



FOREVERWELL

October 2024 - New Hope Y

Save the Date

VOLUNTEERS NEEDED

October 10th Senior Expo and Craft Market. Shifts between 8am and 1:30pm. Contact Nancy 763-592-5520

FLU SHOTS AVAILABLE

Thursday October 10, 10am-12:30pm in the Gym during our Senior Expo and Market event.

Administered by Thrifty White Pharmacy. Pre-register here or walk-in. Bring Insurance Card



ANNUAL KNITTERS AND CROCHETERS SALE TO RAISE MONEY FOR THE NHY ANNUAL FUND

November 10-13th Lobby Hats, scarves, mittens, ornaments, dish cloths, baby items.....



Planners needed for the Annual ForeverWell Holiday Party. Contact Nancy 763-592-5520



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR EXPO & MARKET

THURSDAY OCTOBER 10, 2024 10AM - 12:30PM

NEW HOPE YMCA GYMNASIUM

7601 42ND AVENUE NORTH, NEW HOPE MN 763-535-4800

Over 30 Service Organizations and Businesses represented

Craft Fair - many handcrafted items for sale

Flu Vaccinations sponsored by UCare and administered by Thrifty White Pharmacy. Use QR code to pre-register (recommended) walk-ins also accepted - bring Insurance Information

West Metro Fire "Heart Safe" CPR class at 11am in Multi-Purpose Room Fire Extinguisher prop available in Gym to practice putting out a home fire AND MORE!



EVENT IS FREE AND OPEN TO THE COMMUNITY

VISITORS WILL BE ASKED FOR PHOTO ID AT WELCOME DESK

Door Prizes!

22-9801

BRANCH HOURS

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

Customer Service:
612-230-9622

New Hope Y

7601 42nd Avenue North
Nancy Danielson,
ForeverWell Coordinator
nancy.danielson@ymcanorth.org
Phone: 763-592-5520



Ymcanorth.org/foreverwell

FOREVERWELL IN - BRANCH GROUP EXERCISE CLASSES

MONDAY:

*8:00am	Water Exercise with Tracy	Pool
8:15am	ForeverWell Combo with Renee	Studio 1
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Nancy	Studio 1
1:30pm	Tai Chi with Tom	Studio 2

TUESDAY:

*8:00am	Aqua Zumba with Maren	Pool
8:15am	ForeverWell Combo with Angie	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
10:30am	ForeverWell Combo with Renee	Studio 1
*11:00am	Arthritis Water Exercise with Carole	Pool
11:30am	Chair Yoga with Shayna	Studio 1

WEDNESDAY:

*7:15am	Deep Water Exercise with Tracy	Pool
11:00am	Line Dancing with Colette	Studio 2
11:00am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:00pm	Body Balance with Colette	Studio 2
12:00pm	SilverSneaker® Classic (chair) Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

THURSDAY:

*7:45am	Aqua Zumba with Amanda	Pool
8:15am	ForeverWell Combo with Renee/Mary	Studio 1
9:30am	Zumba with Yasmin	Studio 2
11:00am	ForeverWell Combo - Virtually led	Studio 2
*11:00am	ForeverWell Water Ex with Carole	Pool

FRIDAY:

*7:15am	Aqua Zumba with Amanda	Pool
9:30am	Gentle Yoga (floor) with Mary	Studio 2
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Nancy	Studio 1

SATURDAY:

11:00am	ForeverWell Combo - Virtually led	Studio 2
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* THESE ACTIVITIES STILL REQUIRE RESERVATIONS:

Reserve your space using the Y app, this link <https://www.ymcanorth.org/reservations> or call Customer Service 612-230-9622

GETTING STARTED AT THE NEW HOPE Y

DISCOVER ALL THE BENEFITS OF YOUR YMCA FOREVERWELL MEMBERSHIP.

Contact Nancy Danielson, ForeverWell Coordinator, to make an appointment. We'll talk about Group Exercise classes, pool use, social opportunities, virtual activities and more. Then tour the facility, watch a class in action or try a fitness machine.

Nancy Danielson, ForeverWell Coordinator
763-592-5520 nancy.danielson@ymcamn.org



FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER

One-on-One 60-minute session with a certified personal trainer to explore your mobility and flexibility and discuss opportunities to MOVE at the Y. This assessment also includes a full tour of the Fitness Center and popular equipment. Register at New Hope Welcome Desk or at YMCAMN.org

Questions: **Gary Sandin, Health and Wellness Director 952-582-8284**
gary.sandin@ymcanorth.org

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

Daylight Saving Time ends
November 3, 2024. Remember to
set your clocks back one hour.

WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

MONDAYS: PICKLEBALL IN THE GYM - 10am - 12pm

MONDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS - 2:00-4:00pm Pool Lobby

TUESDAYS: COFFEE CHAT - 8am-10am Lobby

TUESDAYS: MAHJONGG - 12:30pm-2:30pm Pool Lobby

WEDNESDAYS: COFFEE CHAT - 8am-10am Lobby

WEDNESDAYS: PICKLEBALL IN THE GYM - 10am - 12pm

WEDNESDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

WEDNESDAYS: CRIBBAGE 1:00pm Pool lobby. Cribbage board and cards available at Welcome Desk.

FRIDAYS: PICKLEBALL IN THE GYM - 10am - 12pm

FRIDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

FRIDAYS: FOREVERWELL COFFEE SOCIAL - 1:30pm Pool Lobby. Coffee provided, bring a snack.

SATURDAYS: PICKLEBALL IN THE GYM - 12-2pm

BOOK DISCUSSION GROUP MEETS THE THIRD THURSDAY OF THE MONTH IN MULTI-PURPOSE ROOM

October 17, 2024: 2:00-3:00pm The Devil In the White City by Erik Larson

November 21, 2024: 2:00-3:00pm The Man In the Brown Suit by Agatha Christie

FREE MEMBER WELLNESS BENEFITS

Members may participate in each opportunity one-time.

30-Minute Wellbeing Consultation (Virtual and In-Person Options*) (\$45 Value): A wellbeing consultation is a 30-minute conversation to explore what matters most to you on your wellbeing journey and help discover potential next steps. - Register at [YMCAMN.org](https://www.ymcamn.org) [Health & Wellbeing Coaching In Twin Cities MN - Mind, Body & Spirit | YMCA of the North \(ymcanorth.org\)](https://www.ymcamn.org/Health-Wellbeing-Coaching-In-Twin-Cities-MN-Mind-Body-Spirit)

30-Minute Nutrition Consultation (Virtual and In-Person Options*) (\$45 Value): A nutrition consultation is a 30-minute conversation to discuss your primary concerns or goals, and opportunities to further support your wellbeing through food/nutrition. [YMCA Nutrition Coach In Twin Cities MN - Online Nutrition Consulting | YMCA of the North \(ymcanorth.org\)](https://www.ymcamn.org/Online-Nutrition-Consulting)

* In person Consultation Locations vary

REGISTER FOR THE SENIOR LIVING TOUR

TUESDAY OCTOBER 29, 2024 -

LEAVE NEW HOPE Y AT 9:30AM, RETURN BY 3:30PM

Tour apartment living, assisted living, and memory care. The day starts with a brief orientation, then together tour up to 4 unique senior living communities. You will enjoy a complimentary lunch and return by 3:30 p. m. Must be able to enter and exit van without assistance.

Cost: \$20 and Includes lunch

Register at Member Welcome Desk or at

[Activity Finder | YMCA of the North \(ymcanorth.org\)](https://www.ymcamn.org/Activity-Finder)

Space is limited.



Stewards of the North Campaign

September 30 - October 4

[ymcanorth.org/stewards](https://www.ymcamn.org/stewards)



I'm honored to be a monthly donor. It's important to me to give back to the Y so others can enjoy it the way I do.

-Melissa, branch member & sustaining donor



Our sustaining donors support our programs and resources through recurring gifts. This funding plays an important role in enabling us to plan ahead while ensuring we can meet the current needs of all who count on us here at the **New Hope YMCA**.

When you sign up to be a sustainer as a [Steward of the North](https://www.ymcamn.org/stewards), you will join this special community of donors whose impact is seen and felt by many - both today and in the future.

Stop by the branch **September 30th - October 4th** and to learn more about becoming a sustaining donor.

OCTOBER SAFETY TOPIC – 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 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

STRENGTH TRAINING FOR SENIORS

Work with a Personal Trainer who will safely lead you through exercises to develop strength and coordination to improve your activities of daily living.

- Classes are on a subscription and are ongoing
- Cost is **\$63** for 5 sessions per month, **\$114** for 10 sessions per month

MONDAYS 1:30-2:15 PM

TUESDAYS 10:30-11:15 AM

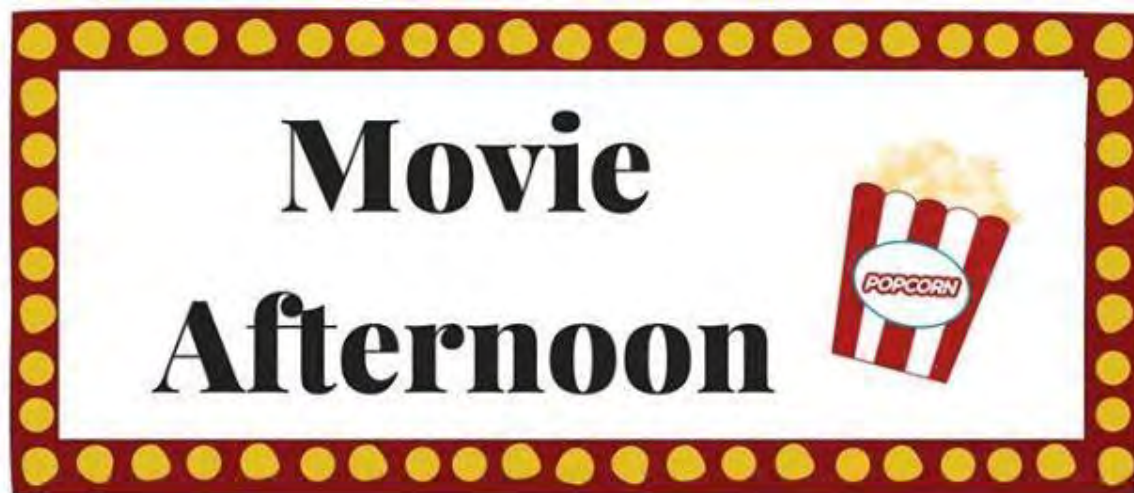
WEDNESDAYS 1:30-2:15 PM

FRIDAYS 10:30-11:15 AM

DO YOU LIKE TO JOURNAL?

OR DO YOU WANT TO GET STARTED?

Join Nancy on Wednesday October 2nd, 9:30am In the Multi-Purpose Room where we will write about a memorable vacation. Coffee will be available at the front Lobby, grab a cup and bring it with you. This will be a light-hearted activity that will hopefully Inspire future topics.



Popcorn and a Movie Wednesday October 23rd, 1:30-3:30pm In the Multi-Purpose Room.

Vote for your Movie Choice at the Welcome Desk September 30-October 4

SAVE THE DATE: THURSDAY NOV 7TH, 6:30-8:30PM
NEW HOPE YMCA MULTI-PURPOSE ROOM

FREE CLASS ON WOMEN'S HEALTH CONCERNS -
BREAST CANCER, HEART ATTACK, WOMEN AT RISK

Sponsored by New Hope Women of Today

Free and open to the public. More details coming soon!



CITY OF
CRYSTAL
MINNESOTA

RECOGNIZE AND AVOID SENIOR SCAMS

**PRESENTED BY
SERGEANT BRANDON DORR
CRYSTAL POLICE DEPARTMENT**

Tuesday October 15th, 12:30pm in the multi-purpose room.

Coffee and snacks provided.

Please pre-register at the Member Welcome Desk by October 14th.

ymcanorth.org

New Hope Y ForeverWell Activity and Event Calendar – October 2024

Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p>	<p>2 Coffee Chat 8-10am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p> <p>Vacation Journal 9:30am MPR</p>	<p>3</p>	<p>4 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>ForeverWell Social 1:30pm Pool Lobby</p>	<p>5 Pickleball in Gym Noon – 2pm</p>
<p>7 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters 2-4:00pm Pool lobby</p>	<p>8 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p>	<p>9 Coffee Chat 8-10am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p>	<p>10 Senior Expo and Craft Market 10am-12:30pm Gym</p>	<p>11 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>ForeverWell Social 1:30pm Pool Lobby</p>	<p>12 Pickleball in Gym Noon – 2pm</p>
<p>14 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters 2-4:00pm Pool lobby</p>	<p>15 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p> <p>Senior Scams Presentation 12:30pm MPR</p>	<p>16 Coffee Chat 8-10am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p>	<p>17 Book Group 2:00-3:00pm Studio 2</p>	<p>18 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>ForeverWell Social 1:30pm Pool Lobby</p>	<p>19 Pickleball in Gym Noon – 2pm</p>
<p>21 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters 2-4:00pm Pool lobby</p>	<p>22 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p>	<p>23 Coffee Chat 8-10am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p> <p>Popcorn & Movie 1:30pm MPR</p>	<p>24</p>	<p>25 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p>	<p>26 Pickleball in Gym Noon – 2pm</p>
<p>28 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Knitters and Crocheters 2-4:00pm Pool lobby</p>	<p>29 Coffee Chat 8-10am, Lobby</p> <p>Mah Jongg 12:30-2:30pm Pool Lobby</p>	<p>30 Coffee Chat 8-10am Lobby</p> <p>Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p> <p>Cribbage 1:00pm Pool Lobby</p>	<p>31 Happy Halloween!</p>	<p>Nov 1 Pickleball in Gym 10am-Noon</p> <p>Water Volleyball 11am-1pm</p>	<p>Nov 2 Pickleball in Gym Noon – 2pm</p>