



# FOREVERWELL

OCTOBER 2024 | WHITE BEAR AREA YMCA

## SAVE THE DATE

### BOOK CLUB

Join on the 2nd Monday of the month.

Next Book Club is October 14.  
Discussion about

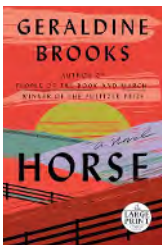
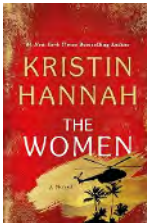
#### The Women

begins at 11:30 am  
in the Commons, led  
by Carole Overlie.

Please contact Ann

[ann.sellers@ymcamn.org](mailto:ann.sellers@ymcamn.org)

if you would like to be added to  
the group email list.



November Book  
Club will meet on  
November 11 and  
with be discussing

**Horse** by  
Geraldine Brooks

### FLU SHOT CLINIC

The White Bear Area YMCA in  
partnership with Cub Foods will  
be offering 2024 Flu shots  
(both the regular and the high  
dose) on October 10, 2024  
from 10:00 am - 2:00 pm. We  
will also be offering the new  
COVID vaccine. Check at the  
Welcome Desk for details.



## WHAT IS FOREVERWELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life. Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community. Check out all of our activities in this newsletter.

## WELCOME TO FALL

Hello White Bear Area YMCA ForeverWell Members!

My name is Ann and I am your new ForeverWell Coordinator. I am very excited to work with all of you and be available to answer any questions or take any suggestions that you might have for our ForeverWell program at the White Bear Area Y. I have been working with other ForeverWell programs across Twin Cities YMCAs and I am looking to our new adventures. I am here to help, so feel free to contact me. [ann.sellers@ymcanorth.org](mailto:ann.sellers@ymcanorth.org) or 952-897-5479.



### BRANCH HOURS

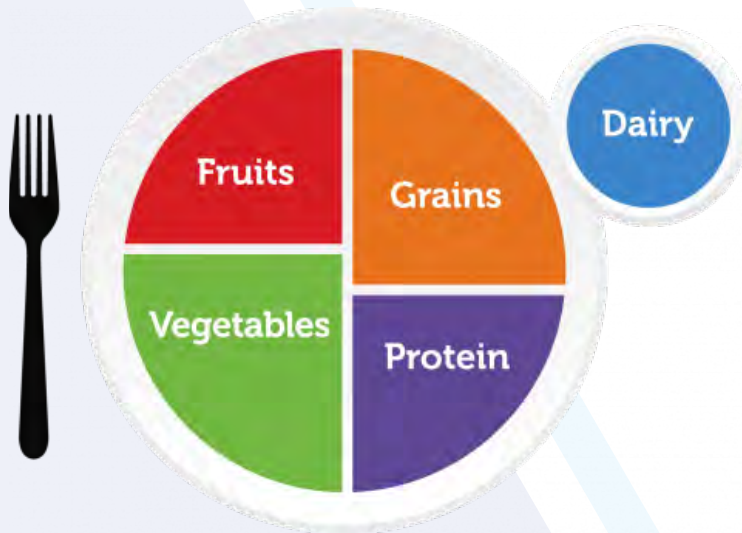
Monday - Friday 5am-9pm  
Saturday - Sunday 7am-5pm

### WHITE BEAR LAKE YMCA

2100 Orchard Lane  
White Bear Lake, MN 55110

# SENIOR HEALTH AND WELLNESS

## EATING HABITS



### Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks you choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.

## DRINK WATER

How much H<sub>2</sub>O should you drink?

