FOREVERWELL

OCTOBER 2024 | FOREST LAKE YMCA OF THE NORTH
19845 FOREST ROAD N, FOREST LAKE, MN

CELEBRATE ACTIVE AGING!

STITCH & BEAD TOGETHER

1pm-2:30pm
October 14 & 28

Everyone Welcome!
Bring your knitting, crocheting, needlework or beading projects.

Friendly coaching and mentoring and free supplies offered by Barb, Melissa and Joy.

SOCIAL & COFFEE

9am-12pm
Monday-Friday

CARDS & GAMES

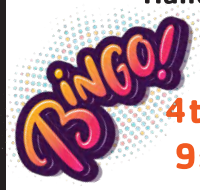
Come Learn & Play With Us!

Mondays - 10am
Mexican Train Dominoes
Mah Jong

Tuesdays - 9:30am
Hand & Foot

Wednesdays - 10am
Mah Jong

Fridays - 9:30am
Cribbage
Hand & Foot



4th Wednesday
9:30am-11am

Q&A WITH KELSEY DAVIS
Forest Lake YMCA Engagement Director

What does your role look like here at the Forest Lake Y?

I'm blessed to do all things engagement related - Welcome new members, connect with current members, support our volunteers, guiding the Welcome Desk, and partnering with Mary in ForeverWell Programming - It's a multi-dimensional role and no two days are ever the same!

How long have you been a team member of the YMCA?

In January, I will be celebrating my 10 year anniversary - It's been a fun and wild adventure!

When you're not at the Y, where do you enjoy spending your time?

I can be found at a local coffee shop, on a walk with my dog, rollerblading, volunteering as a greeter at my church, and hiking local State Parks (or in Alaska!).

What's your favorite part of what you do?

Oh, I LOVE journeying through life with our Y community! We all carry our own stories and I believe we aren't meant to live life alone. I'm passionate about caring for our ForeverWell members and your whole person wellbeing!
I'd love to play cards with you, jump into a new class to try, or meet you on the pickleball court!
Stop by anytime and say "HI!"

BRANCH HOURS: Mon-Fri: 5am-9pm * Sat & Sun: 7am-5pm

FOREVERWELL GROUP EXERCISE

Fitness & Movement classes designed for Adults 55 & over.

MONDAY

7am:	Shallow Water Power - POOL
8am:	Water Exercise - POOL
8:30am:	ForeverWell Combo - STUDIO 1
9am:	Shallow Water Exercise - POOL
10:55am:	Silver Sneakers Circuit - STUDIO 1
12pm:	ForeverWell Yoga - STUDIO 1

TUESDAY

8am:	Chair Yoga - STUDIO 1
8am:	Shallow Water Exercise - POOL
9am:	Shallow Water Exercise - POOL
10:15am:	Shallow Water Exercise - POOL
11am:	Zumba Gold - STUDIO 1

WEDNESDAY

7am:	Water Exercise Power - POOL
8am:	Water Exercise - POOL
8:30am:	ForeverWell Combo - STUDIO 1
9:30am:	ForeverWell Combo - GYM
10:45am:	Stretch & Strength - STUDIO 1

THURSDAY

8am:	Shallow Water Exercise - POOL
9am:	Shallow Water Exercise - POOL
9:30am:	Cardio Dance - STUDIO 2
10:15am:	Shallow Water Exercise - POOL
10:30am:	Chair Yoga - STUDIO 1
11:30am:	Gentle Yoga - STUDIO 2
6pm:	Aqua Zumba - POOL

FRIDAY

8am:	Shallow Water Exercise - POOL
9am:	Deep Water Exercise - POOL
8:30am:	ForeverWell Combo - STUDIO 1
9:30am:	ForeverWell Strength - STUDIO 2

SCHEDULES

Separate schedules are available at the Welcome Desk or on the Y website for Gym, Pool and all Group & Water Exercise classes

DROP IN PICKLEBALL HOURS:

Mondays:	7am-10am 12pm-2:30pm
Tuesdays:	7am-10am 12pm-2:30pm
Wednesdays:	6am-9am 12pm-2:30pm
Thursdays:	7am-10am 12pm-2:30pm
Fridays:	7am-10am 12pm-2:30pm
Saturdays & Sundays	11am-1pm

SOUND BATH

7:30-8:30pm

Tuesday, October 15TH

Sign Up at Member Services

$25 members $30 non-members

ACTIVE AGING WEEK AT THE Y!

Introduce a Friend to ForeverWell at the Forest Lake YMCA through this eventful week!

GARDENING Q&A WITH MASTER GARDNER, DONNA

MONDAY, SEPT. 30TH
9AM-11:30AM

FREE 1-Hour PICKLEBALL LESSONS!

