



FOREVERWELL

OCTOBER | WOODBURY

THIS MONTH AT A GLANCE

Stewards of the North Campaign

Sep 30th–October 4th

DON'T MISS OUT ON YOUR OPPORTUNITY TO **DOUBLE YOUR IMPACT:**

When you sign up to become a donor during the campaign, each recurring gift will be matched dollar for dollar for a full calendar year!

Scan this code or go to ymcanorth.org/stewards to sign up online



ACTIVE AGING WEEK

Celebrate Active Aging Week with us from Sep 30–Oct 4th! Join us for special events and activities designed for our ForeverWell community. Check the event page for a full list of activities!



Celebrating our Octogenarians!

This month, we honor and celebrate our incredible members who are 80 years young and beyond! Join us as we recognize their wisdom, achievements, and contributions to our community. Let's come together to show our appreciation for these amazing individuals!

Party Like it's 1944!

When: Friday, October 25th 2:00pm–5:00pm

Where: Community Room

Step back in time to celebrate our incredible octogenarians with a full 1940s-themed party! Join us for an unforgettable event filled with classic swing music, vintage décor, and Polaroid photos. Dust off your dancing shoes and get ready to swing the day away on the dance floor!

BRANCH HOURS

Mon.– Fri: 5AM–9PM
Sat: 7AM–5PM
Sun: 7AM–5PM

WOODBURY

2175 Radio Drive,
Woodbury, MN
55125

TO CONTACT:

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YOUR FOREVERWELL COMMUNITY

MEDITATION

When: Every Monday at 9AM **Where:** Multi Purpose Room

Come for a relaxing and invigorating lesson on slowing the body down and being in the moment. Meditation is often the aspect of yoga that many struggle to sit through. Shelley will teach you many techniques with this calming class and, in turn, give you tools to regulate your nervous system.

BOARD GAME BUNCH

When: Every Monday @ 2pm **Where:** Community Room

Do you like board games and competitive, yet friendly new people? Join in on the fun!

THE SOCIAL BUNCH

When: Every Monday at 9:30-11am **Where:** Community Room

Join others as they gather for fun conversation, community, and making new memories with friends every week! If you are new to the Y, this can be a great way to meet others in your community and foster new friendships with welcoming ForeverWell members.

FOREVERWELL BOOKCLUB

When: The **Second** Tuesday of the month @ 1:30-2:30pm

Where: Community Room

This book club is for members who are looking for a community of book lovers such as themselves! Tuesday August 6th we will be discussing a book we have read that is about Minnesota, from a Minnesotan author, or based in Minnesota! **To learn more contact Anna Mae: annamaeg@msn.com**

60 & SOLO GROUP

When: Every 3rd Friday of the month, 2:30-3:30pm

Where: Studio 1

Specifically for individuals who are 60+ and live solo or far away from family. Whether you're looking to explore new hobbies, share in lively discussions, or simply enjoy the company of like-minded individuals, 60 & Solo is the group for you! Join us and start creating unforgettable memories with new friends.



GRIEF GROUP

When: Every Wednesday at 10AM **Where:** Studio 2

Join us for a self-guided discussion group dealing with loss. Come for coffee, to talk, or to just listen. We shouldn't have to do life, or go through grief, alone. ALL are welcome!

CARD GAMES GROUP

When: Every W/Fri Mornings around 10am

Where: Lobby area

Join in on the fun of playing cards, both Hand and Foot as well as Cribbage is popular games played. Even if you are unfamiliar with the card games, the members will gladly teach it to you so you can join in on the fun!



WATERBALL

When: Every Wednesday, 7:20am-8:05am **Where:** The pool

Waterball is a fantastic way to stay active, improve hand-eye coordination, and enjoy the pool with friends. Whether you're looking to break the ice with new acquaintances or just want to have a good time.

ForeverWell Coordinator

MY NAME IS SCARLETT AND I'M YOUR FOREVERWELL COORDINATOR!