Drink 8 - Eight ounce cups of water per day

Hydrate before - during - after work

\*\*\*Try to drink smaller amounts of water more frequently through the day\*\*\*



## EXERCISE

Staying physically active is a cornerstone of senior health. We are encouraging you to engage in activities that suit your fitness levels. From gentle exercises like walking, swimming, or yoga to more intensive options like strength training, a variety of physical activities can be tailored to individual preferences. See the Welcome Desk for a FREE 60 minute Fitness Assessment

## SLEEP



Quality sleep is a vital to good health. Everyone should prioritize establishing healthy sleep patterns. Creating a comfortable sleep environment, maintaining a consistent sleep schedule, and practicing relaxation techniques contribute to better sleep quality.

## PROTEIN

### Benefits to getting enough protein



Helps prevent falls



Speeds recovery from illness and hospitalization



Slows sarcopenia, a gradual and progressive decline in muscle mass, strength, and endurance



Reduces risk of disability



Helps prevent malnutrition



Those who increase their protein intake, often eat more fruits and vegetables

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4924200/> ; <https://www.sciencedirect.com/science/article/pii/S1525861013003265>



OLDER ADULTS



What's your move?

**Physical activity can make daily life better.**

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

**What types of activity do I need?**

**Moderate-intensity aerobic activity**

Anything that gets your heart beating faster counts.



**Muscle-strengthening activity**

Activities that make your muscles work harder than usual count.



**And mix in activities to improve your balance!**

Aim for a mix of aerobic, muscle-strengthening, and balance activities.



**Physical activity can help manage many health problems.**

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

**Just getting started?**

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

**And all sorts of activities count.**



Even things you have to do anyway



Even things that don't feel like exercise

**You can get more active.**

No matter your age, you can find a way that works for you.



So take the first step. Get a little more active each day. **Move your way.**



**JOIN US ON THE MEZZANINE**

ForeverWell Participants! We will have the space and the coffee, you can bring the conversation!

Tuesdays: 11:30am - 12:30pm

Wednesday: 10:30 - 11:30 am



**WALKING CLUB**

1st & 3rd Mondays 11:30 am

Meet in the YMCA Lobby to explore Lakewood Hills Trails.

Upcoming Walking Dates:

(weather permitting)

October 1, 15, and 28



**QUESTIONS ABOUT MEDICARE?**

Come ask a Medicare expert. Free and open to all. No registration necessary.

Where: The Commons

When: October 9, 2024

November 6, 2024

Time: 12:00 - 1:00 pm



# HALLOWEEN FUN

Dancing - Candy - Fun - and More!!!

PLEASE BRING AN  
NON-PERISHABLE ITEM  
AS A DONATION TO  
THE WBL FOOD SHELF

Please join us for

## Trunk or TREAT



Thursday, October 24TH  
5:00pm - 7:00pm

White Bear Area YMCA and  
Catalyst Church  
2100 Orchard Lane  
White Bear Lake, MN 55110

Candy donations are appreciated.  
Drop off Donations in the Y Lobby

This is a FREE Event. Safe Trick or Treating for the community. Don't forget your costume



## BINGO

WEDNESDAY, OCTOBER 23RD

11-12:30 PM

IN THE COMMONS

Please join us as we call out your  
lucky numbers to win prizes!  
Bring your best White Elephant Gift  
to increase our prize pool!

## OCTOBER SAFETY TIP

### 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

## Gifts for Seniors

Bins will be available in the lobby mid-November

**Holiday Season Gift Drive**

Support our 31st Annual Holiday Gift Drive for isolated older adults. Gifts for Seniors provides resources and life-affirming personal contact. With the critical support of donors, volunteers, and community partnerships, we strive to alleviate the loss of connection to others and the devastating spiral into isolation.

Visit [www.giftsforseniors.org](http://www.giftsforseniors.org) for gift registries and information!



## PAINTING WITH SANDY

October dates and more information about the painting class will be posted at the Member Service Desk at the White Bear Area YMCA soon! Sign up early as seats will be limited and expected to fill quickly.

