



# FOREVERWELL

OCTOBER 2024 | ANDOVER  
FOREVERWELL COORDINATOR: REWA GIROUX-DUMAS

## SAVE THE DATE

**Bingo with a Purpose**

**Wednesday 16th 1:00-2:00 pm**

**FREE! with PRIZES!**



## Costume Party & Potluck

**Wednesday Oct. 30th**

**11:00 - 2:00**



**YMCA GYM**

**Adult Pickleball**

**M-W-F 8:00-12:00**

**Beginner Pickleball**

**Tuesday 8:00-12:00**

**Thursday 8:00-9:30**

Forever Well  
Orientation Thursday Oct. 17th  
10:00-10:45

## Active Aging Week Sept. 30th - Oct. 6th

**ALL WEEK - Bring a friend for FREE at the Andover YMCA**

**\* they must bring an ID**

**Wednesday: Meditation and Restorative Yoga 10:45-11:15**

**\*Mindbody Studio**

**Thursday: Mindful outdoor walk 9:00-9:30**

**\*meet at front doors**

## 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.



**Wednesday**

**Oct. 23rd & Nov. 13th at 12:00**

**Line dancing w/ Ginger**

## WEDNESDAYS AT 10:00

**WALK IN FAITH with NONIE**

**Andover YMCA Chaplain**

**Meet in ForeverWell Room**



## BRANCH HOURS

Weekdays 5am-9pm

Saturdays 7am-8pm

Sundays 7am-8pm

## ANDOVER YMCA

15200 Hanson Blvd, Andover, MN

Customer Service: 763 230-9622

Rewa Giroux-Dumas 612 465-0515

ForeverWell Coordinator

Rewa.Giroux-Dumas@ymcamn.org



# IT'S ALL FUN & GAMES! ANDOVER FOREVERWELL

## HANDS, FOOT & TOE CARDS

MONDAYS AT 9:30AM & 1PM \*

FRIDAYS AT 9:30AM **AND** SATURDAYS AT 1PM

## HFT TOURNAMENT 11/11!

1-4 SIGN UP IN FOREVERWELL ROOM



Want to LEARN how to play  
HAND FOOT & TOE ?  
2nd and 4th Fridays  
1:00 pm

## MAHJONGG

TUESDAYS 1:30PM

\* MUST KNOW HOW TO PLAY



## SAMBA

## CARD GAME

WEDNESDAYS 12:00-4:00

\* Open to new players!

Come and learn!

## FARKLE!

WEDNESDAYS AT 12PM

## SEVENS

FUN & EASY CARD GAME

TUESDAYS 11AM-12PM

## CRIBBAGE

FRIDAYS 1PM

\*AUG. 16TH - TEEN ROOM

1:00-3:00

## DIME BINGO

TUESDAYS AT 9:30AM

THURSDAYS AT 10:45AM

## DIMES CARD GAME

1ST AND 3RD FRIDAY

1:00 PM

AUGUST 2ND

## YMCA 500

1ST, 2ND AND 4TH THURSDAYS 1-4PM

Please show up early so we can figure out seating and start on time

DON'T SEE WHAT YOU'RE LOOKING FOR? DO YOU HAVE IDEAS FOR A NEW ACTIVITY?

REACH OUT AND WE'LL WORK TO GET IT STARTED!

