



FOREVERWELL

OCTOBER 2024 | FOREST LAKE YMCA OF THE NORTH
19845 FOREST ROAD N, FOREST LAKE, MN

CELEBRATE ACTIVE AGING!

STITCH & BEAD TOGETHER

1 pm-2:30pm
October 14 & 28

Everyone Welcome!
Bring your knitting, crocheting, needlework or beading projects.

Friendly coaching and mentoring and free supplies offered by Barb, Melissa and Joy.



SOCIAL & COFFEE

9am-12pm
Monday-Friday

CARDS & GAMES

Come Learn & Play With Us!

Mondays - 10am
Mexican Train Dominoes
Mah Jong

Tuesdays - 9:30am
Hand & Foot

Wednesdays - 10am
Mah Jong

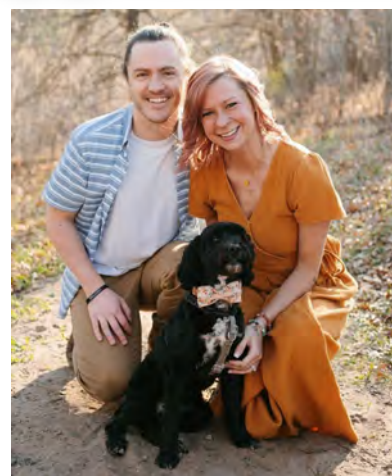
Fridays - 9:30am
Cribbage
Hand & Foot



4th Wednesday
9:30am-11am

Q&A WITH KELSEY DAVIS

Forest Lake YMCA Engagement Director



What does your role look like here at the Forest Lake Y?

I'm blessed to do all things engagement related - Welcome new members, connect with current members, support our volunteers, guiding the Welcome Desk, and partnering with Mary in ForeverWell Programming - It's a multi-dimensional role and no two days are ever the same!

How long have you been a team member of the YMCA?

In January, I will be celebrating my 10 year anniversary - It's been a fun and wild adventure!

When you're not at the Y, where do you enjoy spending your time?

I can be found at a local coffee shop, on a walk with my dog, rollerblading, volunteering as a greeter at my church, and hiking local State Parks (or in Alaska!).

What's your favorite part of what you do?

Oh, I LOVE journeying through life with our Y community! We all carry our own stories and I believe we aren't meant to live life alone. I'm passionate about caring for our ForeverWell members and your whole person wellbeing! I'd love to play cards with you, jump into a new class to try, or meet you on the pickleball court! Stop by anytime and say "HI!"

FOREVERWELL GROUP EXERCISE

Fitness & Movement classes designed for Adults 55 & over.

MONDAY

7am: Shallow Water Power
8am: Water Exercise
8:30am: ForeverWell Combo
9am: Shallow Water Exercise
10:55am: Silver Sneakers Circuit
12pm: ForeverWell Yoga

TUESDAY

8am: Chair Yoga
8am: Shallow Water Exercise
9am: Shallow Water Exercise
10:15am: Shallow Water Exercise
11am: Zumba Gold

WEDNESDAY

7am: Water Exercise Power
8am: Water Exercise
8:30am: ForeverWell Combo
9:30am: ForeverWell Combo
10:45am: Stretch & Strength

THURSDAY

8am: Shallow Water Exercise
9am: Shallow Water Exercise
9:30am: Cardio Dance
10:15am: Shallow Water Exercise
10:30am: Chair Yoga
11:30am: Gentle Yoga
6pm: Aqua Zumba

FRIDAY

8am: Shallow Water Exercise
9am: Deep Water Exercise
8:30am: ForeverWell Combo
9:30am: ForeverWell Strength

DROP IN PICKLEBALL HOURS:

Mondays: 7am-10am
12pm-2:30pm
Tuesdays:
7am-10am
12pm-2:30pm
Wednesdays:
6am-9am
12pm-2:30pm
Thursdays:
7am-10am
12pm-2:30pm
Fridays:
7am-10am
12pm-2:30pm
Saturdays
&
Sundays 11am-1pm

SCHEDULES

Separate schedules are available at the Welcome Desk or on the Y website for Gym, Pool and all Group & Water Exercise classes



the **Y**

SOUND BATH

EMBARK ON A SOUND BATH JOURNEY AND LET THE HEALING VIBRATIONS WASH OVER

Tuesday, October 15th
7:30pm-8:30pm Studio 2
\$25 member \$30 non-member
or 1 60 minute Small Group training subscription session
Please sign up at front desk
20 spots available

Crystal singing bowls, renowned for their pure and resonant tones, will create a symphony of soothing sounds that resonate deeply within your body, mind and spirit.