ABOUT ME

I am currently a college student! Outside of the YMCA, I coach competitive cheerleading and compete in amateur boxing. I look forward to meeting you, please feel free to reach out with any questions or suggestions!

Email: scarlett.johnson@ymcanorth.org
Phone: 651-229-6423

WHAT CAN I HELP YOU WITH?

FOREVERWELL ORIENTATIONS

Wednesdays, at 9am

Are you new to the Y? Come learn what the Y has to offer you, get a tour of the facility and ask any questions you may have. Learn how to register for classes/activities, and so much more!

BALANCE ASSESSMENTS

Are you at risk for a fall? A 30 minute balance assessment can measure where you are at physically and what you can work on to improve your balance. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks follow.

Sign up at Member Service Desk.

WELLNESS TALKS & INFORMATION

Active Aging Week 9/30-10/4:



TUESDAY 10/1- Art Therapy

When: 12:30-1:30pm **Where:** Community Room

Explore your creative side with Art Therapy! This relaxing session encourages expression through art while helping to reduce stress, enhance well-being, and boost cognitive function.

WEDNESDAY 10/2- JEOPARDY!

When: 12:30-1:30pm **Where:** Community Room



Test your knowledge in a fun and friendly game of Jeopardy! Bring your competitive spirit and join us for a lively afternoon of trivia with categories for everyone to enjoy.

THURSDAY 10/3-BINGO

When: 12:30-2:00pm **Where:** Community Room



Join us for a classic game of Bingo! A great way to socialize and keep your mind sharp, with plenty of chances to win fun prizes.

FRIDAY 10/4- Healthy Snacks in the Lobby & extra Waterball session!

Finish off Active Aging Week with a focus on healthy eating! Stop by the lobby for a selection of nutritious snacks to fuel your day. We also added another session for our water ball lovers @ 7:20am!

THE FIVE SECRETS TO VIBRANT HEALTH



When: Thursday, October 17th 11:30-12:30pm **Where:** Studio 2

This talk by Dr. Kriva meets the audience where they are in terms of their current health. Then, the five keys to achieving and maintaining outstanding health are explained in a fun and easy-to-understand way. New, cutting-edge insights on diet, exercise, sleep, and other critical factors are provided, and attendees will leave with practical skills they can use to transform their health.

PLEASE SIGN UP AT MEMBER SERVICES

Nutrition Workshop: "Meal Prep Made Easy: Build Your Own Bowl" \$25



When: Friday, Oct 25th 11:30am-12:30pm

Learn tips and ideas for creating easy, customizable meals. This workshop will focus on practical ways to put together balanced and nutritious bowls using a variety of ingredients.

MOVING WITH PARKINSON'S \$25 for 1-time drop in or \$79 for 5 60-min classes

When: Thursdays from 1:30pm-2:30pm with **Monica** in **Studio 2**

Moving with Parkinson's will use research-based exercises and methods to help participants with Parkinson's work on balance, strength, motor coordination and flexibility in a safe environment

FOREVERWELL OCTOBER EVENTS

TALENT SHOW:

When: Wednesday, October 30th 4pm-6:00pm **Where:** The Gym



Join us for a YMCA Talent Show open to all ages! Whether you sing, dance, perform magic, tell jokes, showcase a unique skill, or something else entirely, this is your chance to shine. If performing isn't for you, ForeverWell members can still get involved by serving as judges. Don't miss this exciting evening filled with creativity, entertainment, and fun!

PLEASE SIGN UP AT MEMBER SERVICES TO JUDGE OR COMPETE

JEANIE'S JOURNEYS:



When: Wednesday, October 16th 11am-12:30pm **Where:** Community Room

Join us for an exciting mini concert and travel talk with Jeanie's Journeys! Enjoy a 30-minute concert of '60s and '70s oldies music, followed by a presentation of upcoming affordable tours for 2025. We'll kick things off with a little fun—get ready to dance along to "YMCA"! Refreshments will be provided, including donuts, fruit, cheese, and beverages.