CONTACT REWA, FOREVERWELL COORDINATOR

[REWA.GIROUX-DUMAS@YMCAMN.ORG](mailto:REWA.GIROUX-DUMAS@YMCAMN.ORG)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TR = teen room P= presentation HFT Hand foot and Toe CR=community room \$ = charge for activity WIF - Women in Faith</p>		<p><u>1</u> 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 lunch bunch 1:30 Mahjong</p>	<p><u>2</u> 7-9 coffee 9-1030a Ukulele CR <b>9am Nonie</b> <b>10:00-11:30a Dementia Support TR</b> 1200 Farkle 1200 Samba 4:30 Friends night</p>	<p><u>3</u> 7-9a Cofee 9:15 Bible study TR 1045 dimes bingo  1-4 500</p>	<p><u>4</u> 7-9a Coffee 745 WIF TR  9:30 HFT 1 pm Cribbage 1 pm Cards; Dimes</p>	<p><u>5</u>  HFT 1 pm</p>
<p><u>6</u></p>	<p><u>7</u> 7-9a coffee 9:30 &amp; 1pm  <b>1200-1245 Movement &amp; Balance TR</b></p>	<p><u>8</u> 7-9a coffee 9:30 Dimes Bingo <b>11am Sevens</b> <b>12:15- 1:00 Power of Thought :Dulce</b> 1200 lunch bunch 1:30 Mahjong</p>	<p><u>9</u> 7-9 coffee 9-1030a Ukulele 9am Nonie 1200 Farkle &amp; Samba  4:30 Friends night out</p>	<p><u>10</u> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 1-4p 500 YMCA <b>5pm Presentation</b></p>	<p><u>11</u> 7-9a Coffee 745 WIF TR 9:30 HFT  1:00p Cribbage  1pm learn HFT</p>	<p><u>12</u> HFT 1 pm</p>
<p><u>13</u></p>	<p><u>14</u> 7-9a coffee 9:30 &amp;  <b>1200-1245 Movement &amp; balance TR</b></p>	<p><u>15</u> 7-9a coffee 9:30 Dimes Bingo 11am Sevens <b>1200 POTLUCK!</b>  1:30 Mahjong</p>	<p><u>16</u> 7-9 coffee 9-1030a Ukulele 9am Nonie 1200 Farkle &amp; Samba <b>1-2pm BINGO !!!</b> 4:30 Friends night out</p>	<p><u>17</u> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo  1215 <b>Jeanies Journeys Presentation</b>  * FW orientation</p>	<p><u>18</u> 7-9a Coffee 745a WIF 9:30 -1100 HFT <b>11:30-12:30 Medicare Presentation</b> 1 pm Cribbage 1 pm Cards; Dimes</p>	<p><u>19</u>  1:00p HFT</p>
<p><u>20</u> 8-5 Quilting Club bring your own project and machine</p>	<p><u>21</u> 7-9a coffe <b>9:30 &amp; 1:00 HFT</b> <b>10:30-2:00 Country JAM session in CR</b> <b>1200-1245 Movement &amp; Balance TR</b></p>	<p><u>22</u> 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 lunch bunch 1:30 Mahjong</p>	<p><u>23</u> 7-9 coffee 9-10:30 Ukulele CR 9am Nonie 10-1130 bookclub Pam TR 1200 Farkle &amp; Samba 4:30 FNO</p>	<p><u>24</u> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 1-4 500  SideKick Trip! </p>	<p><u>25</u> 7-8:30 Coffee 745a WIF 9:30 HFT  1pm Cribbage 1pm learn HFT</p>	<p><u>26</u>  1:00p HFT</p>
<p><u>27</u></p>	<p><u>28</u> 7-9a coffee 9:30 &amp; 1pm HFT <b>1200-1245 Movement &amp; balance TR</b></p>	<p><u>29</u> 7-9a coffee 9:30 Dimes Bingo <b>AARP Driving \$ 9-1 CR</b> 11am Sevens 1200 lunch bunch 1:30 Mahjong <b>5pm Presentation</b></p>	<p><u>30</u> 11:00 -2:00 Halloween Costume &amp; </p>	<p><u>31</u> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo</p>	<p><b>*** Ukulele</b> <b>*** Frakle</b> <b>*** Samba</b>  <b>in CR on the 30th</b></p>	<p><b>FREE bingo with purpose 10/16 1-2pm PRIZES!</b> </p>

## BIBLE STUDY W/MARY

THURSDAYS AT 9:15AM TEEN ROOM

All are welcome to this thoughtful and welcoming discussion.