If you're new to meditation, a sound bath is the perfect place to begin! It offers a gentle and effective way to reduce stress, promote deep

SOUND BATH

7:30-8:30pm

Tuesday, October 15TH

Sign Up at Member Services

\$25 members \$30 non-members

ACTIVE AGING WEEK AT THE Y!

Introduce a Friend to ForeverWell at the Forest Lake YMCA through this eventful week!

**GARDENING Q&A WITH
MASTER GARDNER, DONNA**



**MONDAY, SEPT. 30TH
9AM-11:30AM**

FREE DROP-IN

**BALANCE ASSESSMENTS
with PERSONAL TRAINER,
HANNAH**

**WEDNESDAY OCT. 2ND
11AM-1PM**

**MEDICARE Q&A with
Kirk Possehl**

WEDNESDAY, OCT. 2ND - 1-3PM

Kirk Possehl & his team pride themselves in their Medicare Insurance expertise **and** in **helping as many people as they can.** As a 2-time breast Cancer Survivor, Kirk has **more** than a bit of experience navigating the healthcare field!

THIS IS A NO PRESSURE SESSION!
Come ready with questions to be answered that hopefully lead to your sleeping better at night.

**ALL REGULARLY SCHEDULED ACTIVITIES WILL STILL BE HAPPENING
JOIN IN ON COFFEE HOUR, GAMES, UKELELE PLAY ALONG & MORE!**

**FREE 1-Hour
PICKLEBALL LESSONS!**

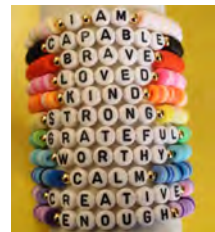


**TUESDAY, OCT. 1ST &
FRIDAY, OCT. 4TH
11AM-12PM**

**ACTIVE AGING
ART HOURS!**

**ENGAGE IN CREATIVITY WITH
POSITIVITY
BRACELET MAKING
AND ROCK PAINTING
ALL AGES WELCOME!**

**THURSDAY
OCT. 3RD
10AM-12PM**



Attend an event listed here & get your name put in a drawing for a \$25.00 YMCA Gift Certificate

LOOKING AHEAD IN OCTOBER

COFFEE WITH A COP

FRAUD PREVENTION

MONDAY, OCT. 7TH - 9AM



PUZZLE & BOOK JUMBLE

WEDNESDAY, OCT. 9TH
9AM-12PM

Bring in your puzzles and
books to swap (JUMBLE)
with others!

GROUP PAINT CLASS

THURSDAY, OCT. 10TH
1PM-3:30PM

Happy Sunflower
& Scarecrow!

\$25 Fee



Please Register
& Pay at least
two days prior
at Welcome Desk

INVITE A FRIEND!



FOREVERWELL PHOTO FOCUS

THURSDAY, OCT. 10TH
10:30AM-12PM

Join us for a dedicated time to
organize your photos and connect
with fellow photo and memory
keeping enthusiasts!

Presented by: Jenny Kasa
Photo Solution Advisor

CUSTODIAN APPRECIATION DAY!

THANK YOU



WEDNESDAY, OCT. 2ND – ALL DAY!

Show your appreciation with a hand-written
Thank You Card

(Cards Available at Welcome Desk)



Caring for the Caregiver

Join us to expand your thinking about your caregiving life. Through movement, voice, memories and stories, caregivers will explore ways to express feelings associated with what it means to accept changes, a diagnosis, new or lost identities. No prior artistic or movement experience is needed.

Mondays, October 7 & 14
12:30- 2 p.m.

