



# FOREVERWELL

OCTOBER | MAPLEWOOD

## SAVE THE DATE

**ACTIVE AGING WEEK**

**1ST - 4TH**

**GYM**

**BINGO**

**10TH**

**2PM-4PM**

**MOVIE DAY**

**"WHERE THE  
CRAWDADS SING"**

**15TH**

**2PM-4PM**

**LUNCHEON**

**28TH**

**2PM- 4PM**



# OCTOBERFEST



### BRANCH HOURS

Monday-Friday:

6am-8pm

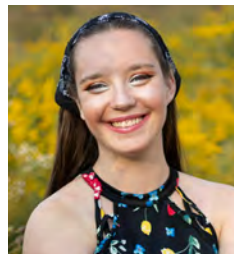
Saturdays and

Sundays:

7am-5pm

Front Desk:

651-747-0922



### MAPLEWOOD

2100 White Bear Ave.

Maplewood, MN 55109

Contact: Ketzie Leake

Ketzie.Leake@ymcamn.org

Phone:

612-268-0067

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

# ACTIVE AGING WEEK

## WEEK

This year Active Aging Week is October 1 through October 4th.

October 1st: Smoothie 1-2:30pm

October 2nd: Octogenarian 1:30-3pm

October 3rd: Health Fair 12-4pm

October 4th: Free Friend Friday

If you bring a friend to any one of these events and they sign up as a member, you will get 2 free guest passes or a Free Day Pass that works for 1 family.

# OCTOGENARIAN PARTY

## EVENT

On October 2nd from 1:30-3pm we are going to be hosting a big party to celebrate our members who are turning 80+ years of age. We will be in the banquet Rooms to throw this amazing celebration. Come for snacks, cake, and games. We want to celebrate you and your accomplishments.

# SMOOTHIE DIGESTION

## EVENT

Join us for our "Smoothie Digestion" workshop on October 1st from 1-2:30pm where we unlock the secrets of gut health with the delicious power of smoothies! Discover key tips for maintaining a healthy gut, watch a live demonstration on making nutrient-packed smoothies, and even enjoy a sample of two delicious blends. Learn how to make informed choices for optimal well-being while enjoying every sip with registered dietitian, Molly Maier.

# HEALTH FAIR

## EVENT

This is going to be on October 3rd as a walk around event. The event will have amazing resources for you to see throughout the Twin Cities area. This will be from 12-4pm.

# FREE FRIEND FRIDAY

## EVENT

Bring 1 family or friend per member. Profiles need to be created for each person, but bring them in to try out our facility.

## MOVIE DAY

This month's movie will be the "Where the Crawdads Sing." "Where the Crawdads Sing," is a coming-of-age story of a young girl raised by the marshlands of the south in the 1950s. The story follows Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. When the town hotshot is found dead, and inexplicably linked to Kya, the Marsh Girl is the prime suspect in his murder case.



## BINGO

Come to BINGO for fun and socialization. There will be prizes for the 10 rounds of BINGO we will be doing. To help continue BINGO as our monthly tradition, donations of prizes and money will be accepted at any time. Please bring them to Ketzie in the office across from Studio B, at the Maplewood YMCA.



## BOOK CLUB

The First Wednesday of the month we get together and discuss the book we picked last month. If you are interested in learning more, please reach out to Kat or Ketzie.

## BALANCE ASSESSMENTS

Balance assessments will be happening this month. Check with the Front Desk for available times. This test is designed for you to understand where your balance is at for yourself.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

## ASHLAND PRODUCTIONS

### BEAUTY AND THE BEAST

On October 10th, Ashland Productions, our theater located here in our building, will be showing "Beauty and the Beast." You will be able to sign up with the Front Desk. There are only 150 seats available for the preview showing. This showing is a rehearsal happening before opening night.



Ashland Productions has a pay-what-you-can night on October 21st. This is a cash only night for the show Beauty and the Beast. You buy your tickets at the door. Tickets are what you can afford to give for that ticket. Regular tickets cost around \$20 a person. This is hosted through the Ashland website. If you are interested please check out their website at [www.ashlandproductions.org](http://www.ashlandproductions.org).

