



# FOREVERWELL

NOVEMBER | WOODBURY

## FOREVERWELL COMMUNITY

### Book Club:

**All the Lonely People**

By: Mike Gayle

a heartwarming novel about Hubert Bird, a widowed Jamaican immigrant living in London who leads an isolated life. To keep up appearances with his daughter, he invents tales of a busy



social life. When she announces a visit, Hubert must actually reconnect with the world. As he builds real friendships, the novel explores themes of loneliness, aging, and the importance of community. It's a touching, uplifting story about finding connection when you least expect it.

### COMMUNITY SPOTLIGHT

**Card Game Group (Wed/Fri)**



Every Wednesday and Friday, our Toe, Hand, and Foot card game group gathers for good conversation, plenty of laughs, and a little friendly competition. It's a welcoming space where players of all experience levels come together to enjoy the game and each other's company.



## Thankfulness & connecting with family and friends

As the days grow cooler, it's the perfect time to reflect on what we're grateful for and strengthen our bonds with loved ones. This month, we're focusing on thankfulness and the importance of connecting with friends and family. Whether through shared experiences, heartfelt conversations, or simply spending time together, let's embrace the season by nurturing the relationships that matter most.

This month, we offer many ways to stay connected, including our Friendsgiving Potluck, Veteran's Celebration, and don't forget our regular groups like The Social Bunch and Book Club. Join us as we come together to share in gratitude and community.



### BRANCH HOURS

Mon.- Fri: 5AM-9PM  
Sat: 7AM-5PM  
Sun: 7AM-5PM

### WOODBURY

2175 Radio Drive,  
Woodbury, MN  
55125

### TO CONTACT:

Scarlett Johnson  
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Phone: 651-229-6423

# YOUR FOREVERWELL COMMUNITY

## MEDITATION

**When:** Every Monday at 9AM **Where:** Multi Purpose Room

Come for a relaxing and invigorating lesson on slowing the body down and being in the moment. Meditation is often the aspect of yoga that many struggle to sit through. Shelley will teach you many techniques with this calming class and, in turn, give you tools to regulate your nervous system.

## BOARD GAME BUNCH

**When:** Every Monday @ 2pm **Where:** Community Room

Do you like board games and competitive, yet friendly new people? Join in on the fun!

## THE SOCIAL BUNCH

**When:** Every Monday at 9:30-11am **Where:** Community Room

Join others as they gather for fun conversation, community, and making new memories with friends every week! If you are new to the Y, this can be a great way to meet others in your community and foster new friendships with welcoming ForeverWell members.

## FOREVERWELL BOOKCLUB

**When:** The **Second** Tuesday of the month @ 1:30-2:30pm

**Where:** Community Room

This book club is for members who are looking for a community of book lovers such as themselves! Tuesday August 6th we will be discussing a book we have read that is about Minnesota, from a Minnesotan author, or based in Minnesota! **To learn more contact Anna Mae: [annamaeg@msn.com](mailto:annamaeg@msn.com)**

## 60 & SOLO GROUP

**When:** Every 3rd Friday of the month, 2:30-3:30pm

**Where:** Panera

Specifically for individuals who are 60+ and live solo or far away from family. Whether you're looking to explore new hobbies, share in lively discussions, or simply enjoy the company of like-minded individuals, 60 & Solo is the group for you! Join us and start creating unforgettable memories with new friends.



## GRIEF GROUP

**When:** Every Wednesday at 10AM **Where:** Studio 2

Join us for a self-guided discussion group dealing with loss. Come for coffee, to talk, or to just listen. We shouldn't have to do life, or go through grief, alone. ALL are welcome!

## CARD GAMES GROUP

**When:** Every W/Fri Mornings around 10am

**Where:** Lobby area

Join in on the fun of playing cards, both Hand and Foot as well as Cribbage is popular games played. Even if you are unfamiliar with the card games, the members will gladly teach it to you so you can join in on the fun!



## WATERBALL

**When:** Every Wednesday, 7:20am-8:05am **Where:** The pool

Waterball is a fantastic way to stay active, improve hand-eye coordination, and enjoy the pool with friends. Whether you're looking to break the ice with new acquaintances or just want to have a good time.

## ForeverWell Coordinator

**MY NAME IS SCARLETT AND I'M YOUR FOREVERWELL COORDINATOR!**



### **ABOUT ME**

I am currently a college student! Outside of the YMCA, I coach competitive cheerleading and compete in amateur boxing. I look forward to meeting you, please feel free to reach out with any questions or suggestions!