PLEASE SIGN UP AT MEMBER SERVICES

BOUQUET CREATION DEMONSTRATION:

When: Monday, October 14th 11am-12pm **Where:** Community Room

Join us for a bouquet decorating demonstration! Watch as a professional creates beautiful floral arrangements and learn helpful tips for designing your own bouquets at home. This informative session will show you how to brighten up your space or craft the perfect gift.

PLEASE SIGN UP AT MEMBER SERVICES

OCTOGENARIAN PARTY: Party Like it's 1944!

When: Friday, October 25th 2:00pm-5:00pm **Where:** Community Room

Step back in time to celebrate our incredible octogenarians with a full 1940s-themed party! Join us for an unforgettable event filled with classic swing music, vintage décor, and polaroid photos. Dust off your dancing shoes and get ready to swing the day away on the dance floor!

PLEASE SIGN UP AT MEMBER SERVICES

INPUT SESSION

When: Tuesday, October 22nd 12:30-1:30pm **Where:** Community Room

This is your chance to share ideas, provide feedback, and help shape the future of our program. Your input will directly influence the programs and activities we offer, ensuring they meet the needs and interest of our community.

Please sign up at Member Services.



DICK LARKIN



This month, we highlight Dick Larkin, one of the individuals who played a pivotal role in establishing the Woodbury YMCA. In 1988, Dick became involved with the movement to bring a YMCA to the Woodbury community, recognizing the need for such a space. He helped build local support by encouraging residents to get involved and show their commitment to the cause.

Through his leadership, the team successfully raised \$800,000 for the project. Dick also contributed to the design and planning of the facility, helping ensure it would meet the community's needs as Woodbury continued to grow.

Before the YMCA had its own building, Dick was part of the effort that launched the "Y Without Walls" initiative in 1989, which brought YMCA youth programs and Youth in Government to the area. He also played an important role in securing the land for the Woodbury Y, thanks to a donation from Minnesota Mutual Life. Around the same time, Central Park, adjacent to the Y, was developed.

Dick served on the YMCA board for approximately 14 years, helping guide many key decisions over the years. His contributions to community development didn't stop there—he spent 12 years on the Woodbury Planning Commission, helping shape the city's growth.

A Minnesota resident since 1971, Dick moved from Ohio with his wife and two children. His enduring commitment to the YMCA and the Woodbury community is still felt today, and we are grateful for his lasting impact. We extend our heartfelt thanks to Dick and his countless contributions and generous donations throughout the years.



FOREVERWELL

CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- SilverSneakers® Yoga
- SilverSneakers® Classic
- Water Exercise

ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- Line Dancing
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- Water Exercise Tabata or Power

EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- Line Dancing Intermediate
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- Gentle Yoga

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 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.



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OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meditation @9am the social bunch @9:30am board games @2pm ACTIVE AGING WEEK MORNING STRETCH @8:30am 30	ART THERAPY @12:30PM 1	card games @10am Grief group @10am JEOPARDY! @12:30PM 2	BINGO @12:30PM 3	card games @10am EXTRA WATERBALL SESSION @7:20am HEALTHY LOBBY SNACKS 4
Meditation @9am the social bunch @9:30am board games @2pm 7	Book Club @1:30pm 8	card games @10am Grief group @10am 9	10	card games @10am 11
Meditation @9am the social bunch @9:30am board games @2pm BOUQUET DECORATING @11AM 14	15	card games @10am Grief group @10am JEANIE'S JOURNEYS @11AM 16	5 SECRETS TO VIBRANT HEALTH @11:30AM 17	card games @10am 60 & Solo @2:30pm 18
Meditation @9am the social bunch @9:30am board games @2pm 21	INPUT SESSION @12:30AM 22	card games @10am Grief group @10am 23	24	card games @10am OCTOGENARIAN PARTY @2PM 25
Meditation @9am the social bunch @9:30am board games @2pm 28	29	card games @10am Grief group @10am TALENT SHOW @4PM 30	31	card games @10am 1