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

## CRAFT SALE

### TO BUY

On October 9th from 9am-3pm. Right under the stairs we will be having a small craft sale. There will be some people selling homemade craft items. It will include blankets, mandala rocks, gnome ornaments and hand towels.



## LUNCHEON

### SOCIAL

This month for all members to socialize and get to know each other, we are hosting a luncheon. This new event will take place on the last Monday of the month until December. This month it will be on October 28th from 2-4pm. We will have sandwiches and beverages provided. No registration required unless you would like to bring food to share. This will be a monthly thing. If you cannot make it to this one, please feel free to join us for the next one.



## TRUNK OR TREAT

Sunday, October 27th from 1-4pm. This is a free event where kids can dress in their costumes and trick or treat in safe surroundings. Fun for families to see the Police and Fire vehicles decorated and candy handed out by Police Officers and Firefighter/Paramedics! We will also have a photo area to take pictures of the kids/families. Parking will be at Maplewood YMCA.

## THE A,B & C'S OF MEDICARE

On October 23rd, from 12-2pm in the Maple Room, join us for an informative session where an expert will answer your questions and provide insights about Medicare. The following topics will be discussed: supplements compared to Advantage Plans, when to enroll in parts A,B,C and D, \$0 plan, Dental, Eyecare, Hearing Aids, Fitness plans and Equipment.

Sponsored by Pat Markfort a Licensed Agent at 651-428-8871

## SUSTAINER DRIVE

When you become a Steward of the North donor, you are joining a community of dedicated advocates who are advancing the Y's mission. The following will be matched dollar-for-dollar from October 1 - October 4th: • Any new one-time gifts • All recurring gifts for 12 months following each new Steward of the North sign-up (new sustainers) • The full amount of all increased recurring gifts for 12 months after an upgrade is made (existing sustainers) • Any second gift made by a current annual donor. For many years, donors who give on a recurring basis have helped fund key initiatives across the YMCA of the North, such as: Financial aid opportunities to keep programming accessible to all, Support for refugees and other newcomers navigating life in a new place, Resources for families facing homelessness to assist them in securing basic needs, housing, and employment, Tools to equip young people with the skills they need to become future leaders and change makers. To add to this fund or to become a sustainer, please visit this website



WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

## PUMPKIN PAINTING

### ART

On October 16th from 1:30-2:30pm. We will provide mini pumpkins/gourds, Acrylic paint, and brushes. If you would like to bring any of your own supplies, feel free to do so. Please sign up on Ketzie's door at least 24 hours before so that she can get an accurate amount of mini pumpkins/gourds. This will be hosted in the Woodland Room.

## WHAT TO LOOK FOR IN THE COMING MONTHS

### ASHLAND PRODUCTIONS

#### BEAUTY AND THE BEAST JR

On November 7th, Ashland Productions, our theater located here in our building, will be showing "Beauty and the Beast Jr." You will be able to sign up with the Front Desk. There are only 150 seats available for the preview showing. This means we get to see the show the night before opening night. This is still a tech rehearsal, so it might have some stops and goes throughout the performance.

Based on the original Broadway production that ran for over thirteen years and was nominated for nine Tony Awards, and the Academy Award-winning motion picture, Disney's Beauty and the Beast Jr. is a fantastic adaptation of the story of transformation and tolerance. The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.



## FRIENDS-GIVING

### POTLUCK

On November 11th, from 1:30-2:30pm, we will be doing a shared potluck to celebrate friends and family. I appreciate all of the things you do and supporting me in this role. To celebrate each other we are going to be hosting a friends-giving. What this typically looks like is your standard potluck. Sign ups will be located on Ketzie's door starting October 28th, the start of our Spirit Week. Please sign up on the door at least 24 hours in advance.

## SPIRIT WEEK

### SPIRIT WEEK

Monday:  
Magical

Tuesday:  
50's

Wednesday:  
70's

Thursday:  
Halloween  
Costumes

Friday:  
Funky  
Fri





## COMPETITIVE GAMES:

Interested in playing games? The YMCA has games every week. If you want to see more games or something new, please reach out to Ketzie. These games are all located in the Woodland Room, unless otherwise specified.

