



FOREVERWELL

NOVEMBER 2024 | WHITE BEAR AREA

THANK A VETERAN!



DO YOU KNOW WHY WE CELEBRATE VETERANS DAY ON NOVEMBER 11?

ORIGINALLY KNOWN AS ARMISTICE DAY, VETERANS DAY IS CELEBRATED ON NOVEMBER 11 BECAUSE IT WAS ON THIS DAY AT 11:00 A.M.

IN 1918
WHEN
WORLD
WAR I
ENDED



NATIONAL CANCER AWARENESS DAY NOVEMBER 7TH

National Cancer Awareness Day allows people to educate themselves about this cancer and support early detection or prevention of the disease. Help raise awareness of this condition.



WHAT IS FOREVERWELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life. Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community. Check out all of our activities in this newsletter.

WELCOME TO WHITE BEAR Y

Hello White Bear Area YMCA ForeverWell Members! My name is Ann and I am your ForeverWell Coordinator. I am very excited to work with all of you and be available to answer any questions or take any suggestions that you might have for our ForeverWell program at the White Bear Area Y. I am here to help, so feel free to contact me. ann.sellers@ymcanorth.org or 952-897-5479



BRANCH HOURS

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

WHITE BEAR LAKE YMCA

2100 Orchard Lane
White Bear Lake, MN 55110



1:00 am-3:00 pm November 18 , 2024

Adult Coloring

What does adult coloring do for you?

The activity can help with **reducing stress**, and it involves the use of fine motor skills, logic, and creativity. Art therapists have compared coloring to meditation, pointing out that it can help de-stress the mind and focus on the present moment.

Mandala Rock Painting

11:00 am-2:00 pm November 14, 2024



Have you ever wanted to tap into your creative self? Come and explore how to find peace and relaxation while creating an intricate and original Mandala Rock.

\$25 per person

Gifts for Seniors

Bins will be available in the lobby mid-November

Donate here.

Gifts for Seniors

Support our 31st Annual Holiday Gift Drive for isolated older adults.

Gifts for Seniors provides resources and life-affirming personal contact. With the critical support of donors, volunteers, and community partnerships, we strive to alleviate the loss of connection to others and the devastating spiral into isolation.

Visit www.giftsforseniors.org for gift registries and information!



BINGO

WEDNESDAY, NOVEMBER 20TH

11-12:30 PM

IN THE COMMONS

Please join us as we call out your lucky Thanksgiving Words to win prizes!

Bring your best White Elephant Gift to increase our prize pool!



FALL



Fire Safety Preparedness

LET'S TALK FIRE SAFETY WITH JOSH FROM THE WHITE BEAR LAKE FIRE DEPARTMENT.

**WHEN: WEDNESDAY
NOVEMBER 6, 2024**

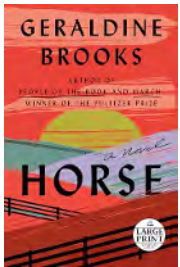
WHERE: THE COMMONS

**TIME: 10:30 AM
(COFFEE PROVIDED)**

SAVE THE DATE

BOOK CLUB

Join on the 2nd Monday of the month.



November Book Club will meet on November 11 with be discussing

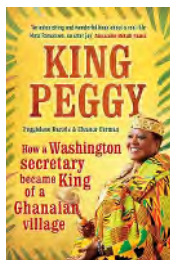
Horse by

Geraldine Brooks

December's book will be

KING PEGGY

by Peggelene Bartels & Eleanor Herman



Book Club begins at 11:30 am in the Commons, led by Carole Overlie.

Please contact Ann ann.sellers@ymcamn.org if you would like to be added to the group email.



MONDAY MOVIE MATINEE

WHO LIKES A GOOD MOVIE?

MAYBE A LITTLE POPCORN?.

FAMILY FRIENDLY MOVIE

MONDAY, NOVEMBER 25

1:30 PM

ON A WING AND A PRAYER

WE WILL PICK THE FIRST MOVIE AND YOU CAN MAKE SUGGESTIONS FOR THE UPCOMING MONTHS (BRING YOUR OWN BEVERAGE)



USED BOOK EXCHANGE

WEEK OF NOVEMBER 25 -
YMCA LOBBY UNTIL WE RUN LOW ON BOOKS

Help reduce, recycle and reuse gently used books. Bring the books you have finished and swap for something new to read.

You can begin bringing your donated books to the front desk as of Monday, November 12th.

Any Questions? Please ask at the Welcome Desk

LEAVE ONE - TAKE ONE

Non Fiction - Fiction - Adult - Youth - Teens

No encyclopedia, Readers Digest Condensed, magazines, text books, damaged, mildewed books or very outdated materials

FREE BOOKS FOR ALL

for the Veteran

THANK YOU
for bravely doing
WHAT YOU'RE CALLED TO DO
so we can safely do
WHAT WE'RE FREE TO DO



Are You Feeling Lucky?

