



FOREVERWELL

OCTOBER 2024 | ST. PAUL MIDWAY YMCA

IN THIS ISSUE

EXISTING FOREVERWELL PROGRAMS AT MIDWAY

Coffee and Conversation
Thursdays from 11-12:30
(Kitchen/Community Room)

Bridge Group
Wednesdays from
12-2 pm (Kitchen)

Pickleball
Monday through Friday from
8 am to 12 pm (Gym)
(Tuesdays are beginner day,
all are welcome to help)

FOREVERWELL BINGO

Every other Wednesday
October 16th and 30th from
11:15 am to 12:15 pm in the
Community Room. There will be
no Bingo on October 2nd.

COFFEE ON THE ROOFTOP

Join in for a cup of coffee and
check out the rooftop at the
Midway YMCA.
Wednesday, October 2nd at 9:30
AND 11:30 am (Meet in the Lobby)

Intergenerational Story Time!

Read to kids at the Y!
Tuesday, October 15th, at
11:30. Meet in the lobby.
Reading volunteers needed!

OCTOBER – ACTIVE AGING WEEK AND MORE!

ForeverWell at the YMCA brings you opportunities to enrich all dimensions of your wellbeing!

The first week of October is Active Aging Week!

Tuesday, October 1st: Flu Shot and updated COVID Vaccine Clinic. 9 am to 12 pm in the Community Room. Walk ins are welcome!

Wednesday, October 2nd: Coffee on the rooftop at 9:30 AND 11:30 am. Meet in the lobby.

Thursday, October 3rd: Balance Assessments from 11:30 am to 12:30 pm. Assess how your balance is and how it can be improved. Meet in Studio Flex B/C.

Friday, October 4th: ForeverWell Jeopardy! Trivia time in the Kitchen at 11:30. Join in for some fun, knowledge, and prizes!

Looking ahead to November...

- **On Friday, November 1st we will be having a special edition of the Decluttering Workshop – the topic will be holiday gifts and accumulation of items. 11:30 am in the Community Room.**

We now have a variety of small group training opportunities (strength training for seniors, pilates reformer, muscle stretch and release, sound bowls, and more!) To learn more go to ymcanorth.org/wellbeing or ask the front desk for more information or how to register. More pilates reformer classes coming soon!

Thank you for being a member of the YMCA and have a great October!

BRANCH HOURS

Monday-Friday: 5am-9pm
Saturday: 7am-5pm
Sunday: 7am-5 pm
YMCA Customer Service
(612) 230-9622

MIDWAY YMCA

1761 University Ave W
Saint Paul, MN 55104
ForeverWell @ Midway
Hayley, ForeverWell Coordinator
hayley.kilbride@ymcanorth.org
651.259.9623

<https://www.ymcanorth.org/>

BIRTHDAYS OF THE MONTH!

Last Tuesday of every month – October 29th from 11-12 pm in the kitchen/community room

Celebrate those who have had birthdays this month with treats, coffee, and singing! (Any ForeverWell members are welcome, not just those who have had a birthday)



Nutrition Tip for October

It is fall, which means that it is a great season for apples! Apples are a great source of both fiber and vitamin C. Apples are also a great source of antioxidants.

There are so many delicious varieties to choose from.

Next time you are hungry for a snack, reach for a delicious, nutritious, crunchy apple!

The YMCA offers complimentary 30-minute consultations for both nutrition and health coaching. You can learn more by heading to ymcanorth.org/wellness/experiences or by talking to the front desk to learn more/sign up.

Health Workshop – Dr. Kriva Presentation: “Eat Your Way to Good Health”

This talk discusses the latest understandings of proper nutrition and it’s relationship to great health. New understandings of the type and quantity of fats, proteins and carbohydrates most healthy to eat are presented based on current research. Vitamins and other nutrients are also discussed. Finally, the attendees are given an easy to understand program that they can implement immediately that will begin to improve the impact diet has on their health.

Thursday, October 24th at 12 pm in the Kitchen.

FOREVERWELL ORIENTATION/ NEW MEMBER INFORMATION + EGYM

Welcome to the Midway YMCA! ForeverWell is an awesome program geared to all YMCA members 55 and older. We have many different classes, programs, and events that will help you improve your mind, body, and spirit.