## FRIENDS NIGHT OUT WEDNESDAYS AT 4:30PM

Come to the YMCA ForeverWell Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

## WOMEN IN FAITH – TEEN ROOM

FRIDAYS AT 7:45 – 9:00 AM

Come to sit and share. Hosted by Bonnie

## Lunch Bunch \*bring your lunch and visit Tuesdays at 12:00

\* When presentations are scheduled,  
Stay and Enjoy!

## YMCA BOOK CLUB WITH PAM – TEEN ROOM

4TH WEDNESDAY OF THE MONTH (10/23) AT 10:30AM

Oct. Book: Title: *Nine Perfect Strangers* by: Liane Moriarty

Please come and share in our discussions. Everyone is welcome.

Reach out to Pam with any questions at [pamequinox41@yahoo.com](mailto:pamequinox41@yahoo.com).



## CHAIR MOVEMENT & BALANCE WITH REWA

MONDAYS TEEN ROOM 12:00-12:45

WE WILL EXPLORE BALANCE BASED FUNCTIONAL MOVEMENT, YOGA AND MEDITATION. THIS CLASS WILL IMPROVE RANGE OF MOTION, STRENGTH, BODY AWARENESS, BONE HEALTH AND BALANCE

TEEN ROOM IS LOCATED DOWN THE HALL FROM THE FOREVERWELL ROOM

HAVE QUESTIONS? PLEASE CONTACT FOREVERWELL COORDINATOR, REWA GIROUX-DUMAS AT:

[REWA.GIROUX-DUMAS@YMCAMN.ORG](mailto:REWA.GIROUX-DUMAS@YMCAMN.ORG) 612 465-0515



## HAPPY HOUR

3<sup>RD</sup> THURSDAY OF THE MONTH (10/17) AT 4:30PM

Ready for a night out? Meet at Beef O' Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.

Address: 15190 Bluebird St. NW Andover, MN 55304

**BEEF O' BRADY'S**  
GOOD FOOD. GOOD SPORTS™

# FOREVERWELL

## GROUP EXERCISE CLASSES

Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership.

[COMPLETE group exercise schedule is available online.](#)

<b><u>MONDAY</u></b>	<b><u>Class</u></b>	<b><u>Location</u></b>
8:00am	Water Ex	Lap pool
8:30am	Mat Pilates	Mindbody
9:15am	Studio strength & cardio	Mindbody
11:00am	Silver Sneakers Circuit	Studio 3
5:15pm	Auqua Zumba	Lap Pool
6:00pm	Oula	Studio 2
6:00pm	Mat Pilates	Mindbody studio
<b><u>TUESDAY</u></b>		
7:00am	Auqua Zumba	Pool
8:00am	Silver Sneakers Circuit	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	Shine Dance Fitness	Studio
11:00am	Silver Sneakers Classic	Studio 3
11:45am	Restorative Yoga	Mindbody Studio
6:00pm	Yoga	Studio 3
<b><u>WEDNESDAY</u></b>		
9:00am	Water Ex	Lap Pool
9:30am	Yoga	Mindbody
10:45am	Zumba	Studio 2
11:00am	ForeverWell Stretch	Studio 3
5:00pm	Yoga Flow	Mindbody
<b><u>THURSDAY</u></b>		
7:00am	Aqua Zumba	Lap Pool
8:00am	Silver Sneakers Circuit	Studio 2
8:30am	Mat Pilates	Mindbody
8:50am	Silver Sneakers Yoga	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	SHINE fitness	Studio 2
10:45am	Gentle Yoga	Mindbody
11:00am	Silver Sneakers Circuit	Studio 3
12:00pm	Restorative Yoga	Mindbody
<b><u>FRIDAY</u></b>		
8:30am	Studio Combo	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	Yoga	Mindbody
11:00am	Silver Sneaker Classic	Studio 3
12:00pm	ForeverWell Cardio Dance	Studio 2
4:45pm	Yoga	Mindbody
<b><u>SATURDAY</u></b>		
8:00am	Salsa Splash (water fitness)	Lap Pool
9:30am	Cardio Dance	Studio 2
<b><u>SUNDAY</u></b>		
10:00am	Shine Dance Fitness	Studio 2
10:45am	Yoga	Mindbody

## JOIN THE YMCA! INQUIRE ABOUT YOUR INSURANCE BENEFITS

Our YMCA of the North offers memberships to those who have SilverSneakers, One Pass, Renew Active, and Silver & Fit.

