



# FOREVERWELL

OCTOBER 2024 | HASTINGS AREA YMCA

## QUICK NEWS

### FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings and classes, how to sign-up for activities, a YMCA tour. Register for an ForeverWell Orientation at the Welcome Desk. Questions? Contact Tracy Spinks (see below).

### MACHINE ORIENTATION

Would you like to learn how to use some of the machines in the fitness center? Tuesday, October 29, 1:00pm-2:00pm is the next machine orientation. Stop by our Welcome Desk to sign up for an appointment.



### I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your **Foreverwell Coordinator:** [Tracy.Spinks@ymcamn.org](mailto:Tracy.Spinks@ymcamn.org) or call directly **651-319-8009**.

## ACTIVE AGING WEEK

**CELEBRATING LIFE & LONGEVITY!**

**SEPTEMBER 30-OCTOBER 4**

### MULTI-PURPOSE ROOM

Join us for fun activities & sample classes for Whole Body Wellbeing: Mind, Body, Spirit, Environment, & Community.

### COFFEE & CHAT AND GAMES GROUP

Monday, September 30, 9:00-11:30am Games at 10:30am

### SAMPLE CLASSES

Tuesday, October 1, 10:00am-11:30am. Have you always wanted to try a ForeverWell Fitness class? Here is your chance to try sample classes!

### COLORING PAGES DURING COFFEE & CHAT

Wednesday, October 2, 10:00am-11:30am **FREE!**

### FALL/RISK BALANCE ASSESSMENTS

Thursday, October 3, 10:30am-11:45am. There are six 15-minute spots available. You will receive a takeaway plan for balance exercises you can do at home. Register at the Welcome Desk. 12 spots total. **FREE!**

### FRIDAY PIE DAY SOCIAL & COFFEE

Friday, October 4, 10:15am-11:30am in the Community Room. First come, first served until the pie is gone. **FREE!**



### HASTINGS AREA YMCA

85 PLEASANT DRIVE  
HASTINGS, MN 55033  
PH: 651-480-8887

### BRANCH HOURS

Monday-Friday: 5:00am-9:00pm  
Saturday: 7:00am-5:00pm  
Sundays: 7:00am-5:00pm

## 20-MINUTE SAMPLE CLASSES

TUESDAY, OCTOBER 1

10:00AM-11:30AM

MULTI-PURPOSE ROOM

If you have always wanted to try out a class, this is your chance to learn more about our Silver Sneakers and ForeverWell classes. Come try a sample class and see why so many people love to attend! Just drop in, no reservation needed. Sample class schedule below:

- 10:00-10:20AM FOREVERWELL BALANCE
- 10:25-10:45AM SILVER SNEAKER CLASSIC
- 10:50-11:10AM SILVER SNEAKERS CIRCUIT
- 11:15-11:30AM SILVER SNEAKERS YOGA

## PIE & COFFEE SOCIAL

FRIDAY, OCTOBER 4

10:15-11:30AM

MULTI-PURPOSE ROOM

Join us for a slice of pie and a cup of coffee! Limited pie & coffee, we would love to see you! **FREE!** Please sign up on the ForeverWell Bulletin Board if you can donate a home-made or store-bought pie.



## ARTS & CRAFTS GROUP

THURSDAY, OCTOBER 10

10:30AM-12:00PM

MULTI-PURPOSE ROOM

Join us for a fun craft project as we make Flannel Shirt sleeve pumpkins. You will need to bring an old flannel shirt (of a loved one or your own) for your pumpkin skin. If you have a hot glue gun, bring that too! Jute, Raffie, and fiber fill will be provided. Sign up on the ForeverWell Bulletin Board by Wednesday, October 9. **FREE!** 12 Spots available. Sign up on ForeverWell Bulletin Board to attend.