If you are interested in learning more about the ForeverWell program, would like to schedule a ForeverWell Orientation, or if you have any suggestions for programming, contact Hayley at Hayley.Kilbride@ymcanorth.org or 651.259.9623. I would love to hear your ideas!

Current ForeverWell Orientation dates and times for September:
Monday, October 7th, 14th, 21st, and 28th at 12:30 pm (Meet in the Lobby)

Schedule your fitness assessment today! With your membership at the YMCA you get a complimentary 60 minute fitness assessment with a personal trainer. Contact the front desk at the Y or Hayley to schedule your assessment.

What is EGYM? EGYM is a full body strength training circuit with 11 machines that are tailored to you and your strength needs. Looking to get an EGYM orientation? Orientations are now by appointment – talk to the front desk to schedule your EGYM orientation.

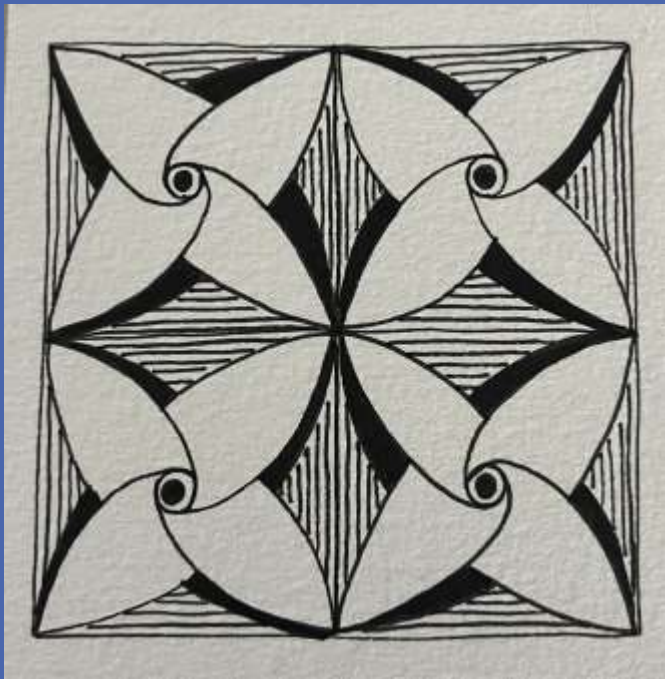
ZENTANGLE DRAWING WORKSHOP

Zentangle Drawing Workshop is back by popular demand!

Join Laura, fellow YMCA and Zentangle Drawing instructor for another fabulous drawing class.

Combine meditation and drawing with Zentangle! Zentangle is a drawing method that uses structured, repeating patterns to create one of a kind art. No drawing experience necessary.

Friday, October 26th at 11:30 am in the Community Room.

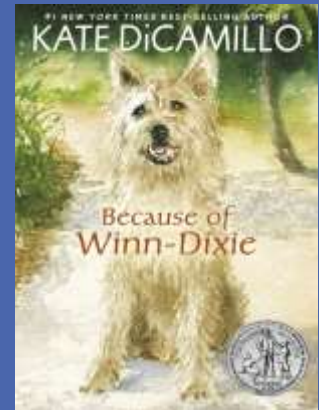


An example of a Zentangle drawn by Laura.

ST. PAUL MIDWAY YMCA BOOK CLUB

The next book for the St. Paul Midway YMCA Book Club is "The Chicken Sisters" by KJ Dell'Antonia and "Because of Winn-Dixie" by Kate DiCamillo.

Book Club will meet on Thursday, October 17th at 10 am in the Kitchen.



Contact Pam at 651-699-4555 with any questions or if you need a book.

Spring Cleaning: Decluttering Workshop Check In

Are you looking to clean up and declutter your spaces? If so, this workshop is for you! Join Mary, fellow ForeverWell member, who will be leading this decluttering workshop for the Y.

New members welcome!

Friday, November 1st at 11:30 am in the Community Room. Coffee will be provided.

Contact hayley.kilbride@ymcanorth.org to sign up.