Stop in with your photo ID and insurance card to sign up today. Share with your friends!

## FITNESS ASSESSMENTS

Want to schedule a one-on-one 60-minute session with a certified personal trainer? Appointment will include:

- Conduct a fitness assessment
- Identify areas of strength
- Identify areas that need improvement
- Goal setting
- Develop a custom path to help you achieve your well being goals. \* with package
- Tour of fitness center and equipment
- Awareness of all Y well-being modalities
- Some locations also offer an InBody Assessment to quickly and accurately measure your body fat percentage and basal metabolic rate at no charge to the member.

Stop by our member service desk today to sign up for a fitness assessment. [One FREE assessment per membership.](#)

## EXERCISE WITH THE YMCA FROM HOME

Live and recorded classes are available through our website at [www.ymcanorth.org/live-fitness-and-wellbeing](http://www.ymcanorth.org/live-fitness-and-wellbeing). If you would like assistance activating your account, contact Customer Service at 612-230-9622



# DEMENTIA CAREGIVER SUPPORT GROUP

1ST WEDNESDAY OF THE MONTH (10/02) 10:00 - 11:30AM

MEET IN THE TEEN ROOM

The purpose: to provide caregivers with updated information, emotional support, and problem-solving tools related to the challenges of giving care to those living with Alzheimer's disease.

Contact is [kathy.besst@lifesparksl.com](mailto:kathy.besst@lifesparksl.com)

## FOREVERWELL POTLUCK!

3RD TUESDAY OF THE MONTH

OCT. 15TH 2024

SEPTUAGENARIAN (70YRS) &  
OCTOGENARIAN (80YRS) PARTY!

THEME: FALL FAVORITES



## Halloween Party!

Wed. Oct. 30th

11:00 - 2:00 pm

Costumes - YES!

Potluck - YES!

**HALLOWEEN SURPRISES**

Looking for volunteers for games  
and set up!



Take the AARP Smart Driver™ course and you may save money on your car insurance!\* Drive smart. Save smart. • Refresh your driving skills and know the new rules of the road. • Learn research-based driving strategies to help you stay safe behind the wheel. • Discover proven driving methods to help keep you and your loved ones safe on the road.

**When:**

**Tues. Oct. 29th OR Tues. Nov. 19th**

**Time: 9:00am - 1:00pm**

**Location: YMCA Community Room**

**Register in ForeverWell Room or Contact :**

Dan Scott 651 274-9844

**Checks & Cash only**

No Credit Cards

Pay at the class

CLASSROOM COURSE **\$20 for AARP members | \$25 for non-members**

## UPCOMING FREE EVENTS ANDOVER FOREVERWELL



**Thursday October 10th at 5:00 pm**  
Kevin Krejsa, President of TKA Insurance  
**Medicare plan optimization**



**Tuesday October 29th at 5:00 pm**  
John Gunderson, Attorney  
Donohue McKenney Ltd.  
**Navigate Probate, conservatorship  
and guardianship**



**Power of Thought**  
**Dulce Vida**  
Law of Attraction, Present Moment, and Gratitude  
**Tuesday Oct. 8th, Nov. 12th 12:15-1:00**

*"Believing in the power of thought and the boundless capabilities we each possess, I am dedicated to empowering individuals to cultivate unwavering self-belief."*



**Jeanie's Journeys**  
**Thursday October 17th**  
**12:15-1:00**



**Come hear about their AMAZING Tours!**



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FOR SOCIAL RESPONSIBILITY

Questions? contact Rewa Giroux-Dumas  
[rewa.giroux-dumas@ymcamn.org](mailto:rewa.giroux-dumas@ymcamn.org) 612 465-0515

Wednesday  
October 16th 1-2 PM  
FREE! & PRIZES!