# FOREVERWELL CLASSES

Here is a list of ForeverWell classes at the White Bear Area YMCA. You are not limited to just these classes. Check the online schedules for all classes at all the YMCA of the North locations at [www.ymcanorth.org](http://www.ymcanorth.org)

## Mondays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 pm	Water Exercise	Blue Pool
9:45-10:30 am	ForeverWell Strength	Gym
9:50-10:50 am	Tai Chi	Studio B

## Tuesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:30-11:15am	Chair Yoga	Gym
7:00-7:45 pm	Water Exercise	Blue Pool

## Wednesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:45-10:30 am	SilverSneakers Classic	Gym
10:00-10:45am	Water Exercise Power	Blue Pool
11:15-12:15pm	Tai Chi	Studio B

## Thursdays:

8:45-9:30 am	ForeverWell Combo	Studio A
10:00-10:45am	Water Exercise Power	Blue Pool
1:15-2:15 pm	Line Dancing	Studio A

## Fridays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:45-11:30am	Silver Sneakers Circuit	Gym
11:30-12:15pm	Chair Yoga	Gym

## Sundays:

3:00-3:45pm	Water Exercise	Blue Pool
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## **ForeverWell Combo**

Enjoy a blend of cardio, strength and stretching in this low impact class. Your endurance, muscle tone and flexibility will improve with this energetic class. All levels.

## **Water Exercise**

This class provides a light to moderate aerobic workout that increases endurance, core strength and flexibility. There is limited use of equipment. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

## **ForeverWell Strength**

This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles. Level: All. Free drop-in class for Members.

## **Deep Water Exercise**

This low to moderate intensity water workout offers exercises for every body part with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture. Level: ALL. Free drop-in class for Members. Limited supply of buoyancy belts available, members encourage to bring their own.

## **Chair Yoga**

Chair Yoga – A gentle form of yoga practiced sitting in a chair and/or using the chair for support. Enjoy the benefits of traditional yoga including flexibility, strength, concentration and deep breathing.

## **SilverSneakers™ Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Level: All. Free drop-in class for Members.

## **Water Exercise Power**

This class provides a high-intensity workout to increase strength and endurance for the upper and lower body and core. Equipment may be used. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

## **Zumba Gold®**

Zumba Gold® is guaranteed to provide a safe and effective total body workout. Class design introduces easy to follow Zumba dance moves and rhythms including Cumbia, Salsa, Merengue, Tango, Rumba, Cha-Cha and many other contemporary dances. Perfect for all ages and physical abilities looking for a low impact Zumba class that recreates the original moves you love at a lower-intensity. Classes focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and leave feeling empowered and strong!

## **Line Dancing**

You'll learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed. Level: All. Free drop-in class for Members.

## **Tai Chi For Health Instruction**

Tai = big or great. Chi = ultimate energy. Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Say goodbye to sweating, puffing and panting and say hello to feel cool, calm, refreshed and energized. Participants learn the "how" and the "why" behind each movement.

Will you join us in building a bright future for our Y community?

**BECOME A SUSTAINING DONOR TODAY!**



# Stewards of the North Campaign



September 30 - October 4

Scan this code or go to [ymcanorth.org/stewards](https://ymcanorth.org/stewards) to sign up online and receive a **custom donor car magnet** in the mail!



**DON'T MISS OUT ON THE OPPORTUNITY TO DOUBLE YOUR IMPACT:** When you sign up during the campaign, each recurring gift will be matched dollar for dollar for a full calendar year!

# OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p>  <p>Walking Club 11:30 am</p>	<p>2</p> <p>Will you join us in building a bright future for our Y community? <b>BECOME A SUSTAINING DONOR TODAY!</b></p>  <p><b>DOUBLE YOUR IMPACT!</b> <small>When you sign up during the campaign, each recurring gift will be matched dollar for dollar for a full calendar year!</small></p> <p>Stewards of the North Campaign Sept. 30-Oct. 4</p> 	<p>3</p>	<p>4</p>
<p>7</p>  <p>Try Tai Chi Class 9:50-10:50 am</p>	<p>9</p>  <p>Medicare Q&amp;A 12:30-1:30 pm</p>  <p>Coffee and Conversation 10:30 am-11:30 am</p>	<p>10</p>  <p>Coffee and Conversation 11:30 am-12:30 pm</p>	<p>11</p>  <p>Drink 64 oz of water today</p>  <p>Try Line Dance 1:15 - 2:15 pm</p>	<p>12</p>  <p>Water Exercise 10:00-10:45 Reservations Required</p>
<p>14</p>  <p>Book Club 11:30 am-12:30 pm</p>	<p>15</p>  <p>Walking Club 11:30 am</p>  <p>Coffee and Conversation 10:30 am-11:30 am</p>	<p>16</p>  <p>Coffee and Conversation 11:30 am-12:30 pm</p>	<p>17</p>  <p>National Pasta Day</p>	<p>18</p>  <p>Try Chair Yoga 11:30 am-12:15 pm</p>
<p>21</p>	<p>22</p>  <p>Coffee and Conversation 11:30 am-12:30 pm</p>	<p>23</p>  <p>Bingo 11:00-12:30</p>  <p>Coffee and Conversation 10:30 am-11:30 am</p>	<p>24</p>  <p>Trunk or Treat 5:00 - 7:00 pm</p>	<p>25</p>  <p>Eat a great tasting Fall Apple!</p>
<p>28</p>  <p>Try Tai Chi 9:50 - 10:50 am</p>	<p>29</p>  <p>Coffee and Conversation 10:30 am-11:30 am</p>	<p>30</p>  <p>Coffee and Conversation 10:30 am-11:30 am</p>	<p>31</p> 	

**WHITE BEAR LAKE YMCA**  
2100 Orchard Lane  
White Bear Lake, MN 55110

# FALL

## Word Search



N N R O C A O P J E A E I C G W J K E H  
 Q U E G I K I I N I K P M U P F S L E E T  
 S T K E F T G P X R C H I L L Y G J L S E  
 E S N V E O I I E A F X V T M D O D Y K D  
 P L E A V E S B H A Y B A L E A Y L A T I  
 T S E S Z N O W R K I X N I Z M H R N X R  
 E H W Q J T H S Q H S N U Z P Z K H N A Y  
 M K O W C G J G C K Q N X M G V V S H P A  
 B R L O P S T U N T S E H C N H X C F P H  
 E X L H W Y B A Q K N I N H I Q I A Q L D  
 R N A S X K A T G O P J V U V X L R R E O  
 B Z H Q O H H N V T B P E A I L M E X A Q  
 N M L N F R U E U G S M Z D G F H C M E P  
 G A E Z I A M F G O E E A P S G D R Z A V  
 B O U D V B A O H T E J V V K S L O K Q X  
 O R U T E W P O G B Q G Q R N S P W L C Q  
 C E G R U V T T M E E T K W A O B C L L C  
 D V O D M O B X T C W M N H H A I Z G H  
 I O J S Y N A Q B T P B O T Q U I L T J  
 C O Q T T L L H H L Z N O L W Z J U O  
 D L G C Y J L L X X J U K Z C C C R J W E

ACORN  
 APPLE  
 AUTUMN  
 CHESTNUTS  
 CHILLY  
 CIDER  
 COBWEB  
 FALL  
 FOOTBALL  
 GOURD  
 HALLOWEEN

HARVEST  
 HAY BALE  
 HAYRIDE  
 LEAVES  
 MAIZE  
 NOVEMBER  
 NUTS  
 OCTOBER  
 PUMPKIN  
 QUILT  
 RAKE

SCARECROW  
 SEPTEMBER  
 SLEET  
 THANKSGIVING

**DIRECTIONS:**  
 Find and circle the  
 vocabulary words in  
 the grid. Look for  
 them in all directions  
 including backwards  
 and diagonally.