



FOREVERWELL

NOVEMBER | MAPLEWOOD

SAVE THE DATE

BOOK CLUB

6TH

2-4PM

FRIENDS-GIVING

11TH

1:30-2:30PM

WOODLAND ROOM

MOVIE DAY

"FRIENDS"

19TH

2-4PM

ABC'S OF MEDICARE

20TH

MAPLE ROOM

12-2PM

GIVING THANKS

BRANCH HOURS

Monday-Friday:

6am-8pm

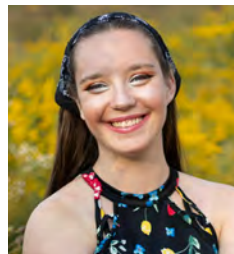
Saturdays and

Sundays:

7am-5pm

Front Desk:

651-747-0922



MAPLEWOOD

2100 White Bear Ave.

Maplewood, MN 55109

Contact: Ketzie Leake

Ketzie.Leake@ymcamn.org

Phone:

612-268-0067

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

CLOSURE

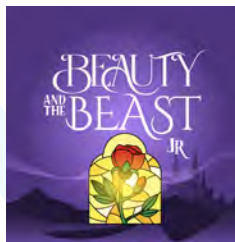
THANKSGIVING

For Thanksgiving we will be **closed**. We will be going back to regular hours after this holiday. Hope you have a wonderful holiday filled with family, friends and relatives. If you are looking for some place to get meals during this time, please contact Second Harvest Heartland. For assistance in English, call or text us at 866-844-3663.

ASHLAND PRODUCTIONS

BEAUTY AND THE BEAST JR

On November 7th, Ashland Productions, our theater located here in our building, will be showing "Beauty and the Beast Jr." You will be able to sign up with the Front Desk. There are only 150 seats available for the preview showing we get to see the night before opening night.



Based on the original Broadway production that ran for over thirteen years and was nominated for nine Tony Awards, the Academy Award-winning motion picture, Disney's Beauty and the Beast Jr. is a fantastic adaptation of the story of transformation and tolerance. The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

LUNCHEON

SOCIAL

This month for all members to socialize and get to know each other, we are hosting a luncheon. This new event will take place on the last Monday of the month until December. This month it will be on November 25th from 2-4pm. We will provide food. No registration required unless you would like to bring food to share.

FRIENDS-GIVING

POTLUCK

On November 11th from 1:30-2:30pm. We will be doing a shared potluck to celebrate friends and family. I appreciate all of the things you do and supporting me in this role. To celebrate each other we are going to be hosting a friends-giving. What this typically looks like is your standard potluck. Sign-ups will be located on Ketzie's door starting October 28th, the start of our Spirit Week. Please sign up on the door at least 24 hours in advance.



MOVIE DAY

This month we are doing something different for the movie day. We will be watching two episodes of Friends. We will be watching Season 1, Episode 9 "The One Where Underdog Gets Away." In it, Thanksgiving goes awry for everyone when Rachel can't afford plane tickets to her family, and Joey learns a modeling job he did is an ad for an STD. We will also be watching Season 3, Episode 9 "The One With the Football." Football is just as synonymous with Thanksgiving as food. It's no surprise that a Friends Thanksgiving episode features the sport. In Season 3, the group decides to play a friendly football game, bringing up memories of the Geller Bowl for Monica and Ross. The sibling rivalry overtakes the game, and the two continue to wrestle over the ball long after the rest of the gang leaves to eat dinner.

GUEST PASSES

If you have a OnePass, Silver Sneakers, renew active membership, anything you would get through your insurance you automatically get four (4) guest passes added to your account. Throughout the year you will be able to earn more through different challenges. They last for only one calendar year. They are a use it or lose it situation. If you don't use all four (4) by the end of the year, your total will just go back to zero (0).



BOOK CLUB

The first Wednesday of the month we get together and discuss the book we picked last month. If you are interested in learning more, please reach out to Ketzie.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

ASHLAND PRODUCTIONS

A CHRISTMAS CAROL

On **Tuesday, November 26th**, Ashland Productions, our theater located here in our building, will be showing "A Christmas Carol." You will be able to sign up with the Front Desk. There are only 150 seats available for the preview showing. This means we get to see the show before opening night. This is still a tech rehearsal, so it might have some stops and goes throughout the performance. This will be the last rehearsal they will have before opening night.

Ebenezer Scrooge is a prosperous curmudgeon who believes that personal wealth is far more valuable than the happiness and comfort of others. With an infuriated "Bah! Humbug!" Scrooge summates his feelings of Christmas tidings and charitable giving, but he's forced to face his selfish ways when three ghosts on Christmas Eve lead him through his Past, Present and Future. Thanks to their guidance, Scrooge recognizes his faults and greets Christmas morning with a cheerful "Happy Christmas" before spending the day reconnecting and sharing love with those that mean the most to him.



WHAT TO LOOK FOR IN THE COMING MONTHS CRAFT AND GIFT SHOW

SHOPPING

On December 7th, from 10am-4pm, the YMCA building is hosting a Maplewood Holiday Craft and Gift Show. This is an outside vendor that has all of their tables set. They aim to help spruce up your holidays by bringing homemade cheer. Please stop by and support our local businesses.