Forest Lake YMCA
19845 Forest Rd N,
Forest Lake, MN 55025
Free, donations accepted

Our guest presenter: *Suzanne Costello* has been Artistic Co-Director of Stuart Pimsler Dance Theater since 1984 and Director of the company's Arts & Health, Arts & Education, and Community Inclusive Programs. She has created and implemented thousands of workshops throughout the U.S. and abroad with a multitude of populations: caregivers; stroke survivors; persons with cancer; veterans; students of all ages.

Register with Heidi Ricks -(651) 789-4017 or hricks@familymeans.org
OR
Register at the YMCA front desk



www.familymeans.org | 651-439-4840 | 800-327-3203

FOREVERWELL MEMBER ORIENTATION

A time tailored to welcome you to the Forest Lake YMCA!

Monday: 1pm-2pm, **Wednesday:** 11am-12pm and
every other **Friday:** 11am-12pm.

Register at the Welcome Desk.

DEMENTIA CAREGIVERS SUPPORT GROUP



WEDNESDAY, OCT. 16TH
1:30PM



To Sign Up:

Contact Sue Gilbert
sue.gilbert9@gmail.com

**Note: Caregivers Support Group is held
the first Wednesday each month.
In October, we are meeting the 3rd
Wednesday**

UKULELE PLAY ALONG

EVERY MONDAY
12pm-1pm

A jam session for ukulele players!

Contact Gunny for details
Jamesr.Louisww@gmail.com

Everyone Welcome!

**GROUP HIKE OUTING
FRIDAY, OCT. 11TH
11AM**

Wisconsin Interstate Park

**ALL levels and abilities
welcome to join in!**

Sign up at the Welcome Desk

More details on the hike will be
emailed to you

**HOOKED ON BOOKS!
WEDNESDAY, OCT. 16TH
10:30AM**

**Books are available for
check out at the Welcome
Desk**

**Contact Cheryl
swine001@umn.edu or visit a
meeting to check us out**

Upcoming Book Titles:

State of Wonder
To Kill A Mockingbird
Water for Elephants
House in the Cerulean Sea

**LUNCH and LAUGH
Lunch Outing Group**

**THURSDAY, OCT. 17TH
12:30PM-1:45PM***

**Jake's on the Lake, Center City
*Note the time change this month**

**Remember to sign up at the Welcome Desk
so we can reserve tables ahead of the date**

**VIRTUAL Y
FRIDAY, OCT. 17th
12PM**

**Learn to Navigate the
Virtual Y with Barb!**

**HEALTH COACHING
LUNCH & LEARN**

**WEDNESDAY, OCT. 30TH
12:30pm**

Meet your new Forest Lake YMCA Health Coach, Robin Hedrick!

Learn about what health coaching is and how she can support you on
your health and wellness journey.

Come join us for this fun and interactive session!

Bring a bag lunch.

Healthy snacks offered! No pre-registration required.



ATTENTION OCTOGENARIANS

LET'S CELEBRATE YOU!
THURSDAY, OCT. 10TH
9AM-10AM

**Everyone Is Invited to the Octogenarian
Recognition Hour!**



Muffins and Scones donated by
KEYS, Forest Lake!



AGING WITH GUSTO

NEW!

THURSDAYS

NEW!

OCT. 10, 17, 24
10AM-11:30AM



Positive Views Matter!

**Aging with Gusto strives to ignite more
positive views of aging and there's never
been a better time!**

**Come join these community discussions on aging
facilitated by Vital Aging, a MN non-profit.**

**All active older adults are invited to Aging with Gusto
Sign up at Welcome Desk**

MORE HIGHLIGHTS IN OCTOBER!

COMMUNITY FALL FESTIVAL IS COMING

We can't wait to see you at our Annual Fall Festival!
FREE FOR THE COMMUNITY & FOR ALL AGES

More Info
To Come!

FRIDAY, OCTOBER 25TH 5pm-7pm
AT THE FOREST LAKE YMCA



YMCA DEPARTMENT PUMPKIN DECORATING COMPETITION

Don't forget to vote for your favorite Pumpkin
in our Lobby OCTOBER 28TH-31ST



DRESS UP FOR BINGO
ON OCTOBER 23RD
AND EARN A FREE GUEST PASS!