We are starting a Monthly Lucky 13 Participation Game For Our ForeverWell Members!

Here are some of the Guidelines

Pick up a Lucky 13 card at the Member Service Desk

Visit the White Bear Area Y 13 times in 1 month.

Have someone at Member Service Desk initial your card when you are at the Y.

Give completed card to the Member Service Desk and get 1 FREE Guest Pass added electronically to your account

Leave your completed card with a Member Service Staff to be entered into a monthly prize drawing



Lucky 13

1	2	3	4	5	6
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13



7	8	9	10	11	12
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November 2024

Lucky 13 - Participation Guidelines

1	Visit the WBA YMCA 13 times per month present the card and have the desk initial
2	Give completed card to Front Desk to receive 1 electronic guest pass added to your account
3	You will become eligible to win a prize drawing
4	Have fun at the Y



Member Name _____

Please print

NOVEMBER SAFETY TIP

LEAVING THE HOUSE IN EXTREME WINTER WEATHER

A Checklist to Keep Seniors Safe.

- 1: Bring a cane or walking aid if necessary.
- 2: Remember any medications you might need in the next 24 hours.
- 3: Bring enough extra cash for bus or taxi rides.
- 4: Wear anti-skid shoes and boots with the laces tied.
- 5: Tell someone where you are, expect to arrive and return.
- 6: Pack water and a snack. If there is a delay, it's important to stay hydrated and energized.
- 7: Make sure you are wearing several layers and include a wool hat, gloves/mittens, a coat and a scarf.
- 8: Know your transportation options to and from the destination. Don't drive unless it's an emergency.
- 9: Only walk on clear and dry sidewalks and use any available handrail.
- 10: Charge your cell phone and keep a list of emergency contacts.

I'll be back around 4. Call me on my cell if you need anything.



FOREVERWELL ORIENTATIONS
 ARE YOU NEW TO THE YMCA? DO YOU HAVE QUESTIONS OR NEED A TOUR OF THE Y? ARE YOU INTERESTED IN FINDING OUT MORE ABOUT THE FOREVERWELL PROGRAM? JOIN AN ORIENTATION THAT WILL BE HELD ON THE SECOND AND FOURTH MONDAYS AT 10:30 AM
NOVEMBER DATES:
MONDAY NOVEMBER 4TH AND 18TH
MEET AT THE MEMBER SERVICE DESK



PAINTING WITH SANDY
NOVEMBER 21ST
10:00 AM-1:00 PM
FEE \$30

Paint the picture above and let your creativity flow! We supply all tools and Step-by-Step instruction to teach our classes how to paint with acrylics. Enjoy our friendly atmosphere and come away with a painting you can be proud of, even if you have never painted with acrylics. Reserve your spot at the front desk. Sign up early as seats will be limited and expected to fill quickly.



Falling Doesn't Need To Be In Your Future

Tuesday, November 19, 2024 10:00 am we will be offering a

Free Balance Assessment.

We also can determine if you are engaging in the physical activities that will support your efforts in preventing a fall!



QUESTIONS ABOUT MEDICARE?

Come ask a Medicare expert. Free and open to all. No registration necessary.

Where: The Commons

When: November 6, 2024

Time: 12:00 - 1:00 pm

FOREVERWELL CLASSES

Here is a list of ForeverWell classes at the White Bear Area YMCA. You are not limited to just these classes. Check the online schedules for all classes at all the YMCA of the North locations at www.ymcanorth.org

Mondays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 pm	Water Exercise	Blue Pool
9:45-10:30 am	ForeverWell Strength	Gym
9:50-10:50 am	Tai Chi	Studio B

Tuesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:30-11:15am	Chair Yoga	Gym
7:00-7:45 pm	Water Exercise	Blue Pool

Wednesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:45-10:30 am	SilverSneakers Classic	Gym
10:00-10:45am	Water Exercise Power	Blue Pool
11:15-12:15pm	Tai Chi	Studio B

Thursdays:

8:45-9:30 am	ForeverWell Combo	Studio A
10:00-10:45am	Water Exercise Power	Blue Pool
1:15-2:15 pm	Line Dancing	Studio A

Fridays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:45-11:30am	Silver Sneakers Circuit	Gym
11:30-12:15pm	Chair Yoga	Gym

Sundays:

3:00-3:45pm	Water Exercise	Blue Pool
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ForeverWell Combo

Enjoy a blend of cardio, strength and stretching in this low impact class. Your endurance, muscle tone and flexibility will improve with this energetic class. All levels.

Water Exercise

This class provides a light to moderate aerobic workout that increases endurance, core strength and flexibility. There is limited use of equipment. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

ForeverWell Strength

This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles. Level: All. Free drop-in class for Members.

