



FOREVERWELL

NOVEMBER 2024 SAINT PAUL MIDWAY YMCA

IN THIS ISSUE

EXISTING FOREVERWELL PROGRAMS

Coffee and Conversation

Thursdays from 11-12:30
(Kitchen/Community Room)

Bridge Group

Wednesdays from
12-2 pm (Kitchen)

Pickleball

Monday through Friday from 8
am to 12 pm (Gym)

(Tuesdays are beginner day, all
are welcome to help)

FOREVERWELL BINGO

EVERY OTHER WEDNESDAY

NOVEMBER 13TH AND 27TH
FROM 11:15 AM TO 12:15 PM
IN THE COMMUNITY ROOM

COFFEE ON THE ROOFTOP

Let's see if we can have coffee
on the rooftop one more time
before it is too cold! We can
warm up with our coffee.

Wednesday, November 13th at
9:30 am. Meet in the lobby. In
the event of bad weather, we
will meet in the Community
Room.

CREATE COMMUNITY IN NOVEMBER

FOREVERWELL AT THE YMCA BRINGS YOU OPPORTUNITIES TO ENRICH ALL DIMENSIONS OF YOUR WELLBEING! LOTS OF FUN PROGRAMS, CLASSES, AND EVENTS PLANNED FOR NOVEMBER.

Chili Fundraiser event for the Midway YMCA Annual Fund!
Thursday, November 14th from 11:30 am to 1:30 pm in the
Kitchen/Community Room.

Try some delicious chili and donate to the Midway YMCA annual fund. See more information on page 3.

Keystone Community Services will be tabling in the lobby from 9 am to 12 pm on Tuesday, November 12th. Stop by before or after your workout to see what resources Keystone has to offer as well as volunteer opportunities.

There will be a blood drive with the American Red Cross on Friday, November 15th from 9 am to 3 pm. You can sign up online at redcrossblood.org and click on Midway YMCA to see available times.

All YMCA branches will be closed on Thursday, November 28th for Thanksgiving. Have a great holiday!

Have a fantastic November!

BRANCH HOURS

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 7am-5 pm

Customer Service:

(612) 230-9622

MIDWAY YMCA

1761 UNIVERSITY AVE W

SAINT PAUL MN, 55104

FOREVERWELL @ MIDWAY

HAYLEY, FOREVERWELL COORDINATOR

HAYLEY.KILBRIDE@YMCANORTH.ORG

651.259.9623

BALANCE ASSESSMENTS

THURSDAY, NOVEMBER 21ST FROM 11:30 TO 12:30 IN STUDIO FLEX B/C

Join Personal Trainer Chris and Hayley to assess your balance. Balance is an extremely important part of your wellbeing and we want to help give you some tools to work on your balance.

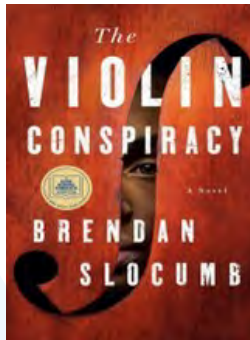
MIDWAY Y BOOK CLUB

THE THIRD THURSDAY OF EACH MONTH AT 10 AM IN THE KITCHEN.

THURSDAY, NOVEMBER 21ST AT 10 AM.

Have questions or need a book?
Contact Pam at 651-699-4555.

This month's book is *The Violin Conspiracy* by Brendan Slocumb.



BIRTHDAYS OF THE MONTH

TUESDAY, NOVEMBER 26TH AT 11:30 AM IN THE KITCHEN

Have you celebrated a birthday this month? Join us for coffee, singing, and more in the Community Room on the last Tuesday of each month. Tuesday, November 26th at 11:30 am in the Kitchen.

INTERGENERATIONAL STORY TIME

WEDNESDAY, NOVEMBER 20TH AT 11:15 AM

MEET IN THE LOBBY.

VOLUNTEERS APPRECIATED!

Our first intergenerational story time last month was a great success so we want to offer another opportunity to read to kids at the YMCA Kids Stuff.

DR. KRIVA HEALTH PRESENTATION

"MAINTAINING MEMORY AS WE AGE"

TUESDAY, NOVEMBER 19TH AT 12 PM IN THE KITCHEN

Dr. Kriva is back with another engaging presentation. Maintaining good memory function is important as we age. In this talk Dr. Kriva discusses factors that can cause a decrease in memory function as we age. He also provides cutting edge insights from new research into brain function and memory loss. Most important he provides practical strategies you can begin to use immediately to improve your memory and brain health long term.

FOREVERWELL ORIENTATION

ForeverWell includes programs, classes and events for adults ages 55 and older. Interested in learning more? ForeverWell Orientations are Mondays at 12:30 pm. Orientations in November are November 4th, 11th, 18th, and 25th. Meet in the lobby.

FITNESS

ASSESSMENTS

A 60-minute complimentary fitness assessment with a personal trainer is included in your membership. If you are interested, contact Hayley or sign up at the front desk.

EGYM

Interested in doing more strength training but don't know where to start? E gym is a great place to start. E gym is an 11-machine strength training circuit personalized to you. Contact the front desk to sign up for an e gym orientation.

NUTRITION AND HEALTH COACHING

The YMCA offers complimentary 30-minute assessments with a health coach and a dietician. Sign up online or at the front desk to learn more.



FOREVERWELL PROGRAMS, CONTINUED

YMCA CHILI FUNDRAISER EVENT

**THURSDAY, NOVEMBER 14TH AT 11:30 AM IN THE
KITCHEN/COMMUNITY ROOM**

Let's raise some money for the Midway YMCA annual fund and eat some delicious chili! The Y will provide the chili. Register by November 12th at hayley.kilbride@ymcanorth.org. Suggested donation: \$10

FOREVERWELL JEOPARDY

FRIDAY, NOVEMBER 22ND AT 11:30 AM IN THE KITCHEN

Our first ForeverWell Jeopardy was a lot of fun so we wanted to offer this again.