ABC'S OF MEDICARE

On November 20th, from 12-2pm in the Maple Room, join us for an informative session where an expert will answer your questions and provide insights about Medicare. The following topics will be discussed: supplements compared to Advantage Plans, when to enroll in Parts A,B,C and D, \$0 Plan, Dental, Eyecare, Hearing Aids, Fitness Plans and Equipment.

Sponsored by Pat Markfort, a Licensed Agent, at 651-428-8871.

WHOLE PERSON WELL-BEING

BODY • Try a different Group Exercise class • Connect with eye & hand coordination games like Pickleball, Basketball, Volleyball!

MIND • Learn something new • Sign up for a workshop or talk this week! • Sign up to give a talk or lead an activity at the Y.

SPIRIT • Be aware of your sleep • Get a good night's rest. • Enjoy relaxation with a Y Meditation, Tai Chi or Yoga Class.

COMMUNITY • Introduce yourself to a Y member you don't know • Learn a new card game at the Y with other FW members who'll teach you.

ENVIRONMENT • Be with nature and take time to take even a short walk or breathing the fresh air. Grab a little bit of sunshine, even if temperatures are low.

NUTRITION WORKSHOP: NOURISH THE IMMUNE SYSTEM

On November 18th from 10:30-11:30am, we are hosting a nutrition workshop. With the cold season approaching, you may be reaching for more Vitamin C to prevent sickness. But can an orange a day really boost your immune system? This workshop will cover the various nutrients that play a role in improving your body's immune function, as well as help you follow a balanced, immune-supporting diet this fall and winter.



COMPETITIVE GAMES:

Interested in playing games? The YMCA has games every week. If you want to see more games or something new, please reach out to Ketzie. These games are all located in the Woodland Room, unless otherwise specified.

MONDAY:

CARDS- 10:30AM-12PM

Learn to play card games. We will have a variety of games going. We also have one Cribbage board if people want to play and are interested.

SCRABBLE- 11AM-12PM

Test your language skills. A dictionary is provided.

TUESDAY:

MAHJONG- 11:30AM-2PM

It is a tile-based game. Fun for all to play.

THURSDAY:

CRAFTS AND CHAT- 12-2PM

Bring your knitting, crocheting or other crafts, and socialize.

FRIDAY:

TEXAS HOLD-EM- 12:30-3PM

Come play Texas Hold-Em. It is one of the most popular variations of the card game Poker.

DOMINOES- 1-3:30PM

Come play Dominoes with modern versions included. Examples being Mexican train, chicken foot, wild fire, spinner. This one will be hosted in [Dakota Room](#) unless otherwise specified.

RECIPE:

MASHED POTATOES

Ingredients:

2 pounds baking potatoes, peeled and quartered

3 cloves garlic, peeled, or to taste (Optional)

1 cup milk

2 tablespoons butter

salt and ground black pepper to taste

Food list steps:

Bring a large pot of salted water to a boil. Add potatoes and garlic, lower heat to medium, and simmer until potatoes are tender, 15 to 20 minutes.

When the potatoes are almost finished, heat milk and butter in a small saucepan over low heat until butter is melted.

Drain potatoes and return to the pot. Slowly add warm milk mixture, blending it in with a potato masher or electric mixer until potatoes are smooth and creamy. Season with salt and pepper.

Recipe Inquiry: INTERESTED IN YOUR RECIPES

As part of our newsletter, I would love to put a spotlight on recipes that you love to share and enjoy with family and friends. If you have any recipes you would like to see highlighted in the Foreverwell Newsletter, please send Ketzie Leake an email at Ketzie.Leake@ymcamn.org.

STAYING SAFE WITH THE YMCA

KEEPING WINTER SAFE

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 the YMCA of the North. November is a great month to doublecheck 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



MONTH GAMES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Color System Red- Repeats monthly on specific week Green- City not YMCA. Purple- Ashland Orange-Only for this month					TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
					01	02
	Cards- 10:30am-12pm Scrabble- 11am-12pm	Mahjong- 11:30am-2pm	Book Club-2pm-3pm	Crafts and Chat- 12pm-2pm Ashland Production- 7pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
03	04	05	06	07	08	09
	Cards- 10:30am-12pm Scrabble- 11am-12pm Friends-Givig- 1:30pm-2:30pm	Mahjong- 11:30am-2pm		Crafts and Chat- 12pm-2pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
10	11	12	13	14	15	16
	Cards- 10:30am-12pm Scrabble- 11am-12pm	Mahjong- 11:30am-2pm Movie day- 2pm-4pm	ABC's of Medicare- 12pm-2pm	Crafts and Chat- 12pm-2pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
17	18	19	20	21	22	23
	Cards- 10:30am-12pm Scrabble- 11am-12pm Luncheon- 2pm-4pm	Mahjong- 11:30am-2pm Ashland Production- 7pm			TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
24	25	26	27	28	29	30