



# FOREVERWELL

SEPTEMBER 2024 BURNSVILLE

## SAVE THE DATE

COFFEE - WEDNESDAYS

HAND & FOOT - THURSDAYS

T, SEPT 10<sup>TH</sup> - BOOK GROUP

T, SEPT 10<sup>TH</sup> 24<sup>TH</sup>  
COLORING & COFFEE

T, SEPT 10<sup>TH</sup> - ASSISTED TRAVEL

F, SEPT, 13<sup>TH</sup> - BINGO

M, SEPT 16<sup>TH</sup> - REEL JUSTICE

T, SEPT 17<sup>TH</sup>  
F'WELL CONNECTION

TH, SEPT 19<sup>TH</sup>  
MEDITATION

M, SEPT 24<sup>TH</sup> - SOUND BATH

W, SEPT 25<sup>TH</sup>  
WALKING POKER

Kathi Eilers, FW Coordinator



## STEP INTO SEPTEMBER



### NEW & RETURNING MEMBERS

Are you worried about falling?  
Do you feel unsteady when standing or walking?  
Have you fallen in the past year?

Did you know? 1 in 4 people 65 and older falls each year. Anyone aged 65 and older who joined the YMCA of the North in June, July, or August is invited to participate in our fall prevention study. This includes a pre- and post-assessment endorsed by the CDC (<https://www.cdc.gov/steady/index.html>). You will also receive 2 YMCA guest passes at the initial assessment and 4 more guest passes and a chance to win a \$50 voucher (10 winners at each location) at the post-assessment in November. Applicants who qualify will be accepted on a first come first served basis. Space is limited.

To sign-up contact Kathi Eilers, ForeverWell Coordinator  
Kathleen.Eilers@ymcanorth.org, 952-230-9061 or at the Welcome Desk.

### BRANCH HOURS

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

### BURNSVILLE

13850 Portland Avenue  
Burnsville, MN 55337  
Coordinator: Kathi Eilers  
Kathleen.Eilers@ymcanorth.org  
952-230-9061  
[www.ymcamn.org](http://www.ymcamn.org)

# WE BELIEVE IN WHOLE-PERSON WELLBEING

At YMCA of the North, we are here to support you on your journey to a healthier, more fulfilling life and want to ensure everyone can achieve their full potential.

We believe wellbeing is personalized, nonlinear, communal, equitable, and interconnected. There is no one-size-fits-all approach to wellbeing. Our circumstances and experiences are ever-changing. And the health and wellbeing of individuals and communities are interwoven.



## Five Dimensions of Wellbeing

The Five Dimensions of Wellbeing is an interdisciplinary and intersectional framework grounded by the human need for self-love, community, and purpose. These dimensions offer guidance for self and community care.



### Nourish

Food is fundamental for physical and mental health.



### Move

Moving matters for a strong spirit, mind, and body.



### Reflect

Pausing to reflect helps us to connect with ourselves and our values.



### Connect

Connection with others is essential for our wellbeing.



### Restore

Creating balance in our lives helps us to recharge and thrive.

## Whole people. Whole lives. Whole communities.

YMCA of the North is committed to addressing social determinants of health, bridging the gap between clinical healthcare and community whole-person care, and cultivating an equitable health ecosystem to eliminate disparities.

## A George Wellbeing Initiative

Thank you to Penny and Bill George and the George Family Foundation for their passionate commitment to whole-person health and wellbeing, and to YMCA of the North.

[ymcanorth.org/5DoW](https://ymcanorth.org/5DoW)

The YMCA is a 501(c)(3) not-for-profit social services organization.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## COFFEE TIME

WEDNESDAYS

9:30AM-11:00AM

Connect with friends & plan activities to attend. Volunteers make this happen! Please consider sharing your talent and commitment to friends here at the Y. We need more volunteers to share the load. Thank you to our current volunteers, Lisa Sue, Wanda and Bill for hosting your coffee time!



## HAND & FOOT

THURSDAYS

1:00PM - 3:30PM

Come play cards with friends. Easy to learn. A fun way to get know new friends and old. You are welcome to bring a snack to share.