Join us in the Kitchen on Friday, November 22nd at 11:30 am. Join in for trivia, prizes, and fun!

ZENTANGLE DRAWING WORKSHOP – SAVE THE DATE

**FRIDAY, DECEMBER 6TH AT 11:30 AM
IN THE COMMUNITY ROOM**

Laura is coming back with another fabulous Zentangle drawing class. Learn some new drawing patterns while focusing on mindfulness and breathing. The picture shown is an example of a Zentangle drawn by Laura.



INTERESTED IN LEARNING BRIDGE?

Are you interested in learning how to play bridge or want a refresher on rules and conventions?

Contact Hayley at hayley.kilbride@ymcanorth.org to learn more about a beginner bridge class led by Wendy, fellow YMCA ForeverWell member.

DECLUTTERING WORKSHOP

**FRIDAY, NOVEMBER 1ST AT
11:30 AM**

IN THE COMMUNITY ROOM

Are you looking to clean up and declutter your spaces? If so, this workshop is for you. Join Mary, fellow ForeverWell member, for an informative and helpful workshop. Friday, November 1st at 11:30 am in the Community Room. December date to be determined.



ForeverWell Group Exercise Classes to Check Out:

(Full Class Listing Online or Posted on Studio Doors)

Mondays:

Water Exercise – 6:45 am with Abby (Pool)
ForeverWell Cardio – 8:30 am with Brenda (Studio A)
Deep Water Exercise – 9 am with Dave (Pool)
Tai Chi for Practice – 10 am with John (Studio B)
SilverSneakers Classic – 10:15 am with Heidi (Flex B/C)
Yoga – 10:45 am with Sandra (Studio A)
Line Dancing – 11:15 am with Hayley (Flex B/C)
Silver Sneakers Yoga – 12:15 pm with Sandra (Flex B/C)

Tuedays:

Gentle Yoga – 8:15 am with Laura (Studio A)
Water in Motion – 9:30 am with Lacy (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Flow – 10:45 am with Alexa (Studio A)

Wednesdays:

Water Exercise – 6:45 am with Dave (Pool)
Zumba Gold – 8:30 am with Hayley (Studio A)
Mat Pilates – 9 am with Abby (Flex B/C)
SilverSneakers Classic – 10:15 am with Brenda (Flex B/C)
Yoga – 10:50 am with Sandra (Studio A)

Thursdays:

Deep Water Exercise – 9:00 am with Dori (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Gentle Yoga – 11:30 with Barbara (Studio A)

Fridays:

Water Exercise – 6:45 am with Dave (Pool)
ForeverWell Cardio – 8:30 am with Catherine (Studio A)
SilverSneakers Classic – 10:15 am with Hayley (Flex B/C)
Yoga – 10:50 am with Dan (Studio A)

Saturdays:

ForeverWell Strength – 11:45 with Catherine (Flex B/C)

Sundays:

Yoga – 3:00 pm with Mike

Studio A: Downstairs

Flex B/C: Upstairs

Studio B: Downstairs

ST. PAUL MIDWAY YMCA FOREVERWELL CALENDAR - NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			OCTOBER 31 Pickleball 8-12 11-12:30 - Coffee and Convo Mahjongg 1-3	1 Pickleball 8-12 (Gym) Decluttering Workshop 11:30 am (Community Room)
4 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	5 Pickleball 8-12 (Gym) Election Day - make a plan to vote!	6 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen)	7 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)	8 Pickleball 8-12 (Gym)
11 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	12 Pickleball 8-12 (Gym) Keystone Tabling 9 am - 12 pm (Lobby)	13 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen) Bingo 11:15-12:15 (Community Room)	14 Pickleball 8-12 (Gym) 11:15 am to 1:30 pm Chili Fundraiser Event (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)	15 Pickleball 8-12 (Gym) Red Cross Blood Drive 9 am-3 pm (Kitchen/ Community Room)
18 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	19 Pickleball 8-12 (Gym) Dr. Kriva Presentation 12 pm (Kitchen)	20 Pickleball 8-12 (Gym) Intergenerational Story Time 11:15 am (Meet in Lobby) Bridge Group 12-2 pm (Kitchen)	21 Pickleball 8-12 (Gym) Book Club 10 am (Kitchen) Balance Assessments 11:30 (Flex B/C) 11-12:30 pm – Coffee and Conversation (Kitchen) Mahjongg 1-3 pm (Kitchen)	22 Pickleball 8-12 (Gym) ForeverWell Jeopardy! 11:30 am (Kitchen)
25 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	26 Pickleball 8-12 (Gym) Birthdays of the Month 11 am (Kitchen)	27 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen) Bingo 11:15-12:15 (Community Room)	28 Happy Thanksgiving! The YMCA is closed today.	29 Pickleball 8-12 (Gym)



WELLBEING WORKSHOP

BOOSTING YOUR STRESS RESILIENCE

Frequently feeling overwhelmed, on edge or stretched too thin? This focused and empowering workshop experience will equip you with tools and insights to help you bounce back and lead a more balanced and resilient life—including your own personal "recipe" for better managing stress!

Saturday, November 16th | 11:00 a.m. – 12:00 p.m.

Virtual

Health & Wellbeing Coach Casey McGuire

REGISTER TODAY!

\$25 per session or small group wellness subscribers may utilize one 60-minute session. Stop by the front desk or the website to register or learn more.



ymcanorth.org/wellbeing