Deep Water Exercise

This low to moderate intensity water workout offers exercises for every body part with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture. Level: All. Free drop-in class for Members. Limited supply of buoyancy belts available, members encourage to bring their own.

Chair Yoga

Chair Yoga – A gentle form of yoga practiced sitting in a chair and/or using the chair for support. Enjoy the benefits of traditional yoga including flexibility, strength, concentration and deep breathing.

SilverSneakers™ Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Level: All. Free drop-in class for Members.

Water Exercise Power

This class provides a high-intensity workout to increase strength and endurance for the upper and lower body and core. Equipment may be used. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

Zumba Gold®

Zumba Gold® is guaranteed to provide a safe and effective total body workout. Class design introduces easy to follow Zumba dance moves and rhythms including Cumbia, Salsa, Merengue, Tango, Rumba, Cha-Cha and many other contemporary dances. Perfect for all ages and physical abilities looking for a low impact Zumba class that recreates the original moves you love at a lower-intensity. Classes focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and leave feeling empowered and strong!

Line Dancing

You'll learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed. Level: All. Free drop-in class for Members.

Tai Chi For Health Instruction

Tai = big or great. Chi = ultimate energy. Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Say goodbye to sweating, puffing and panting and say hello to feel cool, calm, refreshed and energized. Participants learn the "how" and the "why" behind each movement.



NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
			 <p>Here's your reminder to set your clocks on Sunday, November 3, 2024</p>	<p>1 Pick-up Your Lucky 13 Card</p> <p>Lucky 13</p> <table border="1" data-bbox="1318 513 1520 549"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> </table> <p>Good Luck!</p> <table border="1" data-bbox="1318 625 1520 657"> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> </table> <p>November 2024</p>	1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6											
7	8	9	10	11	12											
<p>4</p>  <p>FOREVERWELL ORIENTATIONS 10:30 am</p>	<p>5</p>  <p>Coffee and Conversation 10:30 -11:30 AM</p> 	<p>6</p>  <p>Coffee and Conversation 11:30 -12:30 pm</p> <p>Fire Protection 10:30 am</p> 	<p>7</p>  <p>NATIONAL CANCER AWARENESS DAY - NOVEMBER 07 -</p>	<p>8</p>  <p>Have a healthy salad for lunch!</p>												
<p>11</p> <p>Book Club 11:30 am</p>  <p>Veterans Day</p> 	<p>12</p>  <p>Coffee and Conversation 10:30 -11:30 AM</p> <p>Don't forget to drink water today!</p> 	<p>13</p>  <p>Coffee and Conversation 11:30 -12:30 pm</p> 	<p>14</p> <p>Mandala Rock Painting 11:00 am-2:00 pm</p>  <p>\$25</p>	<p>15</p>  <p>National Clean Out Your Refrigerator Day</p>												
<p>18</p>  <p>FOREVERWELL ORIENTATIONS 10:30 am</p>  <p>Adult Coloring 10:00am-3:00pm November 18, 2024</p>	<p>19</p>  <p>Balance Assessments 10:00 AM</p>  <p>Coffee and Conversation 10:30 -11:30 AM</p>	<p>20</p> <p>Bingo 11:00-12:30</p>   <p>Coffee and Conversation 11:30 -12:30 pm</p>	<p>21</p>  <p>\$30</p> <p>PAINTING WITH SANDY NOVEMBER 21ST 10:00 AM-1:00PM</p>	<p>22</p>  <p>GET OUTSIDE FOR A WALK</p>												
<p>25</p> <p>Monday Movie Matinee 1:00 pm</p> 	<p>26</p> <p>Did you know apples are high in Vitamin C?</p>   <p>Coffee and Conversation 10:30 -11:30 AM</p>	<p>27</p>  <p>Coffee and Conversation 11:30 -12:30 pm</p> 	<p>28</p>  <p>Happy Thanksgiving</p> <p>YMCA Closed</p>	<p>29</p>  <p>FRENCH TOAST DAY!</p>												



Mark your December calendar for a Holiday Potluck! Tuesday December 17, 2024. Bring your favorite holiday dish. Sign up in the binder at the front desk to let us know what you are bringing! We will provide the plates, utensils and napkins. We will eat at 11:30 am!

See you there!

L Q G L R Z L T O U L Y V N
 V A J C P G C H U A Q N A I
 H J P I U R Q A N R Z I G O
 G K Q I G V G N G Y D O T G
 F Z T U I N Y K G N A E P Y
 G N I F F U T S I P C M I X
 S T U R K E Y G W G O Z S P
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 D T F M N C E E T M X A Z I
 U E V A T R S F N O N C D P

Thanksgiving

Pilgrim

Yams

Potatoes

Indian

Stuffing

Turkey

Feathers



Corn

Husk