### MONDAY:

#### CARDS- 10:30AM-12PM

Learn to play card games. We will have a variety of games going. We also have one Cribbage board if people want to play and are interested.

#### SCRABBLE- 11AM-12PM

Test your language skills. A dictionary is provided.

### TUESDAY:

#### MAHJONG- 11:30AM-2PM

It is a tile-based game. Fun for all to play.

### THURSDAY:

#### CRAFTS AND CHAT- 12-2PM

Bring your knitting, crocheting or other crafts, and socialize.

### FRIDAY:

#### TEXAS HOLD-EM- 12:30-3PM

Come play Texas Hold-Em. It is one of the most popular variations of the card game Poker.

#### DOMINOES- 1-3:30PM

Come play Dominoes with modern versions included. Examples being Mexican train, chicken foot, wild fire, spinner. This one will be hosted in [Dakota Room](#) unless otherwise specified.

# RECIPE:

## PUMPKIN PASTA

### Ingredients:

8 ounces pasta- fettucini, linguini, tagliatelle, papperadelle

2 tablespoons olive oil

1 large shallot- diced ( 1/2 cup)

4-6 garlic cloves, rough chopped

10 sage leaves, chopped

14-ounce can of pumpkin puree (do not use pumpkin pie puree)

14-ounce can of coconut milk or coconut cream

1 1/2 teaspoons salt

1 teaspoon pepper

Pinch cayenne

1/4 teaspoon nutmeg

1/4 teaspoon cinnamon



### Food Steps:

1. Cook pasta in a large pot of generously salted water.
2. In a medium pot, heat oil over medium-low heat. Add the shallots, garlic and sage, and saute until tender, golden and fragrant, about 5 minutes.
3. Stir in the coconut milk and pumpkin puree and whisk until smooth and combined, gently heating.
4. Add the salt, black pepper, cayenne, nutmeg and cinnamon. Taste and adjust salt and heat to taste. If it tastes bland, it needs salt. Once hot, turn the heat off.
5. Drain the pasta (save a little hot pasta water in case you need it to loosen the pasta) and toss the sauce with the pasta. Taste and season once more with salt and pepper.
6. Serve with Parmesan or pecorino cheese (or vegan cheese), crispy sage leaf, or garlic chips (see notes).

## Recipe Inquiry:

### INTERESTED IN YOUR RECIPES

As part of our newsletter, I would love to put a spotlight on recipes that you love to share and enjoy with family and friends. If you have any recipes you would like to see highlighted in the Foreverwell Newsletter, please send Ketzie Leake an email at [Ketzie.Leake@ymcamn.org](mailto:Ketzie.Leake@ymcamn.org).



# STAYING SAFE WITH THE YMCA

## 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



# MONTH GAMES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Color System Red- Repeats monthly on specific week Green- City not YMCA. Purple-Ashland Orange-Only for this month		Smoothie- 1pm-2:30pm Mahjong- 11:30am-2pm	Octogenerian- 1:30pm-3pm Book Club-2pm-3pm	Health fair- 12pm-4pm Crafts and Chat- 12pm-2pm	Free friend Friday TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
		01	02	03	04	05
	Cards- 10:30am-12pm Scrabble- 11am-12pm	Mahjong- 11:30am-2pm	Craft sale- 9am-3pm	Crafts and Chat- 12pm-2pm Bingo- 2pm-4pm Ashland- 7pm-8pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
06	07	08	09	10	11	12
	Cards- 10:30am-12pm Scrabble- 11am-12pm	Mahjong- 11:30am-2pm	Pumpkin Painting- 1:30pm-2:30pm	Crafts and Chat- 12pm-2pm Bingo- 2pm-4pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
13	14	15	16	17	18	19
	Cards- 10:30am-12pm Scrabble- 11am-12pm	Mahjong- 11:30am-2pm Movie day- 2pm-4pm	ABC's of Medicare- 12pm-2pm	Crafts and Chat- 12pm-2pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
20	21	22	23	24	25	26
Trunk or Treat	Cards- 10:30am-12pm Scrabble- 11am-12pm Luncheon- 2pm-4pm	Mahjong- 11:30am-2pm	Foreverwell slide- 8:50am-9:50am	Crafts and Chat- 12pm-2pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
27	28	29	30	31		