ST. PAUL MIDWAY YMCA CALENDAR - OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Pickleball 8-12 (Gym)</p> <p>Flu Shot Clinic 9 am to 12 pm (Kitchen/Community Room)</p>	<p>2 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p> <p>Red Cross Blood Drive</p>	<p>3 Pickleball 8-12 (Gym)</p> <p>11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>4 Pickleball 8-12 (Gym)</p> <p>ForeverWell Jeopardy! 11:30 am (Kitchen)</p>
<p>7 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12:30 pm (Meet in the Lobby)</p>	<p>8 Pickleball 8-12 (Gym)</p>	<p>9 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p>	<p>10 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>11 Pickleball 8-12 (Gym)</p>
<p>14 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12:30 pm (Meet in the Lobby)</p>	<p>15 Pickleball 8-12 (Gym)</p> <p>Intergenerational Story Time 11:30 am (Meet in Lobby)</p>	<p>16 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p> <p>Bingo 11:15-12:15 (Community Room)</p>	<p>17 Pickleball 8-12 (Gym)</p> <p>Book Club 10 am (Kitchen) 11-12:30 Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>18 Pickleball 8-12 (Gym)</p>
<p>21 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12:30 pm (Meet in the Lobby)</p>	<p>22 Pickleball 8-12 (Gym)</p>	<p>23 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p>	<p>24 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Dr. Kriva Presentation 12 pm (Kitchen) Mahjongg 1-3 (Kitchen)</p>	<p>25 Pickleball 8-12 (Gym)</p> <p>Zentangle Drawing Workshop 11:30 am (Community Room)</p>
<p>28 Pickleball 8-12 (Gym)</p> <p>ForeverWell Orientation 12:30 pm (Meet in the Lobby)</p>	<p>29 Pickleball 8-12 (Gym)</p> <p>Birthdays of the Month 11 am (Kitchen)</p>	<p>30 Pickleball 8-12 (Gym)</p> <p>Bridge Group 12-2 pm (Kitchen)</p> <p>Bingo 11:15-12:15 (Community Room)</p>	<p>31 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>NOVEMBER 1ST</p> <p>Pickleball 8-12 (Gym)</p> <p>Decluttering Workshop 11:30 am (Community Room)</p>

ForeverWell Group Exercise Classes to

Check Out: (Full Class Listing Online or Posted on Studio Doors)

Mondays:

Water Exercise – 6:45 am with Dori (Pool)
ForeverWell Cardio – 8:30 am with Brenda (Studio A)
Deep Water Exercise – 9 am with Dori (Pool)
Tai Chi for Practice – 10 am with John (Studio B)
SilverSneakers Classic – 10:15 am with Heidi (Flex B/C)
Yoga – 10:45 am with Sandra (Studio A)
Line Dancing – 11:15 am with Hayley (Flex B/C)
Silver Sneakers Yoga – 12:15 pm with Sandra (Flex B/C)

Tuedays:

Gentle Yoga – 8:15 am with Laura (Studio A)
Water in Motion – 9:30 am with Lacy (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Flow – 10:45 am with Alexa (Studio A)

Wednesdays:

Water Exercise – 6:45 am with Dori (Pool)
Zumba Gold – 8:30 am with Hayley (Studio A)
Mat Pilates – 9 am with Abby (Flex B/C)
SilverSneakers Classic – 10:15 am with Brenda (Flex B/C)
Yoga – 10:45 am with Sandra (Studio A)

Thursdays:

Deep Water Exercise – 9:00 am with Dori (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Gentle Yoga – 11:30 with Barbara (Studio A)

Fridays:

ForeverWell Cardio – 8:30 am with Catherine (Studio A)
SilverSneakers Classic – 10:15 am with Hayley (Flex B/C)
Yoga – 10:45 am with Dan (Studio A)

Saturdays:

ForeverWell Strength – 11:45 with Catherine (Flex B/C)

Sundays:

Yoga – NEW TIME Starting September 8th – 3:00 pm with Mike

Studio A – downstairs
Flex B/C – upstairs

***SCHEDULE SUBJECT TO CHANGE. Please see the front desk with questions. To see the current schedule, download the Y app or visit our website at ymcanorth.org.**