TUESDAY, OCT. 1ST &
FRIDAY, OCT. 4TH
11AM-12PM

FREE DROP-IN BALANCE ASSESSMENTS with PERSONAL TRAINER, HANNAH

WEDNESDAY OCT. 2ND
11AM-1PM

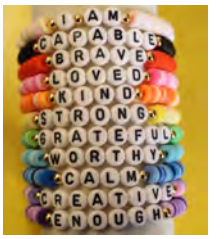
ACTIVE AGING ART HOURS!

ENGAGE IN CREATIVITY WITH

POSITIVITY BRACELET MAKING AND ROCK PAINTING

ALL AGES WELCOME!

THURSDAY
OCT. 3RD
10AM-12PM



MEDICARE Q&A with Kirk Possehl

WEDNESDAY, OCT. 2ND - 1-3PM

Kirk Possehl & his team pride themselves in their Medicare Insurance expertise **and** in **helping as many people as they can.** As a 2-time breast Cancer Survivor, Kirk has **more** than a bit of experience navigating the healthcare field!

THIS IS A NO PRESSURE SESSION!
Come ready with questions to be answered that hopefully lead to your sleeping better at night.

Attend an event listed here & get your name put in a drawing for a $25.00 YMCA Gift Certificate

ALL REGULARLY SCHEDULED ACTIVITIES WILL STILL BE HAPPENING

JOIN IN ON COFFEE HOUR, GAMES, UKELELE PLAY ALONG & MORE!

LOOKING AHEAD IN OCTOBER

COFFEE WITH A COP

FRAUD PREVENTION

MONDAY, OCT. 7TH - 9AM

GROUP PAINT CLASS

THURSDAY, OCT. 10TH
1PM-3:30PM

Happy Sunflower & Scarecrow!
$25 Fee

Please Register & Pay at least two days prior at Welcome Desk

INVITE A FRIEND!

bookswap

PUZZLE & BOOK JUMBLE

WEDNESDAY, OCT. 9TH
9AM-12PM

Bring in your puzzles and books to swap (JUMBLE) with others!

FOREVERWELL PHOTO FOCUS

THURSDAY, OCT. 10TH
10:30AM-12PM

Join us for a dedicated time to organize your photos and connect with fellow photo and memory keeping enthusiasts!

Presented by: Jenny Kasa
Photo Solution Advisor

CUSTODIAN APPRECIATION DAY!

WEDNESDAY, OCT. 2ND – ALL DAY!

Show your appreciation with a hand-written Thank You Card

(Cards Available at Welcome Desk)

FamilyMeans
CAREGIVING & AGING

Caring for the Caregiver

Join us to expand your thinking about your caregiving life. Through movement, voice, memories and stories, caregivers will explore ways to express feelings associated with what it means to accept changes, a diagnosis, new or lost identities. No prior artistic or movement experience is needed.

Mondays, October 7 & 14
12:30- 2 p.m.

Forest Lake YMCA
19845 Forest Rd N,
Forest Lake, MN 55025
Free, donations accepted

Our guest presenter: ***Suzanne Costello*** *has been Artistic Co-Director of Stuart Pimsler Dance Theater since 1984 and Director of the company's Arts & Health, Arts & Education, and Community Inclusive Programs. She has created and implemented thousands of workshops throughout the U.S. and abroad with a multitude of populations: caregivers; stroke survivors; persons with cancer; veterans; students of all ages.*

Register with Heidi Ricks -(651) 789-4017 or hricks@familymeans.org
OR
Register at the YMCA front desk

SPDT
metro regional arts council
the Y

FamilyMeans
BETTER IS POSSIBLE
www.familymeans.org | 651-439-4840 | 800-327-3203

FOREVERWELL MEMBER ORIENTATION

A time tailored to welcome you to the Forest Lake YMCA!

Monday: 1pm-2pm, **Wednesday**: 11am-12pm and every other **Friday**: 11am-12pm.

Register at the Welcome Desk.

DEMENTIA CAREGIVERS SUPPORT GROUP

alzheimer's association

WEDNESDAY, OCT. 16TH
1:30PM

ACT ON ALZHEIMER'S

To Sign Up:
Contact Sue Gilbert
sue.gilbert9@gmail.com

Note: Caregivers Support Group is held the first Wednesday each month. In October, we are meeting the 3rd Wednesday

UKULELE PLAY ALONG

EVERY MONDAY
12pm-1pm

A jam session for ukulele players!

Contact Gunny for details
Jamessr.Louisww@gmail.com

Everyone Welcome!