## LUNCH BUNCH

TUESDAY, OCTOBER 15

11:30AM-1:00PM

KINGS PLACE BAR & GRILL

Enjoy eating a delicious lunch with friends from the YMCA. King's Place Bar and Grill prides itself on using the freshest ingredients in all their food, creating irresistible and memorable burgers. King's Place Bar and Grill has been rated "Best Twin Cities Burger". Address: 14460 240th St E, Miesville, MN-13.5 miles from YMCA. **Cost at your own expense.**

**Sign up on ForeverWell Bulletin Board to attend.**



## OCTOGENARIAN CELEBRATION

TUESDAY, OCTOBER 22

11:30AM-1:00PM

MULTI-PURPOSE ROOM



Celebrating the lives of our 80+ year old members! Please join us for a light luncheon, music, and entertainment on Tuesday, October 22nd, 11:30am-1:00pm at the Hastings YMCA, 85 Pleasant Drive, Hastings. The doors will open for seating and social time at 11:15am. Limited seating to the first 70 people to register. Please R.S.V.P. by registering by email to Tracy.Spinks@ymcamn.org or Register in person at the Hastings YMCA Welcome Desk by Friday, October 18. We look forward to seeing you!

## MOVIE DAY

THURSDAY, OCTOBER 24

11:30AM-1:30PM

MULTI-PURPOSE ROOM

Enjoy popcorn while watching a movie with friends! Bring a bag lunch and beverage if you wish to enjoy while viewing the movie. "DARK WATERS"; Inspired by a shocking true story, a tenacious attorney, (Mark Ruffalo) uncovers a dark secret that connects a growing number of unexplained deaths to one the world's largest corporations. In the process, he risks everything-his future, his family, and his own life-to expose the truth. Released 2019 PG-13, 2hrs 7min

**Sign up on ForeverWell Bulletin Board to attend. FREE!**

## FOREVERWELL GROUP EXERCISE CLASSES

### MONDAY:

8:00am - Water Exercise with Tracy, Pool  
9:15am - SilverSneakers® Classic with Tracy, Gymnasium  
10:15am - SilverSneakers® Classic with Bobbie, Gymnasium  
10:15am - ForeverWell Water X with Tracy, Pool  
10:15am - Line dancing with Deena, Studio B  
10:30am - Gentle Yoga with Corrie, Studio A  
1:00pm - ForeverWell Balance with Tracy, Studio A  
1:00pm - ForeverWell Tai Chi with Bobbie, Studio B  
5:45pm - Water Exercise with Jennifer, Pool

### TUESDAY:

8:00am - Gentle Yoga with Julie P, Studio B  
8:00am - Drums Alive® with Tracy, Gymnasium  
9:00am - ForeverWell Stretch with Tracy, Studio A  
9:30am - SilverSneakers® Yoga with Julie P, Gymnasium  
10:30am - Meditation/Breathwork with Julie, Studio C

### WEDNESDAY:

8:00am - Water Exercise with Tracy, Pool  
9:15am - SilverSneakers® Circuit with Tracy, Gymnasium  
10:15am - SilverSneakers® Classic with Bobbie, Gymnasium  
10:15am - ForeverWell Water X with Jennifer, Pool  
10:15am - Line Dancing with Deena, Studio A  
11:15am - ForeverWell Tai Chi with Bobbie, Studio A  
11:15am - Line Dancing Intermediate with Deena, Studio B

### THURSDAY:

8:00am - Gentle Yoga with Tracy, Studio B  
9:15am - ForeverWell Cardio with Tracy, Gymnasium  
10:15am - SilverSneakers® Yoga with DeAnn, Gymnasium

### FRIDAY:

8:00am - Water Exercise with Tracy, Pool  
9:15am - SilverSneakers® Circuit with Tracy, Gymnasium  
10:15am - SilverSneakers® Classic with Bobbie, Gymnasium  
10:15am - ForeverWell Water X with Tracy, Pool

### SATURDAY:

8:00am - Water Exercise, Rotation, Pool  
\*Class registration needed for pool exercise classes.

## FALL/RISK BALANCE ASSESSMENTS

TUESDAY, OCTOBER 29

10:00AM-11:00AM

MULTI-PURPOSE ROOM

Are you at risk for a fall? A balance assessment can measure where you are at and what you can work on to improve your balance and walking gait. Wear supportive shoes and bring water. 4 spots available.

