



# FOREVERWELL

OCTOBER 2024 / EMMA B. HOWE YMCA / 763-785-7882

## NEED TO KNOW:

### WHAT IS FOREVERWELL-

Discover everlasting wellness with YMCA programs tailored for individuals ages 55 and above! Experience invigorating group exercises classes, rejuvenating aquatic exercises, and engaging social events.

### REMINDERS

- No cell phone use in locker room
- Lock up valuables
- No towel service
- Guest passes available check with membership

### ForeverWell Coordinator

Kim Gemlo-Bush  
763-717-1811  
Kim.gemlo-bush@ymcamn.org

## GET CONNECTED TO THE YMCA

If you are new or a returning member that need to get information on all the YMCA's programming. List below are ways to get connected, which are free and included with your membership.

### FOREVERWELL MEMBER ORIENTATION

These are for new or returning members that want to get information on programming for the active older adult at the branch. Orientations are held on Tuesday 9am-10am & Friday 11am-12pm. Must register to attend the orientation by contact Kim at 763-717-1811.

### FITNESS ASSESSMENT

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register at membership desk. Contact Tiffany with questions at 763-445-3644.

### NUTRITION ASSESSMENT

Meet virtually or in-person with one of our certified nutrition specialist to explore your goals and potential next steps to better nourishment. Register at membership or on website.

### WELLBEING ASSESSMENT

Meet virtually or in-person with one of our board-certified health coach to explore your key health and wellbeing concerns or goals. Register at membership or on website.

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### BRANCH HOURS

MONDAY-FRIDAY: 5AM-9PM  
SATURDAY: 7AM-5PM  
SUNDAY: 7AM-5PM

### EMMA B. HOWE YMCA

8950 Springbrook Dr. NW  
Coon Rapids, MN 55433  
[www.emmabhoweymcanorth.org](http://www.emmabhoweymcanorth.org)

## FOREVERWELL CLUBS—NO REGISTRATION REQUIRED

- **Card Club**—Meet every Tuesday at 10:30am–12pm in Senior Lounge.
- **Coloring Club**—Meet every Tuesday at 1pm–3pm in Senior Lounge.
- **Indoor Walking Club**—Meet on Wednesdays at 11:45am–12:15pm at YMCA Track by fitness studio doors. We will be playing walking poker for fun prizes.
- **Mahjong Club**—Meet every Wednesday at 1:30pm–3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.
- **Dominos Club**—Meet on the 1<sup>st</sup> & 3<sup>rd</sup> Monday at 1pm–2:30pm in the Senior Lounge. We will be playing Mexican Train Style Dominos.
- **Book Club**—Thursday, October 24<sup>th</sup> at 12:45pm–1:45pm in Senior Lounge. Come join us for a discussion on the book *The Booth Girls* by Kim Heikkila. Sign up with Kim to get the discussion questions.
- **Knit & Crochet Club**—Meet every Friday at 10:30am–12:00pm in Senior Lounge.

## VIRTUAL EXPERIENCE SCHEDULE

To join any of these virtual experiences register at [www.ymcanorth.org/activity\\_finder](http://www.ymcanorth.org/activity_finder). Social from the comfort of your home. Classes use Zoom format.

### Monday

- **Coffee Talk**—Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am–10:00am.

### Tuesday

- **Trivia & Brain Teasers**—You will need a piece of paper and pencil to write down your answers. Meet October 8<sup>th</sup> at 10:30am–11:30am.

### Thursday

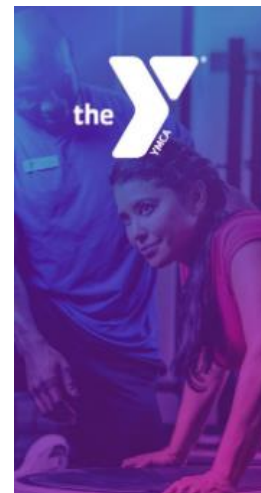
- **Bible Study**—For all people of faith. An opportunity to reflect on what the text might mean for you. Meet every Thursday at 10:30am–11:30am.

### Friday

- **Happy Hour Group**—Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm–5:00pm.

## YMCA APP

The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code or go to app store and search YMCA Twin Cities to download it.



