



FOREVERWELL

December 2024 - New Hope Y
Celebrate the Season!

**WEDNESDAY
DECEMBER 18
1-3PM POOL
LOBBY**

RELAX WITH FRIENDS!

Share Cookies,
Cocoa and Coffee -
play card games or
board games.



FOREVERWELL HOLIDAY LUNCHEON

**THURSDAY DECEMBER 12TH
12:00-2:00PM IN STUDIO 1**

Our celebration includes:

A catered lunch of Lasagna with Meat, Salad, and Bread Stick
Dessert will be potluck - bring your favorite Holiday Dessert to share.
Dice Game Gift Exchange *

*All are asked to bring a wrapped gift (Maximum value \$10.00) for the
dice game gift exchange. Contact Nancy at 763-592-5520
nancy.danielson@ymcanorth.org with questions.

Purchase your tickets November 1 - December 10, on-line at [New Hope
Holiday Lunch](#) or in person at the New Hope Member Welcome Desk.
Tickets are limited.

Cost: \$13.00 Member

\$15.00 Non-member Guest

BRANCH HOURS

Monday-Friday: 5am - 9pm
Saturday-Sunday 7am - 5pm

Customer Service:
612-230-9622

New Hope Y

7601 42nd Avenue North
Nancy Danielson,
ForeverWell Coordinator
nancy.danielson@ymcanorth.org
Phone: 763-592-5520
Ymcanorth.org/foreverwell





STRENGTH TRAINING FOR SENIORS

Work with a Personal Trainer who will safely lead you through exercises to develop strength and coordination to improve your activities of daily living.

- Classes are on a subscription and are ongoing
- Cost is **\$63** for 5 sessions per month, **\$114** for 10 sessions per month

MONDAYS 1:30-2:15 PM

TUESDAYS 10:30-11:15 AM & 1:30-2:15 PM

WEDNESDAYS 1:30-2:15 PM

Register at New Hope Y Welcome Desk

FOREVERWELL IN - BRANCH GROUP EXERCISE CLASSES

MONDAY:

*8:00am	Water Exercise with Tracy	Pool
8:15am	ForeverWell Combo with Renee	Studio 1
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Nancy	Studio 1
1:00pm	Tai Chi with Tom	Studio 2

TUESDAY:

*8:00am	Aqua Zumba with Maren	Pool
8:15am	ForeverWell Combo with Angie	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
10:30am	ForeverWell Combo with Renee	Studio 1
*11:00am	Arthritis Water Exercise with Carole	Pool
11:30am	Chair Yoga with Shayna	Studio 1

WEDNESDAY:

*7:15am	Deep Water Exercise with Tracy	Pool
11:00am	Line Dancing with Colette	Studio 2
11:00am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:00pm	Body Balance with Colette	Studio 2
12:00pm	SilverSneaker® Classic (chair) Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

THURSDAY:

*7:45am	Aqua Zumba with Amanda	Pool
8:15am	ForeverWell Combo with Renee/Mary	Studio 1
9:30am	Zumba with Yasmin	Studio 2
11:00am	ForeverWell Combo - Virtually led	Studio 2
*11:00am	ForeverWell Water Ex with Carole	Pool

FRIDAY:

*7:15am	Aqua Zumba with Amanda	Pool
9:30am	Gentle Yoga (floor) with Mary	Studio 2
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Nancy	Studio 1

SATURDAY:

11:00am	ForeverWell Combo - Virtually led	Studio 2
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* THESE ACTIVITIES STILL REQUIRE RESERVATIONS:

Reserve your space using the Y app, this link

<https://www.ymcanorth.org/reservations>

Or call Customer Service 612-230-9622

GETTING STARTED AT THE NEW HOPE Y

DISCOVER ALL THE BENEFITS OF YOUR YMCA FOREVERWELL MEMBERSHIP.

Contact Nancy Danielson, ForeverWell Coordinator, to make an appointment. We'll talk about Group Exercise classes, pool use, social opportunities, virtual activities and more. Then tour the facility, watch a class in action or try a fitness machine.

