



FOREVERWELL

November 2024 - New Hope Y



November brings us closer to spending time with family and friends. An opportunity to look at the cultural backgrounds surrounding our lives. Celebrate the Harvest season. And focus on the gratitude we share throughout our lives.



ANNUAL SALE KNITTER AND CROCHETER GROUP Benefiting the New Hope Y Annual Fund

Purchase handmade hats, scarves and mittens in all sizes. Infant items, blankets, shawls, slippers, dish cloths, and holiday ornaments. Come early for the best selection. We accept Cash, Checks and Credit Cards. All proceeds stay at the New Hope Y to be used for programming and scholarships.

NOVEMBER 10 11AM-1PM
NOVEMBER 11 8AM-4PM
NOVEMBER 12-13 8AM-2PM
CENTER LOBBY

To learn more about this group, see "Our Story" on Page 2

NOVEMBER EVENTS

Thursday Nov 7 at 6:30pm in MPR: Free class - Breast Cancer Risk, Symptoms and Screenings. What Everyone Needs to Know. Sponsored by New Hope Women of Today. page 5

Sunday Nov 10 through Wednesday Nov 13 in the lobby: Knit and Crochet sale to benefit New Hope Y Annual Fund. Times listed at left.

Tuesday Nov 19 at 12:30pm in MPR: Turkey Bingo! Enjoy a cup of soup while you play BINGO for Thanksgiving themed prizes. Grand prize is a gift card for a Turkey! Pre-registration required. page 5

Wednesday Nov 20 at 1:30pm in MPR: Free Seminar - Veteran Benefits, Explore the Options That Can Help You Thrive. Celebration of Veterans with Cake and Coffee. Sponsored by Team Tillman. page 5

Thursday Nov 21 at 2pm in MPR: Book Club The Man in the Brown Suit by Agatha Christie, an early mystery written in 1924. Drop in for discussion, brownies and coffee.

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





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

OUR STORY – KNITTERS AND CROCHETERS: CONTINUED FROM PAGE 1

THE NEW HOPE Y KNITTERS AND CROCHETERS HAVE BEEN TOGETHER FOR 10 YEARS

OUR MISSION: To make warm accessories for all ages from donated materials. These items are donated locally via the YMCA, St. Raphael's Church, and NEAR (North-Suburban Emergency Assistance Response). Each fall, we hold a sale at the New Hope Y and **all proceeds** are given to the New Hope Annual Fund for Scholarships and Programming opportunities for people of all ages.

If you would like to join us, we meet on Monday afternoons from 2 – 3:30pm in the Pool Lobby. You are welcome to bring your own projects or use donated yarn to make items that will be sent on to the local agencies listed above. Everyone is welcome, from beginner to veteran stitchers.

If you have questions, contact Nancy Danielson
ForeverWell Coordinator New Hope Y
763-592-5520 or nancy.danielson@ymcanorth.org.



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: MAHJONGG - 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

November 21, 2024: 2:00-3:00pm The Man In the Brown Suit by Agatha Christie

FREE MEMBER WELLNESS BENEFITS

Members may participate in each opportunity one-time.

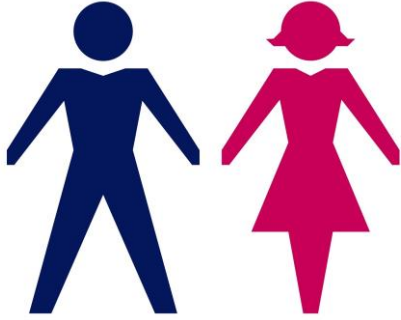
30-Minute Wellbeing Consultation (Virtual and In-Person Options*) (\$45 Value): A wellbeing consultation is a 30-minute conversation to explore what matters most to you on your wellbeing journey and help discover potential next steps. - Register at YMCAMN.org [Health & Wellbeing Coaching In Twin Cities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

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://www.ymcanorth.org/nutrition-coach)

* In person Consultation Locations vary

BREAST CANCER

RISK, SYMPTOMS AND SCREENINGS: WHAT EVERYONE NEEDS TO KNOW



This FREE class deals with women's health issues and the New Hope Women of Today invite you to attend on **Thursday, November 7th at 6:30pm at the New Hope YMCA**. The Y will ask for a Y membership card or personal ID at sign in, but membership is not required to attend. Our main speaker is from Jane Brattain Breast Center, and she will cover screening guidelines, risk factors, screening ultrasound, breast cancer symptoms, what to expect at your mammogram appointment and what are callbacks. We are hoping to have a second speaker who is a breast cancer survivor.

There is limited space for the class. Please RSVP in advance by contacting Rita at 612-770-1300 to sign up.



TURKEY BINGO

**TUESDAY NOVEMBER 19TH, 12:30-2PM
MULTI-PURPOSE ROOM**

Enjoy a cup of soup while you play BINGO for Thanksgiving themed prizes. The grand prize will be a gift card to purchase a turkey or item(s) of your choice.

Event is free and open to Adults 55+



Pre-registration required - stop by New Hope Y or call 763-535-4800

SENIORS VETERANS BENEFITS

EXPLORE THE OPTIONS THAT CAN HELP YOU TO THRIVE

A FREE SEMINAR FOR VETERANS AND THEIR FAMILIES PROVIDED THROUGH A PARTNERSHIP BETWEEN TEAM TILLMAN SENIORS REAL ESTATE SPECIALISTS AND THE DEPARTMENT OF VETERANS AFFAIRS

If you're a retired veteran or approaching retirement age, there are a host of resources waiting to assist you. This seminar will provide information on:

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|---|-----------------------|
| Common solutions: Paying for Senior Housing | VA Spousal Benefits |
| VA Nursing Care: Aid and Attendance | VA Medical Care |
| VA Service Connected Disabilities | VA Burial Benefit |
| VA Seniors Nursing Homes | VA Mental Health Care |
| VA Widows or Death Pension | VA Life Insurance |



WEDNESDAY NOV 20, 1:30PM

NEW HOPE Y MULTI-PURPOSE ROOM

★ ★ ★ **CAKE AND COFFEE WILL BE SERVED** ★ ★ ★

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	2 Pickleball in Gym Noon - 2pm
3	4 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	5 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby	6 Coffee Chat 8-10am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	7 6:30PM IN MPR: FREE CLASS - BREAST CANCER RISK, SYMPTOMS AND SCREENINGS. WHAT EVERYONE NEEDS TO KNOW. RSVP 612-770-1300	8 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	9 Pickleball in Gym Noon - 2pm
10 Knit Sale 11am-1pm Lobby	11 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby Knit Sale 8am-4pm	12 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby Knit Sale 8am-2pm	13 Coffee Chat 8-10am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby Knit Sale 8am-2pm	14	15 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	16 Pickleball in Gym Noon - 2pm
17	18 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	19 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby 12:30PM IN MPR: TURKEY BINGO! Sign up a Member Welcome Desk	20 Coffee Chat 8-10am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby 1:30PM IN MPR: FREE SEMINAR - VETERAN BENEFITS, CAKE AND COFFEE.	21 Book Group 2pm MPR <u>The Man In the Brown Suit</u> by Agatha Christie	22 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	23 Pickleball in Gym Noon - 2pm
24	25 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	26 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby	27 Coffee Chat 8-10am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	28 New Hope Y is closed for Thanksgiving Holiday	29 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm	30 Pickleball in Gym Noon - 2pm