GROUP HIKE OUTING
FRIDAY, OCT. 11TH
11AM

Wisconsin Interstate Park

ALL levels and abilities welcome to join in!

Sign up at the Welcome Desk

More details on the hike will be emailed to you

HOOKED ON BOOKS!
WEDNESDAY, OCT. 16TH
10:30AM

Books are available for check out at the Welcome Desk

Contact Cheryl swine001@umn.edu or visit a meeting to check us out

Upcoming Book Titles:

State of Wonder
To Kill A Mockingbird
Water for Elephants
House in the Cerulean Sea

LUNCH and LAUGH
Lunch Outing Group

THURSDAY, OCT. 17TH
12:30PM-1:45PM*
Jake's on the Lake, Center City
***Note the time change this month**

Remember to sign up at the Welcome Desk so we can reserve tables ahead of the date

VIRTUAL Y
FRIDAY, OCT. 17th
12PM

Learn to Navigate the Virtual Y with Barb!

HEALTH COACHING LUNCH & LEARN
WEDNESDAY, OCT. 30TH
12:30pm

Meet your new Forest Lake YMCA Health Coach, Robin Hedrick!

Learn about what health coaching is and how she can support you on your health and wellness journey.
Come join us for this fun and interactive session!
Bring a bag lunch.
Healthy snacks offered! No pre-registration required.

ATTENTION OCTOGENARIANS

LET'S CELEBRATE YOU!
THURSDAY, OCT. 10TH
9AM–10AM

Everyone Is Invited to the Octogenarian Recognition Hour!

Muffins and Scones donated by KEYS, Forest Lake!

AGING WITH GUSTO

NEW! **NEW!**

THURSDAYS
OCT. 10, 17, 24
10AM–11:30AM

Aging with GUSTO

Positive Views Matter!

Aging with Gusto strives to ignite more positive views of aging and there´s never been a better time!

Come join these community discussions on aging facilitated by Vital Aging, a MN non-profit.

All active older adults are invited to Aging with Gusto

Sign up at Welcome Desk

MORE HIGHLIGHTS IN OCTOBER!

COMMUNITY FALL FESTIVAL IS COMING

We can't wait to see you at our Annual Fall Festival!

FREE FOR THE COMMUNITY & FOR ALL AGES

More Info To Come!

FRIDAY, OCTOBER 25TH 5pm-7pm
AT THE FOREST LAKE YMCA

YMCA DEPARTMENT PUMPKIN DECORATING COMPETITION

Don't forget to vote for your favorite Pumpkin in our Lobby OCTOBER 28TH-31ST

DRESS UP FOR BINGO ON OCTOBER 23RD AND EARN A FREE GUEST PASS!

WE TAKE SAFETY SERIOUSLY AT THE YMCA

Our Emergency Response
Honorable Mention this Month is:
FIRE & EVACUATION

Remember to ask the Welcome Desk or your ForeverWell Coordinator what you should do in case of a fire event during your visit to the Y!

HAVE a YMCA QUESTION?
Customer Service - 612-230-9622
Ask for the FOREST LAKE YMCA
Ask a Team Member or a ForeverWell Volunteer at the Y!

FOREVERWELL COORDINATOR
Mary Rivard - Mary.Rivard@ymcamn.org

ENGAGEMENT DIRECTOR
Kelsey Davis, 651-330-3068
Kelsey.Davis@ymcamn.org

COMING IN NOVEMBER...

FOCUS ON FITNESS!!

Meet our new
Personal Trainer, Hannah!

SIGN UP FOR A FITNESS ASSESSMENT & HEALTH COACHING TO START THE MONTH STRONG!

PUZZLES & BOOKS JUMBLE

WEDNESDAY,
NOVEMBER 13TH
9AM-12PM

JEANIE'S JOURNEYS TRAVEL TALK

THURSDAY
NOVEMBER 14TH
10:30-11:30AM

DON'T FORGET!

TUESDAY
NOVEMBER 5TH

VOTING DAY

10 EARLY SIGNS OF PARKINSON'S DISEASE

THURSDAY
NOVEMBER 7TH
10:30AM

Presented By:
Erin McGee
Parkinson's Foundation

DEMENTIA FRIENDS TALK

NOVEMBER 21ST
(More Info To Come)