Nancy Danielson, ForeverWell Coordinator

763-592-5520 nancy.danielson@ymcamn.org



FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER

One-on-One 60-minute session with a certified personal trainer to explore your mobility and flexibility and discuss opportunities to MOVE at the Y. This assessment also includes a full tour of the Fitness Center and popular equipment. Register at New Hope Welcome Desk or at YMCAMN.org

Questions: **Gary Sandin, Health and Wellness Director 952-582-8284**

gary.sandin@ymcanorth.org

PREFER TO EXERCISE AT HOME?

Live and recorded classes are available at

<https://www.ymcanorth.org/virtual-ymca-login>

If you need assistance activating your account, contact Customer Service at 612-230-9622

WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

MONDAYS: PICKLEBALL IN THE GYM - 10am -12pm

MONDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS - 2:00-4:00pm Pool Lobby

TUESDAYS: COFFEE CHAT - 8am-10am Lobby

TUESDAYS: MAH JONGG - 12:30pm-2:30pm Pool Lobby

WEDNESDAYS: COFFEE CHAT - 8am-10am Lobby

WEDNESDAYS: PICKLEBALL IN THE GYM - 10am -12pm

WEDNESDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

WEDNESDAYS: CRIBBAGE 1:00pm Pool lobby. Cribbage board and cards available at Welcome Desk.

FRIDAYS: PICKLEBALL IN THE GYM - 10am -12pm

FRIDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

SATURDAYS: PICKLEBALL IN THE GYM - 12-2pm

BOOK DISCUSSION GROUP MEETS THE THIRD THURSDAY OF THE MONTH IN MULTI-PURPOSE ROOM

Book for January 16, 2025- The Latecomer by Jean Hanff Korelitz – 429 pages (8 weeks to read)

Book for February 20, 2025 – The Personal Librarian by Marie Benedict 341 pages (5 weeks to read)

FREE MEMBER WELLNESS BENEFITS

Members may participate In each opportunity one-time.

30-Minute Wellbeing Consultation (Virtual and In-Person Options*) (\$45 Value): A wellbeing consultation is a 30-minute conversation to explore what matters most to you on your wellbeing journey and help discover potential next steps. - Register at YMCAMN.org [Health & Wellbeing Coaching In Twin Cities MN - Mind, Body & Spirit | YMCA of the North \(ymcanorth.org\)](https://YMCANorth.org/Health-Wellbeing-Coaching-In-Twin-Cities-MN-Mind-Body-Spirit)

30-Minute Nutrition Consultation (Virtual and In-Person Options*) (\$45 Value): A nutrition consultation is a 30-minute conversation to discuss your primary concerns or goals, and opportunities to further support your wellbeing through food/nutrition. [YMCA Nutrition Coach In Twin Cities MN - Online Nutrition Consulting | YMCA of the North \(ymcanorth.org\)](https://YMCANorth.org/Nutrition-Coach-In-Twin-Cities-MN-Online-Nutrition-Consulting)

* In person Consultation Locations vary



PILATES REFORMER

Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone.

Pilates Group Reformer Monthly Subscription

PRICING: \$63-\$79 – 45 & 60 minute sessions

Sessions meet 5X per month. Contact: Gary.sandin@ymcamn.org

Mondays – Teresa 12:15 – 1:15 pm Level 2

Wednesdays – Chandra 11 – 11:45am Level 2 (starting 12/4)

Wednesdays – Chandra 12–12:45 pm Level 1 (starting 12/4)

Fridays – Teresa 12 – 1 pm Level 2

Fridays – Teresa 1:15 – 2:15 pm Level 2

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	3 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby	4 Coffee Chat 8-10am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	5	6 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	7 Family event: Cookies with Santa and Mrs. Claus Pool lobby
8	9 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	10 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby	11 Coffee Chat 8-10am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	12 ForeverWell Holiday Lunch 12pm – 2pm Studio 1 Advance purchase required – see page 1	13 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	14
15	16 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	17 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby	18 Coffee Chat 8-10am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby Cookies, Cocoa Coffee and Games in Pool Lobby 1-3pm	19	20 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	21
22	23 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	24 Coffee Chat 8-10am, Lobby Building open 7am - Noon	25 BUILDING CLOSED FOR HOLIDAY	26	27 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	28
29	30 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	31 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby				