



FOREVERWELL

October

2024

SAINT PAUL EASTSIDE YMCA

FOREVERWELL CLASS SCHEDULE

WATER EXERCISE

MONDAYS/WEDNESDAYS/FRIDAYS

10:00 am-10:45 am

MONDAYS

5:30 pm

SPIRIT

PICKLEBALL

TUESDAYS/THURSDAYS/SATURDAYS

9:00-Noon

SILVERSNEAKERS® CIRCUIT

TUESDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CIRCUIT

THURSDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CLASSIC

FRIDAYS

10:55 am-11:40 am

**Watch for details in early
October for a**



Enjoy:

**Carnival games, Crafts, Costumes, Candy,
Children and ForeverWell Caregivers**

More details to come . . .

Optimistic October 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



Free Vaccine Clinic For Seniors

Date : Thursday, Oct 31st

Time: Noon until 2 pm

Location: Hazel Park United Church of Christ

1831 Minnehaha Ave E

Saint Paul MN 55119

Adults, 65 and over, living in the East Side can join us to get their flu, covid, and RSV shots for completely free.

This is limited to the first 100 seniors who come between noon and 2pm on the afternoon of Halloween.

Availability is first-come, first served. No RSVP is needed.

For questions please call 651-808-1901 or email us at neseniorsforbetterliving@gmail.com

Coffee and Conversation

Join us for coffee and conversation on

Fridays (Upstairs)
10:45 am–12:00 pm

Feel free to bring a snack to share.

YMCA will provide coffee

BRANCH HOURS

Monday–Friday
5:00 am–9:00 pm

Saturday–Sunday
7:00 am–5:00 pm

Barb I–Fudali

ForeverWell Coordinator

Barb.lacarella-Fudali@ymcamn.org
612-230-3473

ST PAUL EASTSIDE

875 Arcade Street
St. Paul, MN 55106