



FOREVERWELL

SEPTEMBER 2024 | EAGAN

LEBANON HILLS HIKE MEET UP!

Thursday, Sept. 19th | 3-4pm

Let's get outside together for a hike around Lebanon Hills! Various levels and distances available.

Feel free to bring guests of any age - this event is free for members and non-members! Must provide own transportation to Lebanon Hills Visitor Center.

Register at the front desk or by contacting Emilia.



SAVE THE DATE! SIGHTSEEING BOAT CRUISE

Sunday, October 6th | 12pm

Sign up to join a Padelford boat cruise - a narrated 90-minute excursion departing from Harriet Island. Transportation provided!

\$30 members | \$35 non-members

More detail to come

NEW WATER EXERCISE CLASSES!

Check the class schedule for new water exercise classes starting Sept. 9th!

Registration NO LONGER required for WEX starting Sept. 3

WELCOMING WEEK AT THE YMCA

Welcoming Week is a chance for neighbors - both immigrants and U.S.-born residents - to get to know one another and celebrate what unites us as a community.

Welcoming Week is Sept. 13th-22nd. Look for special activities at the Y during this time!

Here are some ways you can engage in the conversation during Welcoming Week:

- Share recipes from your country
- Promote local immigrant- and refugee-owned businesses
- Connect with someone about their experience growing up inside or outside of the U.S.
- Think about what you can do to help refugees and immigrants feel valued in our community

BRANCH HOURS

Weekdays: 5am - 9pm
Saturday: 7am - 5pm
Sunday 7am - 5pm

EAGAN YMCA

Coordinator: Emilia Bender
651-292-4142
emilia.bender@ymcamn.org





COFFEE TIME

DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

GAME GROUPS

DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

MOVIE MATINEE | FREE



MONDAY, SEPTEMBER 9TH @ 11AM | LOCATION: MPR

Join us for a showing of the film National Treasure 2: Book of Secrets "Benjamin Gates must follow a clue left in John Wilkes Booth's diary to prove his ancestor's innocence in the assassination of Abraham Lincoln."

CRAFT TIME

FRIDAY, SEPTEMBER 27TH @ 10AM | LOCATION: MAIN STREET

Stick around after class to join us in a fall-themed craft. Instructions will be provided. All ages welcome! Light refreshments will be served! No registration required.

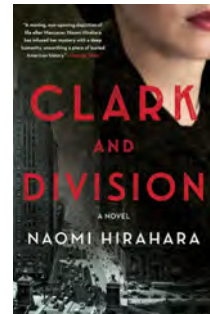
BOOK CLUB

Join on the last Wednesday of the month. Discussion begins at 10:30AM in the multipurpose room. Led by Julie Michelson. Coffee is served. Please contact Emilia at emilia.bender@ymcamn.org if you would like to be added to the group email list for reminders.

UPCOMING BOOKS

September 25th: Clark and Division by Naomi Hirahara

October 30th: The Demon of Unrest by Erik Larson



ASSOCIATED BANK PRESENTATION

MONDAY, SEPT 30TH | 11AM | MPR

Katie Galloway from Associated Bank is a financial wellness educator who will be joining us on September 30th to discuss the financial scams affecting our community. Katie will provide you with best practices and resources around cyber security, protecting our seniors, safeguarding your assets, check fraud prevention, and implementing a recovery plan if you've become a victim.

Register at the front desk or by contacting Emilia. Coffee and light snacks provided!

FOREVERWELL GROUP EXERCISE CLASSES

Monday			
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B
9:10am-9:55am	Salsa Splash	Bethany	Pool
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
<i>NEW!</i> 6:00pm-6:45pm	Water Exercise	Rotating Lori/Deb	Pool
Tuesday			
8:00am-8:55am	Shallow Water	Erin	Pool
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
<i>NEW!</i> 9:10am-9:55am	Water Tabata	Gayle	Pool
1:30pm-3:00pm	Line Dancing	Wanda	Studio A
Wednesday			
9:00am-9:45am	Water Exercise	Susan	Pool
11:50am-12:35pm	ForeverWell Combo	Mary	Studio A
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
5:10pm-5:55pm	Arthritis Water	Mara	Leisure Pool
Thursday			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
<i>NEW!</i> 9:00am-9:45am	Shallow Water	Erin	Pool
<i>NEW!</i> 10:00am-10:45am	Deep Water Aerobics	Erin	Pool
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A
7:15pm-8:00pm	Water Exercise	Kristi	Pool
Friday			
9:00am-9:45am	Water Exercise	Ginny	Pool
<i>NEW!</i> 10:00am-10:45am	Arthritis Water	Mara	Leisure Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
Saturday			
8:00am-8:45am	Salsa Splash	Mary	Pool

Reservations
for Water
Exercise NO
LONGER
Required!!!

*Updated
8/27/24

New Classes
start Sept. 9



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2 POOL BACK OPEN! CLASSES RESUME	3 COFFEE HOUR 9:30 AM	4 GAME TIME 10 AM COFFEE HOUR	5	6	7
8	9 MOVIE MATINEE 11 AM	10 COFFEE HOUR 9:30 AM	11 GAME TIME 10 AM COFFEE HOUR	12 COFFEE HOUR 9:30 AM	13 HERSELF HEALTH INFORMATION TABLE 9:30AM-11:30	14
15	16	17 COFFEE HOUR 9:30 AM	18 GAME TIME 10 AM COFFEE HOUR	19 COFFEE HOUR 9:30 AM LEBANON HILLS HIKE MEET UP* 3PM	20	21
22	23	24 COFFEE HOUR 9:30 AM	25 COFFEE HOUR GAME TIME 10 AM	26 COFFEE HOUR 9:30 AM	27 CRAFT TIME 10 AM	28
29	30 FINANCIAL LITERACY PRESENTATION* 11 AM	Oct 1 COFFEE HOUR 9:30 AM	2 COFFEE HOUR GAME TIME 10 AM BOOK CLUB 10:30 AM	3 COFFEE HOUR 9:30 AM	4	*Registration for hike and presentation required. Register at front desk or by contacting Emilia