



FOREVERWELL

OCTOBER 2024 | HUDSON YMCA



Quick and Easy Oven-Baked Apple Chips :

*3 Large Apples

* Juice of half a Lemon

* 1 tsp Cinnamon

Core the Apples , and slice them into 1/8 inch slices.

Place on baking sheet, brush with lemon juice and sprinkle with cinnamon.

Bake for 1 hour at 200 F

Save the Date

November 21, 2024

Mandala Rock Painting

Explore how to find peace and relaxation while creating an intricate and original mandala rock.



ForeverWell Health and Wellness Fair Wednesday, October 2nd 9-10:30AM

Join us for a free community Health and Wellness Fair featuring local businesses, services and demonstrations. There will be a chance to win prizes valued up to \$325.

Octogenarian Party

Wednesday, October 23rd 12:00-1:30PM

If you are 80 years old by the day of the party, you are invited to the annual Octogenarian Birthday Party. Lunch and live music provided.

Register at Member Services. Limit 30

Costume Contest on Thurs. Oct 31st

You're encouraged to wear a costume to your favorite class or activity at the Y on Halloween. Prizes/treats will be awarded!

BRANCH HOURS

MONDAY-FRIDAY 5AM - 9PM

SATURDAY-SUNDAY 7AM - 5PM

HUDSON YMCA

2211 VINE STREET

HUDSON, WI 54016-1899

WWW.YMCA-NORTH.ORG



FOREVERWELL EXERCISE CLASSES

MONDAY :

8:10 AM - FOREVERWELL WATER EXERCISE

8:15 AM - SILVERSNEAKERS YOGA

9:15 AM - SILVER SNEAKERS CLASSIC

TUESDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

8:00 AM - FOREVERWELL CYCLE (30 MINUTE CLASS)

9:00 AM - NORDIC WALKING

9:15 AM - SILVERSNEAKERS YOGA

10:15 AM - SILVERSNEAKERS CIRCUIT

WEDNESDAY:

8:10 AM - FOREVERWELL WATER EXERCISE

8:15 AM - SILVERSNEAKERS CLASSIC

9:15 AM - SILVERSNEAKERS YOGA

10:15 AM - SILVERSNEAKERS CLASSIC

1:00 PM - LINE DANCING BEGINNING

2:00 PM - LINE DANCING INTERMEDIATE

THURSDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

8:00 AM - FOREVERWELL CYCLE (30 MINUTE CLASS)

8:15 AM - SILVERSNEAKER YOGA

9:15 AM - SILVERSNEAKER CIRCUIT

11:15 AM - FOREVERWELL STRETCH AND BALANCE

FRIDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

9:15 AM - SILVERSNEAKERS CIRCUIT

***CLASS OFFERINGS MAY BE SUBJECT TO CHANGE**

The Mind is important:

"The mind is the most important part of achieving any fitness goal. Mental change always comes before physical change."

FOREVERWELL

ORIENTATIONS

LEARN ABOUT FITNESS OFFERINGS, CLASSES, SOCIAL ACTIVITIES AND GET A TOUR.

REGISTER AT MEMBER SERVICES



I AM HERE TO HELP

IF YOU WOULD LIKE MORE INFORMATION ON PROGRAMS OR CLASSES, PLEASE REACH OUT BY PHONE OR EMAIL YOUR FOREVERWELL COORDINATOR :

LEAH.KROLL@ YMCANORTH .ORG
OR CALL DIRECTLY
651-435-6734

FITNESS ASSESSMENT

AFTER COMPLETING YOUR FOREVERWELL ORIENTATION, SIGN UP AT MEMBER SERVICES FOR A COMPLIMENTARY FITNESS ASSESSMENT WITH A PERSONAL TRAINER! AVAILABLE TO FOREVERWELL MEMBERS WHO ARE NEW OR RETURNING.

FOREVERWELL SOCIAL ACTIVITIES

MONDAY : WOODCARVING

2:30 PM

STUDIO 2

BRING YOUR OWN SUPPLIES

CONVERSATIONS & CONNECTIONS

MEETS 3RD MON OF EACH MONTH AT 11:30 AM

COMMUNITY ROOM

TUESDAY : NORDIC WALKING

9:00 AM

MEET IN LOBBY

POLES AVAILABLE

BOOK CLUB

MEETS 2ND TUES OF EACH MONTH AT 10:15AM

SEE ATTACHED FLYER FOR BOOK LIST

COMMUNITY ROOM

PING PONG (NEW)

11:15 AM

STUDIO 2

WEDNESDAY: TABLE GAMES

11:00 AM

COMMUNITY ROOM

KNITTING GROUP

1:00 PM

COMMUNITY ROOM

THURSDAY : MAH JONGG - NEWCOMERS WELCOME

12:30 PM

COMMUNITY ROOM

FRIDAY : PING PONG

10:15 AM

STUDIO 2



October – EMERGENCY RESPONSE: FIRE & EVACUATION

YMCA of the North has Emergency Action Plans which include coordinated response to fire in the building. This month we lift up the MN Dept of Public Safety and State Fire Marshall guidance emphasizing the importance of mitigating fire risk and making an evacuation plan for your home. Being prepared helps reduce the harm of potential fire events. Here are some great ways to help you, your friends and family prepare to respond to potential fire.

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

Did you know?

More than 80 percent of families have not practiced home fire drills.

Experts estimate you have as little as two minutes to safely escape your home once the smoke alarm sounds.

Working smoke alarms provide the valuable seconds needed to escape a burning residence.

ESCAPE PLANNING

- **Designate a safe meeting place outside your home everyone can get to after a fire.**
- **Use graph paper to draw a floor plan of your home and show two ways out of each room.**
- **Make sure each family member is aware of escape options from each room.**
- **Practice your family escape plan twice each year.**
- **Walk through your home periodically and inspect all exits and escape routes.**



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Book Club

FOREVERWELL BOOK CLUB

October 8th

The Radium Girls

by Kate Moore

December 10th

The Women

by Kristine Hannah

November 12th

Educated

by Tara Westover

January 14th

The Dictionary of Lost Words

by Pip Williams

MEETS THE 2ND TUESDAY OF EVERY MONTH
10:15 AM COMMUNITY ROOM NO REGISTRATION