### Apple QR



### Android QR



## **FOREVERWELL EVENTS & ACTIVITIES-NO SIGN UP REQUIRED. JUST DROP IN!**

### **SOCIAL COFFEE TIME**

Meet every Tuesday & Wednesday & Thursday at 8:30am-12:00pm in Senior Lounge.  
Come, socialize, and drink coffee with other ForeverWell adults.

### **PICKLEBALL**

**M/W/F at 8:00am-1:00pm & T/Th at 12:00pm-3:30pm & Sa/Sun at 7am-9am**

If you are new to pickleball, come M-F at 12pm-1pm. If no one shows up on M/W/F by 12:15 court will be picked up and put away. Beginner pickleball is managed by member volunteers (ask for Scott, Sonny or Dean). Intermediate and Advance level players come on M/W/F at 8am-1pm & T/Th at 1-3:30pm.

### **PARKINSON'S SUPPORT GROUP**

**Meet 2<sup>nd</sup> Thursday of the month at 11:15am-12:15pm in Meeting Room**

Join other Y members that have Parkinson's or loved ones with PD. The group will do a 30-minute boxing demonstration. Contact Tiffany at 763-445-3644 with further questions.

### **BLANK SLATE GAME**

**Wednesday, October 2<sup>nd</sup> at 12:45pm-1:15pm in Senior Lounge.**

Join us for this clever board game and try to predict what others are thinking. A prize for the winner.

### **MEDICARE 101 PRESENTATION**

**Monday, October 14<sup>th</sup> at 9am-10am in Community Room**

Join us to learn more about the A, B, C, and Ds of Medicare- and what it all may mean for you or for your family members. If you have been on Medicare for some time, or if you are approaching Medicare season for the first time, come and hear what is changing for 2025. A representative will have a table in the lobby prior to the presentation on 10/9 and 10/11 from 8am - 11am.

### **LUNCH & LEARN**

**Wednesday, October 16<sup>th</sup> at 12:00pm-1:00pm in Community Room**

Let us do a lunch and learn for the month of October. The discussion will be on information about Home Repair, Safe at Home and Community Revitalization programs from Rebuilding Together Minnesota. It will be a potluck style so bring a dish to share or BYOL. Coffee provided.

### **FLU & COVID CLINIC**

**Monday, October 28<sup>th</sup> at 9am-12pm in Community Room**

Are you in need of the flu and covid vaccines for the season? Cub Pharmacy will be here to update your vaccines. Please remember to bring your health insurance ID. This event is open to the public!

### **YMCA BOOK EXCHANGE**

**Tuesday, October 29<sup>th</sup> at 9am-1pm in Community Room.**

The program is to reduce, reuse and recycle gently used books with in our community. You can take any books and keep them or return them after you are finished. We are accepting fiction, no-fiction and teen/children books. We are NOT accepting magazines, encyclopedias or cookbooks.

## **FOREVERWELL ACTIVITIES – SIGN UP WITH KIM AT 763-717-1811. SPACE IS LIMITED.**

### **LUNCH OUTING**

**Thursday, October 10<sup>th</sup> at 12:30pm**

We will be meeting at Moe's American Grill – 2400 Mounds View Blvd. in Mounds View. Own transportation and meal is on your own dime. Deadline October 9<sup>th</sup>.

### **FOREVERWELL BINGO**

**Tuesday, October 22<sup>nd</sup> at 1:30pm-2:30pm in Community Room**

Come join other ForeverWell members playing bingo. You could win some prizes. Bring a non-perishable item/canned goods to help us stock the food shelf. Deadline October 21<sup>st</sup>.

### **GENTLE TRANSITION SEMINAR**

**Wednesday, October 23<sup>rd</sup> at 12pm-1pm in Community Room**

The seminar will be presenting educational tips to help those considering an upcoming move or who would just like to declutter for the future. You will gain valuable knowledge and a multitude of resources to help you get through the process "gently". Deadline October 22<sup>nd</sup>.

### **COSTUME PARTY**

**Thursday, October 31<sup>st</sup> at 10am-1pm in Community Room**

Come join other ForeverWell members and Rise participate in a fun costume party! There will be music, treats, games and a craft (while supplies last). Costumes are encouraged. Deadline Oct. 30<sup>th</sup>.