Email: [scarlett.johnson@ymcanorth.org](mailto:scarlett.johnson@ymcanorth.org)  
Phone: 651-229-6423

### **WHAT CAN I HELP YOU WITH?**

#### FOREVERWELL ORIENTATIONS

Wednesdays, at 9am

Are you new to the Y? Come learn what the Y has to offer you, get a tour of the facility and ask any questions you may have. Learn how to register for classes/activities, and so much more!

#### BALANCE ASSESSMENTS

Are you at risk for a fall? A 30 minute balance assessment can measure where you are at physically and what you can work on to improve your balance. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks follow.

Sign up at Member Service Desk.

# FOREVERWELL NOVEMBER EVENTS



## NATIONAL STRESS AWARENESS DAY When: Wednesday, November 6th ..

### Intro to meditation: "Stress less with mindfulness"

**When: 8:30-9:15am Where: Multi room**

Join Kali Higgins, registered yoga (E-RYT 200) and meditation teacher to learn more about how mindfulness practices can support your life and well-being. This class offers a basic introduction to what mindfulness is and isn't, and provides an opportunity to try different meditation practices including, the body scan, progressive relaxation, and open awareness

PLEASE SIGN UP AT MEMBER SERVICES

## Sound Healing & Vibrational Therapy Demonstration

**When: 9:30-10:15am Where: Multi room**

Join us for a calming Sound Healing session led by a certified Vibrational Sound Therapy practitioner. Discover how sound baths can support meditation and healing, as soothing singing bowls create an atmosphere of deep relaxation. Experience Vibrational Sound Therapy firsthand, with gentle bowls placed on the body to release tension and promote balance. There will be plenty of time for questions, making this a great opportunity to explore how sound can support stress relief and overall well-being.

PLEASE SIGN UP AT MEMBER SERVICES

## Intro to Gratitude Journaling

**When: 11:30am-12:30pm Where: Community Room**

Start your gratitude journey! Learn the basics of gratitude journaling and how it can help reduce stress, improve well-being, and foster a more positive outlook on life. We'll guide you through simple techniques and share tips to help you get started. Please bring a journal & pencil

PLEASE SIGN UP AT MEMBER SERVICES



## SENIOR TRANSITIONS

**When: November 7th 11am Where: Studio 2**

Northern Lights Senior Transitions will be hosting an informative session for seniors, covering essential moving safety tips, strategies for downsizing, and tips on staying organized. Learn how their services, from relocation to home staging, can simplify your transition with care and compassion. PLEASE SIGN UP AT MEMBER SERVICES

## VETERAN'S CELEBRATION

**When: Monday, November 11th 9AM-10AM Where: Community Room**

Join us as we honor and celebrate the veterans in our community! We'll enjoy donuts and coffee while creating a Veteran Appreciation Board to show our gratitude.

PLEASE SIGN UP AT MEMBER SERVICES



## ONE-ON-ONE CELLPHONE HELP

**When: Tuesday, November 12th 10am-3pm Where: Scarlett's Office**

Need help navigating your phone? Get personalized assistance with calls, texts, apps, settings, and more during our one-on-one cellphone help sessions. I will work with you individually to answer your questions and ensure you feel confident using your device. Each session will be 30 minutes. Simply check in at the front desk on November 12th to reserve your spot or to join the wait list!



## FRIENDSGIVING POTLUCK



**When: Tuesday, November 19th 11AM-12PM Where: Community Room**

Celebrate friendship and community by joining us for a Friendsgiving potluck! Bring your favorite dish to share as we gather together for great food, conversation, and gratitude. Let's create lasting memories before the holiday season begins.

**PLEASE SIGN UP AT MEMBER SERVICES**

## INPUT SESSION

**When: Tuesday, November 26th 12:30PM Where: Community Room**

This is your chance to share ideas, provide feedback, and help shape the future of our program. Your input will directly influence the programs and activities we offer, ensuring they meet the needs and interests of our community.