## COLORING & COFFEE

TUE, SEPT 10<sup>TH</sup> & 24<sup>TH</sup>

11:30AM - 12:30PM

Come and create a colorful mandala or season inspired piece of creativity. Supplies are provided. Coloring provides an outlet for self-expression, helps to maintain motor function, improves dexterity (grip control), improves hand-eye coordination, encourages cooperation, promotes mindfulness because full attention and concentration is required.



## TRAVEL ASSISTANCE

TUE, SEPT 10<sup>TH</sup>

1:00 PM- 2:00PM

Maria Boileau offers a unique service for folks who need hands-on help to attend social or family events and travel. Do you have a gathering that you'd like to attend, but need transportation and assistance? A wedding, a party, a gala? You are uncomfortable driving after dark? As a travel companion Maria can help local and out of town travel needs. Are you a snowbird who would like assistance getting to or from your destination? Maria wants you to have safe transportation and support for your next adventure!



## SOCIAL AND EDUCATIONAL GROUPS

WEEKLY & BIWEEKLY ACTIVITIES

**Knit & Crochet** - Mondays, 1:30pm-2:30pm. Work on projects while socializing with others.

**Mindful Coffee & Coloring** - Tuesdays, September 10 & 24, 11:30am-12:30pm. Supplies available or bring your own projects. Fun and relaxing time to create, socialize and/or practice mindfulness.

**Mah Jongg** - Wednesdays, 12:30pm-3:00pm. Join the fun and challenge your skills. You will need to bring your own card. New players are encouraged to join play and learn as they go.

**Hand & Foot** - Thursdays, 1:00pm-3:30pm. Come play cards with friends. Easy to learn. A fun way to get know new friends and old.

**Book Group** - First Tuesdays of the month, next meeting is September 3, 12:30-1:30pm. Read and discuss interesting and educational selections. Please contact Kathi or Gabe for details.

**Off-Site Walking** - Fridays, September 6, 13, 20, & 27@ 9:30am.



## YOUR LUCKY DAY BINGO

FRI, SEPT 13<sup>TH</sup>

11:30AM - 12:30PM

A ForeverWell favorite. A quarter a card. You can play multiple cards. Great prizes. Join the fun!



## REEL JUSTICE FILM SERIES

MON, SEPT 16<sup>TH</sup>

3:00 PM

60-75 minute discussion

### MOVIE OF THE MONTH CLUB

We are resuming our Movie of the Month Club with presenter, historian and legal expert Frank Sachs. Our theme is Justice in America. This month's film is **Philadelphia** (1993) a civil suit for workplace prejudice during the AID's epidemic. Participants watch the films prior to discussion date. Please register at the welcome desk, the notetaking guide will be sent via email. Please request a printed copy if you need to! Films chosen for this series accurately depict the American Judicial System.



## FOREVERWELL CONNECTION

LUNCH & LEARN

TUE, SEPT 17<sup>TH</sup>

12:00PM - 1:30PM

### TOPIC: LIVING IN THE BLUE ZONES

Learn about different regions (blue zones) of the world with reported high longevity. Even though we anticipate ups and downs in our health and well-being, let's explore what can work to help us get through life's challenges. Participant interest, need and energy will drive exploration and discussion. Join Chris Farris, MS, RN, PHN, for ForeverWell Connection -- an interactive discussion group. She is an elder care consultant for ElderNest, Inc., which helps keep seniors living at home and transitioning as needed.



## REGISTRATION



The sign-up and information binder is kept at the Welcome Desk. Please use this binder to register for social and educational activities unless the event requires a fee. Please pay your fee with a Member Services staff. Thank you!

## FOREVERWELL ORIENTATIONS

Learn about the benefits of a healthy lifestyle and how to get started. Orientations are offered Tuesdays from 10:00am - 11:00am or by appointment. Contact ForeverWell Coordinator Kathi Eilers (952) 230-9061 or [Kathleen.Eilers@ymcanorth.org](mailto:Kathleen.Eilers@ymcanorth.org).



### SHE THRIVES WELLNESS SERIES

3rd Wednesday @ 12-1pm  
Virtual via Zoom! See flyer!



