>16</p>
<p>17</p>	<p>Bake Sale Drop off by noon Tuesday.</p>		<p>BAKE SALE</p>		<p>22</p> <p>WALK WITH A DOC! 12:00-1:00PM MULTI-PURPOSE ROOM</p>	<p>23</p> 
	<p>18</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p>	<p>19</p> <p>LUNCH BUNCH El Original Mexican 11:30am-1:00pm <i>Sign-up required</i></p> <p>Machine Orientation 1:00-2:00pm</p>	<p>20</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p> <p><i>ForeverWell Orientation 12:30-1:30pm</i></p>	<p>21</p> <p>MOVIE DAY "JUDY" 11:30am-1:30pm Multi-Purpose Room <i>Sign-up required</i></p>	<p>24</p>	<p>25</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p>
		<p>26</p> <p><i>ForeverWell Balance Assessment 10:00-11:00am Sign-up required</i></p>	<p>27</p> <p>COFFEE & CHAT 9:00-11:30am</p> <p>GAMES GROUP 10:30-11:30am</p>	<p>28</p> <p>THANKSGIVING DAY YMCA IS CLOSED</p> 	<p>29</p>	<p>30</p>

OCTOGENARIAN CELEBRATION!

FOOD, MUSIC & FUN WAS HAD BY ALL!

THANKS TO OUR VOLUNTEERS & STAFF!





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CALLING ALL BAKERS!!!


FOREVERWELL BAKE SALE

November 20 & 21, 9:00 am–12:00 pm, 4:00–7:00 pm

Bake sale - Providing opportunities!

We will be accepting homemade or store bought baked goods. Please provide 1/2 dozen, dozen or whole pies/cakes/breads, prepackaged in a foil pan or plastic plate and covered with plastic wrap or a zip lock bag.

Examples: 6 or 12 Cookies, 6 or 12 Rice Krispie Bars, 6 or 12 Brownies/Bars, 8x8 Cake, whole pie, small/large loaf breads (banana, chocolate chip, zucchini etc). Please label flavor/type (Chocolate chip, blueberry, snicker doodle, etc).

Please have your baked goods wrapped, labeled, and ready to sell! Drop off is from Monday–Tuesday, November 18/19th by **NOON** in the Multi-Purpose Room's back counter–see signs. Sale is open to all. Help us reach our ForeverWell goal of raising \$500 for scholarship funds to provide YMCA program opportunities for families and seniors in our community. If you have  questions please contact Tracy Spinks, ForeverWell

HASTINGS YMCA
85 PLEASANT DRIVE
(P) 651-319-8009
(E) Tracy.Spinks@ymcamn.org

22-0601