**Please sign up at Member Services**

## Natural Approaches to Maintaining Memory



**When: Thursday, November 21st 11:30am-12:30pm Where: Studio 2**

Maintaining memory function is important, particularly as we get older. In this talk Dr. Kriva will cover some of the major causes of decreased memory function. He will also share cutting edge information from new research into memory and brain health. Finally, he will share natural strategies you can implement immediately to help you boost and maintain your memory long term

**Please sign up at Member Service**

## SMOOTHIE ALCHEMY: TAILORING BLENDS FOR HEALTH \$25

**When: Friday, November 22nd 11:30am-12:30 Where: Community Room**

Discover how to create smoothies that fit your unique health needs! In this workshop, you'll discover how to blend ingredients to create delicious smoothies that support gut health, reduce inflammation, boost your immune system, and more. Try samples, learn to customize your smoothies to support your wellness goals, and take home recipes that cater to your lifestyle. Join us and transform your smoothie game into a personalized health experience!

**Please sign up at Member Service**

## MEDICARE TALK

**When: Wednesday, November 13th & Monday, November 18th 12-1:30pm**

**Where: Community Room**

Join us for an informative session where an expert will answer your questions and provide insights about medicare. The following topics will be discussed: supplements compared to advantage plans, when to enroll in parts A,B,C and D, \$0 plan, dental, eyecare, hearing aids, fitness plans and equipment.

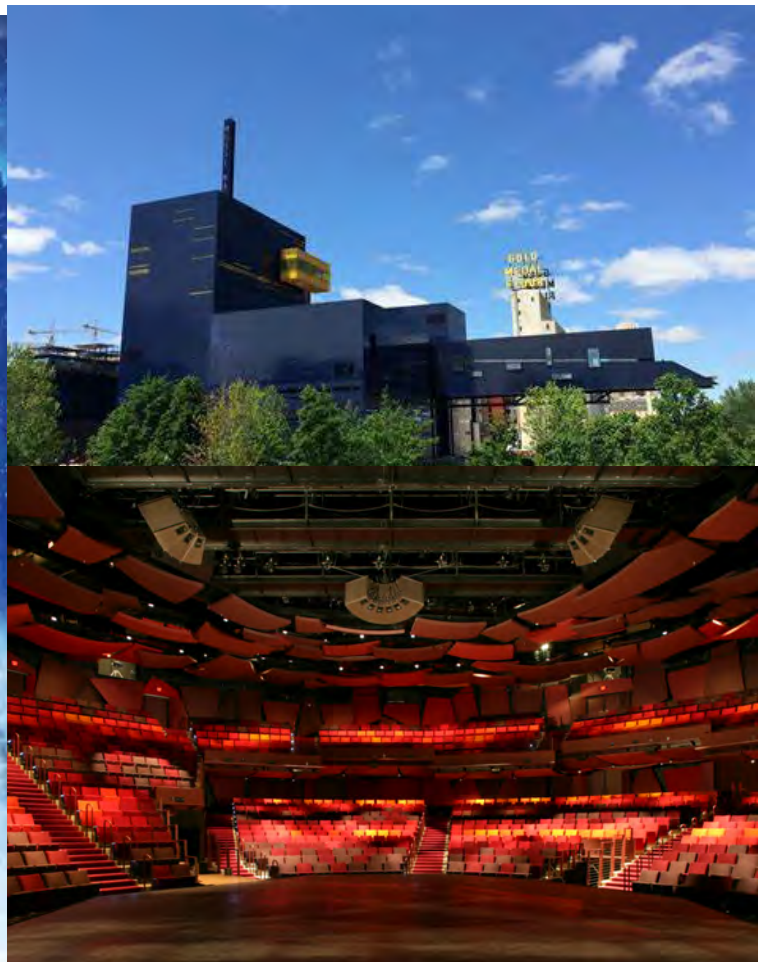
**Please sign up at Member Service**

**SAVE THE DATE: December 11th**

## **The Guthrie Theater: A Christmas Carol**

A miserly and miserable man, Ebenezer Scrooge greets each Christmas with “Bah! Humbug!” until he is visited one Christmas Eve by the Ghosts of Christmas Past, Christmas Present and Christmas Future. In Charles Dickens’ beloved classic, the three spirits show Scrooge happy memories from his past, difficult realities from the present and a grim future should he continue his closed-hearted ways. Throughout his journey, Scrooge is forced to reckon with the man he has become and contemplate the man he could be — but only if his restless night leads to a change of heart by morning. The Guthrie’s cherished tradition celebrates its 50th year and continues to delight audiences of all ages this holiday season.

Join us on our bus trip to The Guthrie Theater on December 11th. The show will begin at 1:00pm. We will be opening up registration the first week of November. When registration is available, we will let you know on the ForeverWell bulletin board.