WE TAKE SAFETY SERIOUSLY AT THE YMCA

Our Emergency Response
Honorable Mention this Month is:
FIRE & EVACUATION

Remember to ask the Welcome Desk or your ForeverWell Coordinator
what you should do in case of a fire event during your visit to the Y!

HAVE a YMCA QUESTION?

Customer Service - 612-230-9622

Ask for the FOREST LAKE YMCA

Ask a Team Member or a ForeverWell Volunteer at the Y!

FOREVERWELL COORDINATOR

Mary Rivard - Mary.Rivard@ymcamn.org

ENGAGEMENT DIRECTOR

Kelsey Davis, 651-330-3068
Kelsey.Davis@ymcamn.org

COMING IN NOVEMBER...

FOCUS ON FITNESS!!

**Meet our new
Personal Trainer, Hannah!**

**SIGN UP FOR A FITNESS
ASSESSMENT & HEALTH
COACHING TO START THE
MONTH STRONG!**

DON'T FORGET!

**TUESDAY
NOVEMBER 5TH**

VOTING DAY

PUZZLES & BOOKS

JUMBLE

**WEDNESDAY,
NOVEMBER 15TH
9AM-12PM**

10 EARLY SIGNS OF PARKINSON'S DISEASE

**THURSDAY
NOVEMBER 7TH
10:30AM**

**Presented By:
Erin McGee
Parkinson's Foundation**

JEANIE'S JOURNEYS

TRAVEL TALK


**THURSDAY
NOVEMBER 14TH
10:30-11:30AM**

DEMENTIA

**FRIENDS TALK
NOVEMBER 21ST
(More Info To Come)**

OCTOBER 2024 HIGHLIGHTS

★ See the Star? - Please Register at the Welcome Desk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
ACTIVE AGING WEEK AT THE YMCA!!						
	<p>GARDENING Q & A with Master Gardner Donna 9-11:30am</p> <p>Ukelele Play Along Group 12-1pm</p>	<p>FREE PICKLEBALL LESSON 11am-12pm</p>	<p>MEDICARE Q&A with Kirk Possehl 1pm-3pm</p> <p>Custodian Appreciation Day!</p>	<p>Rock Painting & Bracelet Making 10am-12pm</p>	<p>FREE PICKLEBALL LESSON 11am-12pm</p>	
6	7	8	9	10	11	12
	<p>COFFEE WITH A COP 9am</p> <p>Ukelele Play Along Group 12-1pm</p>		<p>PUZZLES & BOOKS JUMBLE 9am-12pm</p>	<p>Aging with GUSTO ★ 10-11:30am</p> <p>Photo Focus 10:30am-12pm</p> <p>PAINT CLASS \$ 1-3:30pm</p>	<p>HIKING 11AM ★</p> <p>Interstate State Park, Wisconsin</p>	
13	14	15	16	17	18	19
	<p>STITCH & BEAD TOGETHER 1pm</p> <p>Ukelele Play Along Group 12-1pm</p>	<p>Try Something New!</p> <p>★ SOUNDBATH 7:30pm</p>	<p>Alzheimer's & Dementia Caregivers Support Group Meeting 1:30pm</p> <p>Hooked on Books 10:30am</p>	<p>Aging with GUSTO ★ 10-11:30am</p> <p>LUNCH & LAUGH 12:30pm Jake's on the Lake</p>	<p>How To Navigate Virtual Y 12pm</p>	
20	21	22	23	24	25	26
	<p>Ukelele Play Along Group 12-1pm</p>		<p>DRESS UP BINGO 9:30am-11am</p> <p>Bingo!</p>	<p>Aging with GUSTO ★ 10-11:30am</p>	<p>Family Fall Fest! 5pm-7pm</p>	
27	28	29	30	31	<p>CARDS & GAMES WEEKLY</p> <p>Mondays - 10am Mexican Train Dominoes Mah Jong</p> <p>Tuesdays - 9:30am Hand & Foot</p> <p>Wednesdays - 10am Mah Jong</p> <p>Fridays - 9:30am Cribbage Hand & Foot</p>	
	<p>STITCH & BEAD TOGETHER 1pm</p> <p>Ukelele Play Along Group 12-1pm</p>		<p>LUNCH N'LEARN What is Health Coaching? 12:30pm</p>	<p>31</p> 		

SOCIAL & COFFEE
Monday-Friday 9AM-12PM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCIAL & COFFEE

MONDAY-FRIDAY

9am-12noon

CARDS & GAMES

Come Learn & Play With Us!