## Bingo with a Purpose



Join us to learn more about:

- violence against older adults
- financial exploitation
- protection orders
- safety planning
- services from Alexandra House

What you learn could help you or someone you care about as violence impacts 1 in 10 seniors.

Weds. October 16<sup>th</sup> 1:00 - 2:00pm

Forever Well Room

Everyone Welcome ☺ FREE to play and win prizes

Drop In - no registration required to attend



# Medicare 101

## Friday Oct. 18th 11:30-12:30

Changes are coming.....Be ready!

Come join our presenter, Bonita, as she explains the ABC's of Medicare.

Snacks & Door prizes! Questions answered.



Questions? contact Rewa Giroux-Dumas  
[rewa.giroux-dumas@ymcamn.org](mailto:rewa.giroux-dumas@ymcamn.org) 612 465-0515



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# ANDOVER YMCA FOREVERWELL



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**FLU Shot Clinic** Sponsored by



and administered by Thrifty White Pharmacy **Thrifty White**HEALTH

**Tuesday Nov. 5th 11:00 – 4:00**

**All ages welcome. Bring your insurance card  
QR code coming soon to register.**



Anoka County  
Historical Society

**Registration Opening soon!**

**Date: Jan. 16th**

## 1920s Prohibition

This program includes a presenter dressed in 1920s fashion who shares what Anoka County (its people, places and schools) looked like during this era and tells a shortened story of Prohibition.



THE RAPTOR CENTER  
UNIVERSITY OF MINNESOTA  
Driven by Science

Ensuring the health of raptors and  
the world we share.



**HERE AT ANDOVER YMCA !**

**FRIDAY NOV. 15TH**

**10:00-11:00**

**Members \$10**

**Guests \$15**

**Sign up TODAY at Members Services**

Questions? contact Rewa Giroux-Dumas  
[rewa.giroux-dumas@ymcamn.org](mailto:rewa.giroux-dumas@ymcamn.org) 612 465-0515



# LOOKING AHEAD

## Monday Country JAM Sessions!

October 21st

November 18th

Time: 11:00 - 2:00

\* set up at 10:30

ForeverWell Room

Bring your instrument and jam out with other musicians.  
Come enjoy some music! Bring snacks and your dancing shoes.



[www.freepik.com/free-vector/set-musical-instruments](http://www.freepik.com/free-vector/set-musical-instruments)



**Patty Zenz**

*Care Transition Coordinator*

**ST. CROIX**  
HOSPICE

**Wed. Nov. 6th 11:00 -12:00**

### **Dementia 101**

Overview of Alzheimer's and dementia-related disorders, including medical complications, behavioral changes and disease progression.

### **Dementia 201:**

Behaviors and Interventions Strategies for communicating with Alzheimer's and dementia patients, possible meanings of patient behaviors and intervention strategies.



Honoring our Veterans

November 11, 2024

0800 Breakfast !



0900 - 1000

"Echoes of Bravery"

The Vietnam Veterans Experience



# ANDOVER YMCA CHAPLAIN

## NONIE



### Stories that Inspire

**Wednesdays at 9:00 am**

**with YMCA Chaplain, Nonie**

Stories are shared that inspire us to grow.

Come just as you are Listen, join the discussion,  
share your own stories, find connection.

