



# FOREVERWELL

November 2024

SAINT PAUL EASTSIDE YMCA

## FRIENDSGIVING GATHERING

Thursday, November 21st

11:30-1:30 pm

We'll supply the turkey and beverages-

You bring the side items

Please sign up at Member Services to attend  
and to sign up for the item you'd like to share.



# FOREVERWELL CLASS SCHEDULE

## WATER EXERCISE

**MONDAYS/WEDNESDAYS/FRIDAYS**

10:00 am-10:45 am

**MONDAYS**

5:30 pm

## PICKLEBALL

**TUESDAYS/THURSDAYS/SATURDAYS**

9:00-Noon

## SILVERSNEAKERS® CIRCUIT

**TUESDAYS**

10:00 am-10:45 am

## SILVERSNEAKERS® CHAIR YOGA

**NEW!! - TUESDAYS - NEW!!**

11:00 am-11:45 am

## SILVERSNEAKERS® CIRCUIT

**THURSDAYS**

10:00 am-10:45 am

## SILVERSNEAKERS® CLASSIC

**FRIDAYS**

10:55 am-11:40 am

## 15 WAYS TO STAY SANE OVER THE HOLIDAYS

- a. **Practice acceptance.** Brace yourself for inevitable mishaps, and forget the “perfect” holiday. (It doesn’t exist.)
- b. **Plan ahead.** Avoid the shopping rush and price hikes — buy flights and gifts in advance.
- c. **Airbnb is your friend.** If family gatherings tend to spiral into World War III, book a hotel or Airbnb for your guests nearby (or if you’re the one traveling, near Mom and Dad’s house).
- d. **Schedule “me” time.** From company parties to family get-togethers, the holiday social whirlwind can easily sap your energy. Don’t feel obligated to accept every invitation. Take time alone to decompress. Meditate, take a tea break, or curl up with your favorite novel.
- e. **Make a list, and check it twice.** Letting holiday spending spin out of control only adds to the stress of the season. Write a list of what you need, and set (and stick to!) a budget for each.
- f. **Squeeze in exercise.** Exercise might seem like another item on an already endless to-do list, but not if you keep it simple. Go for a brisk walk around the block, or walk an extra lap around the mall.
- g. **Everything in moderation.** Avoid regret (and a hangover!) with a pre-party game plan. Fill up on a healthy snack beforehand and remind yourself to go easy on the booze and the sweets.
- h. **Share the holiday spirit.** Studies show that helping others enhances our mood and overall well-being. Volunteer for a local charity, or simply make someone smile — compliment a stranger, or schedule a coffee date with a friend you haven’t seen in a while.
- i. **Savor the season.** Take a few minutes each day to enjoy the holiday sights and smells.
- j. **Have a shopping game plan.** To minimize time spent shoving past the holiday mall mobs, know what items you want and where to find them in advance. Or shop online.
- k. **Pump yourself up with peppermint.** The scent of peppermint could boost alertness, according to one University of Northumbria study. For a quick pick-me-up, sniff a handkerchief sprinkled with peppermint essential oil. Other energizing scents might work too, like citrus.
- l. **Tune out to cheer up.** A recent University of Missouri study found that upbeat music can enhance mood.
- m. **Take a step back.** If you do find yourself mid-shouting match with cousin Annie, pause and ask yourself, “How important is this relationship in my day-to-day life?” So let it go, and get your holiday cheer on.
- n. **Take a massage break.** Feeling overwhelmed mid-dinner party? Duck out for 1 to 2 minutes and try this acupressure technique. Lightly press your earlobes between your thumb and forefinger.
- o. **Remember what matters.** What makes for a happy holiday? For many of us, it’s reuniting and connecting with loved ones.



# New Ways November 2024



MONDAY



4 Sign up to join a new course, activity or online community

TUESDAY



5 Change your normal routine today and notice how you feel

WEDNESDAY



6 Try out a new way of being physically active

THURSDAY

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

FRIDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

SATURDAY

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

SUNDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times

ACTION FOR HAPPINESS

Happier · Kinder · Together