MONDAYS - 10am

Mexican Train Dominoes

Mah Jong

TUESDAYS- 9:30am

Hand & Foot

WEDNESDAYS - 10am

Mah Jong

FRIDAYS - 9:30am

Cribbage ,Hand & Foot

4th WEDNESDAY

9:30am-11am



UKE

PLAY ALONG

MONDAYS

12noon-1pm

Jam sessions for
Ukulele players to
play and practice!

OCTOBER FOREVERWELL

STITCH TOGETHER BEAD TOGETHER

2nd & 4th MONDAY

1pm-2:30pm

October 14 & 28

Everyone Welcome!

Restart your knitting, crocheting,
needlework or beading projects.
Also offering a drop-in learning option.
Supplies available. Free!

LUNCH & LAUGH

Y Monthly Lunch Group

THURSDAY, OCTOBER 17TH

12:30pm-1:45pm

Jake's on the Lake, Center City

Sign up at the Welcome Desk! ★

HIKE

GROUP OUTING

FRIDAY, OCTOBER 11

Interstate Park-WI side

The Hiking group goes out
monthly. All levels and abilities
are welcome to join!

Sign up at the Welcome Desk
to receive more information
and details. ★

HAPPY! SUNFLOWER & SCARECROW!

FOREST LAKE YMCA
FOREVERWELL



Sandy Danus, Owner, Instructor and Artist of Cheerful Hearts Portable Paint Studio will help you to create your own "Happy! Sunflower & Crow" canvas print.

Have fun, start a new hobby, improve your painting skills, create a gift to give and foster your positive brain health with this relaxing activity.

www.cheerfulheartspaint.com

THURSDAY, OCTOBER 10

1 pm–3:30pm

ForeverWell, YMCA-FOREST LAKE

\$25 Fee for 12x12 canvas, paint supplies and professional instruction. Register & pay ahead of event day at the Welcome Desk, Forest Lake YMCA.

Invite a Friend!

A GROUP PAINT EVENT!





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AGING WITH GUSTO

THURSDAYS

OCT. 10, 17, 24

10AM-11:30AM

Positive Views Matter!

Aging with Gusto strives to ignite more positive views of aging and there's never been a better time!

Come join these community discussions on aging facilitated by Vital Aging, a MN non-profit.

All active older adults are invited to Aging with Gusto

Sign up at Welcome Desk

NEW!



NEW!

Aging with
GUSTO

Aging with Gusto

The Vital Aging Network (VAN) promotes self-determination, civic engagement, and personal growth for people as they age. Aging with Gusto is a program of VAN.

What is Aging with Gusto? It is...

- Seeking well-being and satisfaction
- Being aware of the challenges and benefits of aging
- Keeping a positive perspective on aging
- Living our best lives
- Embracing every stage of life

There are **two offerings** within Aging with Gusto: *Aging with Gusto* and *Confronting Ageism*.



1 **Aging with Gusto Discussions**

A set of three facilitated, interactive discussions to ignite positive perceptions of aging and help people develop pathways to create a more accurate and comprehensive narrative about what it means to age. Each discussion focuses on a specific topic:

- What contributes to your aging with gusto?
- How can you recognize and respond to ageism?
- How can you use your values and goals to live a life with gusto?

The series is held across 3 weeks with one 90 minute session per week. Other options for timing can be arranged upon request.

2 **Confronting Ageism Workshop**

The Confronting Ageism workshop provides a forum for people to raise their awareness about ageism and its impact on older adults and the community as a whole. This interactive workshop helps participants identify ways to address ageism in their professional and personal lives.

This workshop can be held in one 2 hour session or at a customized length that best fits your organization's needs and interests.



Both offerings are co-led by trained facilitators and may be held in-person, depending on location, or via Zoom.

To bring Aging with Gusto and/or Confronting Ageism to your organization or community, please contact us at awg@vital-aging-network.org.