FOREVERWELL

OCTOBER | DAYTON YMCA

SAVE THE DATE

FW HAPPY HOUR!

DEVIL'S ADVOCATE

1070 Nicollet Mall

TUESDAY OCT 15TH

4-6PM

SIGN UP AT FRONT DESK

FREE PILATES REFORMER DEMO

October 10th
10:00 -11:00am

Sign up at Member Services Desk

or email

Maureen.Bowen@ymcamn.org

Space is Limited

Flu and covid - vaccine clinic

Friday, November 1

10 am – 1 pm

Medicare Q & A table

Monday, October 14

9:30 am – 1 pm

FREE Balance Assessments
Friday, October 18.
Appointments available from 12:30 – 2:30 pm sign up at Member Services or email Maureen

BRANCH HOURS

Monday - Thursday: 6am-8pm
Fridays: 6am-7pm
Saturdays: 7am-12pm

DAYTON YMCA AT GAVIIDE

651 NICOLLET MALL
MPLS, MN 55402
612-230-3475

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR INVITED

COMMUNITY HALLOWEEN PARTY!

THURSDAY OCTOBER 31
11-1PM

POTLUCK IN OUR NEW DAYTON YMCA COMMUNITY ROOM, 5TH FLOOR

October Safety Tip- 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 Member Services Desk or any YMCA Staff 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

ForeverWell
Celebrating ForeverWell Members 80 Plus

Words can go in eight different directions

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

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Apple Picking	Fall Colors	Native Nations
Autumn	Flavors	Octogenarian
Beautiful Weather	Goblins	Ogres
Bonfires	Halloween	Parties
Breast Cancer	Hay Ride	Pumpkin Spice
Celebrate	Indigenous Peoples Day	Sacred
Chrysanthemums	Leaf Raking	Scary
Costumes	Leaves Changing	Seeds
Domestic Violence	Members	Trick Or Treat
Eighty Plus	Mental Health	Witches

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMBODYING WHOLENESS IN A FRACTURED WORLD

4 PART SERIES | SATURDAYS 9:30-10:30 AM
OCTOBER 12TH, 19TH, 26TH + NOVEMBER 2ND
LEAD BY MINDFULNESS INSTRUCTOR COLLEEN GODFREY

In this series of 60-minute interactive training sessions, you'll learn how to shift out of reactive strategies and into embodied wellbeing to build resilience and foster authentic connections with yourself, your close relationships, and the world at large.

Together we'll explore:

- Accessing inner calm and playfulness
- Goal setting for yourself, your community and the global collective
- Setting and maintaining boundaries in and around yourself
- Living from your core values
- Learning to collaborate within relationships

REGISTER TODAY!

We encourage participants to attend the full series, however drop-ins are welcome to any session! All are welcome.

$25 per person/session, or small group wellness subscribers may utilize 60-minute sessions. Register: ymcanorth.org/wellbeing or at the front desk!

22-GE01

St. Paul Midway YMCA