### **VOLUNTEER OPPORTUNITIES:**

**FEED MY STARVING CHILDREN**–Thursday, October 24<sup>th</sup> at 2:30pm-4:15pm

Bring your family and grandchildren to volunteer! FMSC is a nonprofit organization that feeds starving children in body and spirit. Own transportation to 401-93<sup>rd</sup> Ave. in Coon Rapids. Deadline Oct. 22<sup>nd</sup>.

**KIDS IN NEED FOUNDATION**–Monday, October 28<sup>th</sup> at 1:30pm-3:30pm

You may be participating in activities ranging from organizing school supplies to packing backpacks. Own transportation to 2719 Patton Rd. in Roseville. Deadline Oct. 25<sup>th</sup>.

## ACTIVE OLDER ADULT GROUP EXERCISE CLASSES

<b>Monday</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
7:00am-7:45am	FW Cycle	FA	Chuck H
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Angie O
10:30am-11:15am	Group Cycle	FA	Tiffany
10:20am-11:20am	Zumba Gold®	MP	Elaine F
10:45am-11:30am	SS Yoga	FS	Kim GB
12:00pm-1:00pm	SS Classic	FS	Kim GB
<b><u>Tuesday</u></b>			
8:15am-9:00am	FW Combo	MP	Stephanie E
9:30am-10:15am	SS Circuit	MP	Stephanie E
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
10:30am-11:30am	Gentle Yoga	MP	Ann
10:45am-11:30am	FW Strength	FS	Angie O
11:00am-11:45am	Water Exercise	Pool	Tiffany K
11:45am-12:45pm	Tai Chi for Health	MP	Dale K
<b><u>Wednesday</u></b>			
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Kim GB
9:30am-10:15am	SS Circuit	MP	Chandra
10:30am-11:15am	FW Stretch	MP	Lumiko O
5:30pm-6:30pm	Gentle Yoga	MP	Dale
<b><u>Thursday</u></b>			
7:00am-7:45am	FW Cycle	FA	Chuck H
9:30am-10:15am	SS Circuit	MP	Kim GB
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
11:00am-11:45am	Arthritis Water X	Pool	Karri S
11:45am-12:30am	SS Yoga	FS	Kim GB
<b><u>Friday</u></b>			
8:15am-9:00am	Water Exercise	Pool	Rachel L
9:00am-9:45am	FW Combo	FS	Velma
9:15am-10:00am	FW Water X	Pool	Angie O
9:30am-10:15am	SS Classic	MP	Kim GB
10:30am-11:15am	FW Stretch	MP	Lumiko O
11:30am-12:30pm	Tai Chi for Health	MP	Lumiko O
1:00pm-2:00pm	Line Dance	FS	Kim GB
5:15pm-6:00pm	Aqua Zumba®	Pool	Natalie K
<b><u>Saturday</u></b>			
8am-8:45am	Aqua Zumba®	Pool	Darcy F
10:20am-11:20am	Intermediate Line Dance	MP	Kayla M

MP=Multipurpose Studio (1<sup>st</sup> floor)    FS=Fitness Studio (2<sup>nd</sup> floor)    FA=Fitness Alcove (2<sup>nd</sup> floor)  
SS=SilverSneakers™                      FW=ForeverWell

## ACTIVE AGING WEEK SEPT. 30<sup>TH</sup>-OCT. 4<sup>TH</sup>

(Activities are in the lobby – Schedule subject to change)

**Monday**–Is your membership card hard to scan? Get a replacement card or talk to a team member to add the Y app to your smart phone and scan in with ease. **Time: 10am-12pm.**

**Tuesday**–Personal Trainer demo with Danny. Come and meet our newest trainer and ask any questions or get tips on improving your wellness routine or do a free in-body assessment. **Time: 9am-11am.**

**Wednesday**–Help us to the finish line; Annual Support Campaign/Celebration donut and coffee. **Time: 8am until gone.**

**Thursday**–Fascia release with percussion massager, muscle testing and acupuncture; Dr. Paul Westby with Wellspring Chiropractic. **Time: 9am-11am.** Pilates Reformer demo/try with Chandra. **Time 11:45am-12:45pm.**

**Friday**–**Free Friend Friday!** Bring a guest free between **5am-1pm.** (Guest require a picture ID). Free balance assessments. **Time: 9am-11am.**

## SAFETY TOPIC FOR 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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