# FOREVERWELL

## CLASS GUIDE

### JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- SilverSneakers® Yoga
- SilverSneakers® Classic
- Water Exercise

### ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- Line Dancing
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- Water Exercise Tabata or Power

### EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- Line Dancing Intermediate
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- Gentle Yoga

## FOREVERWELL GROUP FITNESS CLASSES:

### MONDAY:

**8:00am - SilverSneakers Circuit**  
w/ Monica STUDIO 3

**8:15am - Water Exercise**  
w/ Cheryl POOL

**9:00am - ForeverWell Yoga**  
w/ Sara F. STUDIO 1

**9:00am Meditation**  
w/ Shelley THRIVENT ROOM

**9:15am - Water Exercise**  
w/ Debbie POOL

**9:30am - ForeverWell Combo)**  
w/ Merilee Gym

**10:30am - SilverSneakers Circuit**  
w/ Merilee STUDIO 1

**11:30AM Chair Yoga**  
w/Kali STUDIO 1

**12:30pm - Line Dancing**  
w/ Wanda STUDIO 1

**1:30pm - Line Dancing  
(Intermediate/Adv.)**  
w/ Wanda STUDIO 1

**1:30pm - SilverSneakers Classic**  
w/ Monica STUDIO 3

### TUESDAY:

**8:30am - Water Tabata**  
w/ Debbie POOL

**9:15am - Water Exercise Power**  
w/ Debbie POOL

**9:30am - SilverSneakers Yoga**  
w/ Katie STUDIO 3

**10:30am - SilverSneakers Classic**  
w/ Deb STUDIO 3

**11:30am - ForeverWell Cardio**  
w/ Deb STUDIO 3

**11:30am - Tai Chi 1- 21 forms of Sun Style**  
w/ Kimberley STUDIO 1

**12:30pm - SilverSneakers Yoga**  
w/ Julie STUDIO 3

**12:40pm - Tai Chi 2- 20 new forms of Sun**  
41  
w/ Kimberley STUDIO 1

### WEDNESDAY:

**7:30am - WaterBall** in Lap Pool

**8:00am - SilverSneakers Circuit**  
w/ Ann STUDIO 3

**8:00am - ForeverWell Yoga**  
w/ Shelley B. STUDIO 1

**8:15am - Water Exercise**  
w/cheryl POOL

**9:15am - Salsa Splash**  
w/ Kathy POOL

**10:30am - SilverSneaker Circuit**  
w/ Julie STUDIO 1

**11:30am - Gentle Yoga**  
w/ Jan STUDIO 1

**1:30-Silver Sneaker Circuit**  
w/ Monica STUDIO 3

### THURSDAY:

**8:00am - Silver Sneakers Circuit**  
w/ Ann STUDIO 1

**8:30am - Water Exercise**  
w/ Colleen POOL

**9:15am - Water Exercise Power**  
w/ Colleen POOL

**10:45am - Zumba Gold**  
w/ Colleen STUDIO 3

**11:35am - ForeverWell Cardio**  
w/ Katie STUDIO 3

**10:30am - Gentle Yoga**  
w/ Tamara STUDIO 1

**12:30pm - SilverSneakers Yoga**  
w/ Katie STUDIO 3

### FRIDAY:

**8:00am - SilverSneakers Circuit**  
w/ Jennifer STUDIO 3

**8:15am - Water Exercise**  
w/ Cheryl POOL

**9:00am - ForeverWell Yoga**  
STUDIO 1

**9:15am - Water Exercise**  
w/ Debbie POOL

**11:45am - Tai Chi 3**  
w/ Kimberley STUDIO 3

**1:30pm - SilverSneakers Classic**  
w/ Monica STUDIO 3

# NOVEMBER SAFETY TOPIC: Keeping Winter Safe at the Y

Last winter may have been mild, but predictions for this winter prepare us to expect the cold, ice and snow that we are used to at YMCA of the North.

November is a great month to double check the condition of all your winter weather tools and resources. Be sure to prepare for winter weather in

advance. Reach out to your friends, family and community to make plans that ensure all have what they need in the case of travel challenges due to road conditions.

Remember to **WALK LIKE A PENGUIN** to stay safe in winter conditions at home, around your community, and on your way into the Y!

## Be a penguin on ice and snow



- Wear footwear with slip-resistant soles and good treads
- Adjust your pace to surface conditions
- Walk like a penguin with arms extended to the side and feet pointed slightly outward
- Watch where you're stepping



Safety is everyone's responsibility – prevent falls



# 30-Day Gratitude Challenge

Join us this month at the Y in embracing gratitude with a small, meaningful action each day!