### Walk in Faith

**Enjoy an outdoor walk with Nonie!**

**Wednesdays at 10:00**



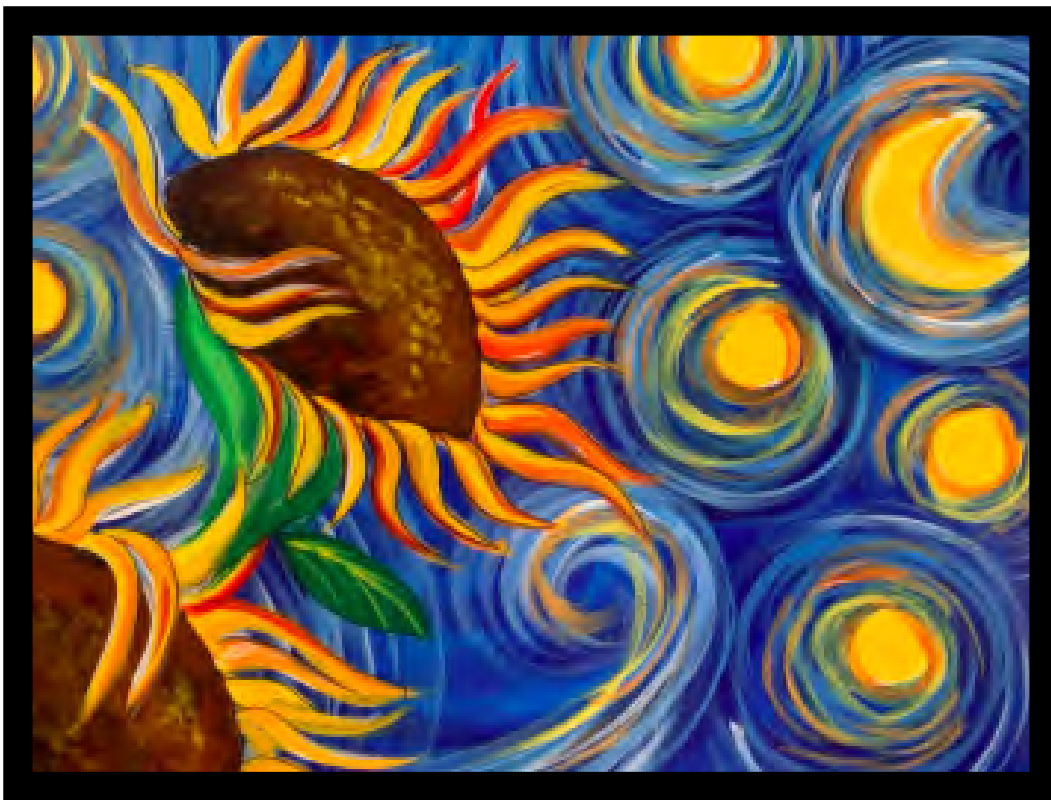
In our Andover YMCA, we have a Chaplain and, a prayer box, where we welcome members and staff to share their requests. The prayer box is located in the waiting area just under the TV.

We all need prayer! Often, there are things that we place in our life where we need others to pray for us. Share your requests with Chaplain Nonie. Your requests go directly to Nonie. If you would like to connect with her directly, you may place that request in the box as well.

Note: All requests are kept confidential..

Submit your request for yourself or others today.

Email: [AndoverYMCAchaplain@gmail.com](mailto:AndoverYMCAchaplain@gmail.com)



## Van Gogh inspired Starry Night Sunflowers

Join Britt Maki in creating your own Sunflower acrylic painting class. Students will be led step by step in creating this fun painting. Students will learn basic acrylic techniques and can also make their painting unique by **choosing their own color pallet**. This is a **fun class** where everyone will leave with an original piece of art to hang on your wall.

### ART CLASS WITH BRITT

WEDNESDAY OCTOBER 23RD

1:00 – 3:00 PM

MEMBERS: \$27      GUESTS: \$32

REGISTER AT MEMBERS SERVICES

Questions? contact ForeverWell Coordinator: Rewa Giroux-Dumas  
[rewa.giroux-dumas@ymcamn.org](mailto:rewa.giroux-dumas@ymcamn.org) 612 465-0515



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# 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.



SFM.DPS.MN.GOV



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**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**





# Jeanie's Journeys

Thursday October 17th  
12:15-1:00

Come hear about their **AMAZING** Tours!

Jeanie's Journeys Tours and Travel will present their Amazing, Affordable travel Adventures.

## **Tours for 2024 - 2025 include:**

Memphis; Myrtle Beach; New York City; German River Cruise; Hawaii Cruise; Alaska Cruise; Australia/Fiji Cruise and much more.

Questions? Contact Rewa Giroux-Dumas  
[rewa.giroux-dumas@ymcsmn.org](mailto:rewa.giroux-dumas@ymcsmn.org) 612 465-0515



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