Registration Required. Sign up at the Welcome Desk. **FREE!**

## HALLOWEEN! PUMPKIN & COSTUME CONTEST

THURSDAY, OCTOBER 31

10:15-11:30AM

MULTI-PURPOSE ROOM

Join us as we have fun dressing up in Halloween costumes. Bring a small pumpkin or gourd to decorate with markers, making your funniest or scariest, creative jack-o-lantern. Voting will be by paper ballot at 11-11:15am, one vote each per person. You do not need to dress up or decorate to participate in voting or to enjoy coffee & treats! Winners announced at 11:20am!

## COFFEE & CHAT

MONDAY & WEDNESDAY

9:00AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy connecting with friends and planning activities to attend. Coffee must be consumed in the community room-no take outs!

**FREE!**

## GAMES GROUP

MONDAY & WEDNESDAY

10:30AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy playing board games or cards with other ForeverWell members or bring a favorite from home. No registration required.

**FREE!**



# OCTOBER AT A GLANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Silver Sneakers SAMPLE CLASSES SEE SCHEDULE 10:00am-11:30am Multi-Purpose Room	2  COLORING PAGES  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am	3  Fall/Risk Balance Assessments 10:30am-11:45am Multi-Purpose Room <i>Sign-up required</i>	4  FOREVERWELL PIE SOCIAL & COFFEE 10:15-11:30am	5
6	7  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am	8	9  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am  <i>ForeverWell Orientation 12:30-1:30pm</i>	10  ARTS & CRAFTS FLANNEL SHIRT PUMPKIN CRAFT 10:30am-12:00pm Multi-Purpose Room	11	12
13	14  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am	15  LUNCH BUNCH KINGS PLACE IN MEISVILLE 11:30am-1:00pm <i>Sign-up required</i>	16  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am	17	18  	19
20	21  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am	22   <b>OCTOGENARIAN CELEBRATION!</b> 11:30am-1:00pm <i>Registration Required</i>	23  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am  <i>ForeverWell Orientation 12:30-1:30pm</i>	24  <b>MOVIE DAY: "DARK WATERS"</b> 11:30am-1:30pm Multi-Purpose Room <i>Sign-up required</i>	25	26
27	28  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am	29  <b>BALANCE ASSESSMENTS</b> 11:00-12:00 Multi-Purpose Room <i>Sign-up required</i>	30  COFFEE & CHAT 9:00-11:30am  GAMES GROUP 10:30-11:30am	31   <b>HALLOWEEN PARTY! Pumpkin/ Costume Contest!</b> 10:15-11:30am	  *Reservations are required for ALL Water Exercise Classes	



**MARK YOUR CALENDARS!**

# STEWARDS OF THE NORTH CAMPAIGN

**SEPTEMBER 30 - OCTOBER 4**

There can't be fundraising without **FUN**, so join us in the lobby during this campaign to enjoy some treats and learn about the impact you can make by becoming a sustaining donor!



Find out more and sign up to be a Steward online:  
[ymcanorth.org/stewards](http://ymcanorth.org/stewards)

## **FOREVERWELL ACTIVE AGING WEEK:**

**SEPTEMBER 30-OCTOBER 4**

**MONDAY, SETPEMBER 30, 9-11:30AM: COFFEE & CHAT, GAMES GROUP (@10:30)**

**TUESDAY, OCTOBER 1, 10:00-11:30AM: 20 MINUTE SAMPLE CLASSES -TRY OUT A CLASS!!**

- 10:00-10:20AM FOREVERWELL BALANCE
- 10:25-10:45AM SILVER SNEAKER CLASSIC
- 10:50-11:10AM SILVER SNEAKERS CIRCUIT
- 11:15-11:30AM SILVER SNEAKERS YOGA



**WEDNESDAY, OCTOBER 2, 9-11:30AM: COFFEE & CHAT, COLORING PAGES, GAMES GROUP**

**THURSDAY, OCTOBER 3, 10:30-12:00: BALANCE ASSESSMENTS, 15-MINUTE APPOINTMENT.**

**\*REGISTER AT THE WELCOME DESK. 12 SPOTS AVAILABLE-2 PER TIME.**

**FRIDAY, OCTOBER 4, 10:15-11:30AM: PIE & COFFEE SOCIAL. BRING A FRIEND 9-NOON WITH ID**

**ALL EVENTS WILL BE IN THE MULTI-PURPOSE ROOM. FREE!**

# 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

## 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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