1. Write down 3 things you're grateful for.

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2. Call someone to say thank you.

3. Compliment a fellow member or staff.

4. Share a positive memory with a friend.

5. Take a mindful walk and reflect.

6. Take care of yourself today

7. Do something unexpected and kind for a stranger

8. List 5 things you love about your community.

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9. Send a kind message to a family member.

10. Reflect on a recent accomplishment.

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11. Do something kind for someone today.

12. Share a favorite gratitude quote.

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13. Donate gently used books at the Y to a local shelter.

14. Reflect on something you learned this year.

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15. Leave a positive note for someone to find.

16. Donate winter clothing at the Y for those in need.

17. Write down your favorite things about fall.

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18. Share a story of kindness you've experienced.

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19. Thank someone for their service (veteran, healthcare worker, etc.).

20. Reflect on a time someone helped you.

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21. Help someone with a task

22. Write a thank-you note to someone special.

23. Thank a staff member for their hard work.

24. Write a letter of thanks to a friend or family member.

25. Share a favorite recipe with someone.

26. Take time to appreciate your health.

27. Offer words of encouragement to a friend.

28. Reflect on your favorite place in nature.

29. Give a genuine compliment to someone.

30. End the month with a gratitude reflection.



## Thank you to our generous sponsors and donors.

Did you know that last year we gave out over \$310,00 in financial assistance to youth and families for community wellbeing programs, including childcare, health and wellness, youth development, senior programming, and more. With your continued support, the Y provides individuals and families with access to safe and welcoming spaces.

This month's donor highlight is:

### **Summit Orthopedics: Your Partner in Living Life at Your Summit**

For over 35 years, [Summit Orthopedics](#) has been dedicated to helping patients live a healthy and active lifestyle. With a team of over 65 highly skilled surgeons and non-operative physicians, we offer a wide range of orthopedic services.

#### **Convenient Care, Closer to Home**

Our local clinics and surgery center provide easy access to expert orthopedic care. Whether you need imaging, physical therapy, or orthopedic urgent care, we have you covered.

[Woodbury Clinic and Orthopedic Urgent Care](#): 494 and Lake Road

[MHealth Fairview Sports Center](#): Radio Drive

[Landmark Surgery Center](#): 494 and Tamarack

#### **Personalized Care, Proven Results**

Our fellowship-trained specialists are committed to providing personalized care tailored to your unique needs. From bone and joint issues to muscle and tendon injuries, we have the expertise to help you get back to doing what you love and back to life at your summit.

#### **Start Your Journey**

**Find Your Ideal Specialist:** Connect with [an expert](#) who can help you achieve your health goals.

**Online:** [Make an appointment online](#)

**Call Us:** Contact us at (651) 968-5201

**Let Summit Orthopedics help you reach life at your summit!**





# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meditation @9am the social bunch @9:30am board games @2pm  <b>28</b>	<b>29</b>	card games @10am Grief group @10am  <b>30</b>	<b>31</b>	card games @10am  <b>1</b>
Meditation @9am the social bunch @9:30am board games @2pm  <b>4</b>	<b>BOOK CLUB @1:30PM</b>  <b>5</b>	card games @10am Grief group @10am  <b>STRESS AWARENESS DAY</b>  <b>6</b>	<b>7</b>	card games @10am  <b>8</b>
Meditation @9am the social bunch @9:30am board games @2pm  <b>VETERAN'S CELEBRATION @9AM</b>  <b>11</b>	<b>CELLPHONE HELP PER APPOINTMENT 10AM-3PM</b>  <b>12</b>	card games @10am Grief group @10am  <b>MEDICARE TALK</b>  <b>13</b>	<b>14</b>	card games @10am  <b>15</b>
Meditation @9am the social bunch @9:30am board games @2pm  <b>MEDICARE TALK</b>  <b>18</b>	<b>FRIENDSGIVING POTLUCK @11AM</b>  <b>19</b>	card games @10am Grief group @10am  <b>20</b>	<b>Dr. Kriva's memory talk 11:30AM</b>  <b>21</b>	card games @10am  <b>Smoothie Alchemy</b>  <b>22</b>
Meditation @9am the social bunch @9:30am board games @2pm  <b>25</b>	<b>INPUT SESSION 12:30PM</b>  <b>26</b>	card games @10am Grief group @10am  <b>27</b>	<b>28</b>	card games @10am  <b>29</b>