## FOREVERWELL MEDITATION

THU, SEPT 19<sup>TH</sup>

11:30AM – 12:15PM

Stephanie Siddiqui, YMCA Tai Chi instructor and mindfulness practitioner will lead a special ForeverWell meditation session. Take this time to be intentional about self-care and quieting your mind. Meditation is a tool you can use to train your awareness for better perspective in stressful situations and reduce negative emotions. Join to focus on the present and leave with a sense of mental clarity and calm. Free to members, please register at the Front Desk. Dress in layers, option to bring your pillow, blanket, yoga mat or use a YMCA provided chair or mat.



## SOUND BATH DEMO

MON, SEPT 24<sup>TH</sup>

1:00 – 1:30PM

Sound bath meditation uses the pure tones of quartz crystal bowls and a variety of tones to guide the body into deeper states of calm as a person lays or sits quietly. This form of meditation is a way to feel and maintain a relaxed state of mind, body and spirit. An opportunity to switch off your mind and tune into yourself. Bring your yoga mat or use a chair. Join Cathleen, YMCA Sound Healer and experience the healing benefits of sound. Cathleen has been a board-certified music therapist for almost 30 years. She has helped children and adults to feel better and improve their lives through the use of music and sound. As a certified sound healer, Cathleen is now assisting people to understand how beneficial sound is to our health.



## WALKING POKER

WED, SEPT 25<sup>TH</sup>

8:30AM – 11:00AM

Participants walk 5 laps around the track. After each lap, players receive one card for their hand. Start when you like and go at your own pace. Winning hand (best throughout the day) will receive a \$15.00 gift card to Valley Natural Foods our local Co-Op. Thank you Valley Natural Foods!



## PICKLEBALL CORNER



If you love playing pickleball, the Burnsville Y offers training classes to lift your playing level. These classes are filled with tips to improve your game.

In any one class, your pro may show you 20 different things of which you may only remember only one. This seems like a shame, except after a year of training you have added or improved on 25-50 elements of your game. Now that makes a difference!

**SESSION DATES: SEPT 5 – OCT 17**

**Beginning** Thursdays 8:30-9:30AM. You will learn the equipment, rules, scoring, etiquette and strokes. By the end, you will be able to join open social play sessions. Ages: 18+ years. Maximum of 8 participants.

**Intermediate** Thursdays 9:40-10:40AM. Improve your serve and ground strokes, dinking, volleying, 3rd shot drop, spins, game strategy and shot selection. Ages: 18+ years. Maximum of 8 participants.

**Skills and Drills Clinic** Thursdays 10:50-11:50AM. Participate in drills in ground strokes, dinking, volleying, lobs, overheads etc. Ages: 18+ years. Maximum of 8 participants.

The cost is \$47 for 4 weeks. You can register on the YMCA website or at the Welcome Desk.

September 2024						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Pools Closed</b>  Labor Day	3 <b>Pickleball Camp**</b>  <b>Pools Closed</b>	4 <b>Pickleball Camp**</b>  <b>Pools Closed</b>  9:30 Coffee  12:30 MahJongg	5 <b>Pickleball Camp**</b>  <b>Pools Closed</b>  1:00 Hand & Foot	6 <b>Pools Closed</b>  9:30** Off-Site Walking	7 <b>Pools Closed</b>
8 <b>Pools Closed</b>	9 <u>POOL OPEN</u> 1:30 Knit & Crochet	10 11:30 Coloring and Coffee  12:30 Book Group  1:00 Travel Helper	11 9:30 Coffee  12:30 MahJongg	12 1:00 Hand & Foot	13 9:30** Off-Site Walking  11:30 BINGO	14
15	16 1:30 Knit & Crochet  3:00 Reel Justice	17 12:00 ForeverWell Connection	18 9:30 Coffee  12:30 MahJongg	19 11:30 ForeverWell Meditation  1:00 Hand & Foot	20 9:30** Off-Site Walking	21
22 Start of Fall (Autumnal Equinox)	23 1:30 Knit & Crochet	24 11:30 Coloring and Coffee  1:00 Sound Bath Demo	25 8:30 Walking Poker 9:30 Coffee  12:30 MahJongg	26 1:00 Hand & Foot	27 9:30** Off-Site Walking	28
29	30 1:30 Knit & Crochet	<b>Pools will be closed for maintenance 8/23 – 9/8. Pool will open on 9/9</b> <b>Pickleball Camp** is Off-Site</b>				





# 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® Classic
- SilverSneakers® Yoga
- Shallow Water Exercise
- ForeverWell Conditioning

### 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.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- Water Exercise
- Salsa Splash

### 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.

- Functional Fitness
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- Gentle Yoga
- Deep Water Exercise

# FOREVERWELL CLASSES

Full Schedule online at: [https://www.ymcanorth.org/locations/burnsville\\_ymca/schedules/group-exercise](https://www.ymcanorth.org/locations/burnsville_ymca/schedules/group-exercise)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45am Water Exercise Janice Pool	6:15 Water Exercise Michele Pool	6:00-7:00am Yoga Nergis Studio B	6:15 Water Tabata Gayle Pool	8:00-8:45am SilverSneakers® Classic Nicole Studio A	8:00-8:45am Water Exercise Michele Pool
9:00-10:00am Functional Fitness Jane Gym	8:00-8:45am Water Exercise Mary Pool	9:00-10:00am Functional Fitness Jane Gym	8:00-8:45am Water Exercise Mary Pool	9:00-9:45am SilverSneakers® Circuit Nicole Studio A	10:05-11:20am Yoga Susan Studio B
10:00-10:45am MS Water Exercise Kathi Pool	8:15-9:00am SilverSneakers® Classic Gabriela Studio B	8:45-9:30am Water Exercise Pool, Mary	8:15-9:00am SilverSneakers® Classic Barb Studio A	10:00-10:45am Water Exercise Mary Pool	
10:15-11:00am SilverSneakers® Circuit Jane Gym	9:15-10:00am ForeverWell Balance Gabriela Studio A	10:15-11:00am SilverSneakers® Circuit Jane Gym	10:30-11:00am MS Water Exercise Becky Pool	11:30-12:15pm SilverSneakers® Yoga Gabriela Studio B	<b>SUNDAY</b> 9:15-10:15am Yoga Dawn Studio A
10:45 – 11:45am ForeverWell Cycle Becky Warehouse	10:30 – 11:30pm Gentle Yoga Gabe Studio A	10:45 – 11:45 ForeverWell Cycle Becky Warehouse	11:05-11:50am Salsa Splash Mary Pool	12:30-1:30pm QiGong Karen Studio A	
11:15 – 12:15 ForeverWell Yoga Jane Studio A		11:15-12:15pm ForeverWell Yoga Jane Studio A	11:30 – 12:00 ForeverWell Cardio Dance Blanka Studio A	5:30-6:30pm Yoga Dave Studio B	
5:30-6:45pm Yoga David Studio B		12:45-1:45pm Tai Chi 1 Stephanie Studio A			
		6:20-7:20pm Yoga David Studio B			
		7:20-7:50pm Meditation David Studio B			

**PREFER TO EXERCISE AT HOME?** Live and recorded classes are available at <https://www.ymcanorth.org/virtual-ymca-login>. If you need assistance activating your account, contact Customer Service at 612.230.9622.





# SAFETY FIRST!

## COMMUNITY CARE THROUGH OUR CODE OF CONDUCT

The YMCA of the North Code of Conduct helps us keep ourselves and others safe by reminding us of the impact our words and actions can have on our environment. By keeping our core values of caring, equity, honesty, respect and responsibility in mind, we can ensure that YMCA programs and spaces feel safe for all.

Each of us has a responsibility to keep ourselves and our possessions safe at the Y by limiting the valuables with bring with us and by always using a lock on our lockers. Keys and phones can be locked in small lockers or should be kept with us at all times. Never leave your keys or phone in your jacket or outside your line of sight.

These tips from the NHTSA regarding protecting ourselves from vehicle theft are great reminders for us in all public spaces including at the Y:

**WHAT YOU SHOULD KNOW**

Prevent Vehicle Theft:

- PARK** in well-lit areas.
- STOW** away valuables.
- LOCK** cars and windows.
- DO NOT** leave keys in car
- AND
- NEVER** leave your vehicle while it's running.

**PROTECT YOUR VEHICLE FROM THEFT**

 [NHTSA.gov/theft](https://www.nhtsa.gov/theft)

Sources: NHTSA and NICB