OCTOBER 2024 HIGHLIGHTS

See the Star? – Please Register at the Welcome Desk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
	ACTIVE AGING WEEK AT THE YMCA!!					
	GARDENING Q & A with Master Gardner Donna 9-11:30am Ukelele Play Along Group 12-1pm	FREE PICKLEBALL LESSON 11am-12pm	MEDICARE Q&A with Kirk Possehl 1pm-3pm Custodian Appreciation Day!	Rock Painting & Bracelet Making 10am-12pm	FREE PICKLEBALL LESSON 11am-12pm	
6	7	8	9	10	11	12
	COFFEE WITH A COP 9am Ukulele Play Along Group 12-1pm		PUZZLES & BOOKS JUMBLE 9am-12pm	Aging with GUSTO ★ 10-11:30am Photo Focus 10:30am-12pm PAINT CLASS $ 1-3:30pm	HIKING 11AM ★ Interstate State Park, Wisconsin	
13	14	15	16	17	18	19
	STITCH & BEAD TOGETHER 1pm Ukulele Play Along Group 12-1pm	Try Something New! ★ SOUNDBATH 7:30pm	Alzheimer's & Dementia Caregivers Support Group Meeting 1:30pm Hooked on Books 10:30am	Aging with GUSTO ★ 10-11:30am LUNCH & LAUGH ★ 12:30pm Jake's on the Lake	How To Navigate Virtual Y 12pm	
20	21	22	23	24	25	26
	Ukulele Play Along Group 12-1pm		DRESS UP BINGO 9:30am-11am	Aging with GUSTO ★ 10-11:30am	Family Fall Fest! 5pm-7pm	
27	28	29	30	31		
	STITCH & BEAD TOGETHER 1pm Ukulele Play Along Group 12-1pm		LUNCH N'LEARN What is Health Coaching? 12:30pm			

SOCIAL & COFFEE
Monday-Friday 9AM-12PM

CARDS & GAMES
WEEKLY
Mondays – 10am
Mexican Train Dominoes
Mah Jong
Tuesdays – 9:30am
Hand & Foot
Wednesdays – 10am
Mah Jong
Fridays – 9:30am
Cribbage
Hand & Foot

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTOBER FOREVERWELL

SOCIAL & COFFEE

MONDAY-FRIDAY
9am-12noon

CARDS & GAMES

Come Learn & Play With Us!

MONDAYS - 10am
Mexican Train Dominoes
Mah Jong

TUESDAYS- 9:30am
Hand & Foot

WEDNESDAYS - 10am
Mah Jong

FRIDAYS - 9:30am
Cribbage ,Hand & Foot

4th WEDNESDAY
9:30am-11am

UKE PLAY ALONG

MONDAYS
12noon-1pm
Jam sessions for Ukulele players to play and practice!

STITCH TOGETHER BEAD TOGETHER

2nd & 4th MONDAY
1pm-2:30pm
October 14 & 28
Everyone Welcome!

Restart your knitting, crocheting, needlework or beading projects.
Also offering a drop-in learning option.
Supplies available. Free!

LUNCH & LAUGH
Y Monthly Lunch Group

THURSDAY, OCTOBER 17TH
12:30pm-1:45pm
Jake's on the Lake, Center City
Sign up at the Welcome Desk!

HIKE GROUP OUTING

FRIDAY, OCTOBER 11
Interstate Park-WI side
The Hiking group goes out monthly. All levels and abilities are welcome to join!
Sign up at the Welcome Desk to receive more information and details.

HAPPY! SUNFLOWER & SCARECROW!

FOREST LAKE YMCA
FOREVERWELL

Sandy Danus, Owner, Instructor and Artist of Cheerful Hearts Portable Paint Studio will help you to create your own "Happy! Sunflower & Crow" canvas print.

Have fun, start a new hobby, improve your painting skills, create a gift to give and foster your positive brain health with this relaxing activity.

www.cheerfulheartspaint.com

THURSDAY, OCTOBER 10

1pm-3:30pm

ForeverWell, YMCA-FOREST LAKE

$25 Fee for 12x12 canvas, paint supplies and professional instruction. Register & pay ahead of event day at the Welcome Desk, Forest Lake YMCA.

Invite a Friend!

A GROUP PAINT EVENT!

the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Star indicates to register in advance.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AGING WITH GUSTO

THURSDAYS

OCT. 10, 17, 24

10AM–11:30AM

Positive Views Matter!

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Come join these community discussions on aging facilitated by Vital Aging, a MN non-profit.

All active older adults are invited to Aging with Gusto

Sign up at Welcome Desk

NEW!

NEW!

Aging with
GUSTO

22-GE01

Vital Aging Network

Aging with Gusto

The Vital Aging Network (VAN) promotes self-determination, civic engagement, and personal growth for people as they age. Aging with Gusto is a program of VAN.

What is Aging with Gusto? It is...

- Seeking well-being and satisfaction
- Being aware of the challenges and benefits of aging
- Keeping a positive perspective on aging
- Living our best lives
- Embracing every stage of life

There are ***two offerings*** within Aging with Gusto: *Aging with Gusto* and *Confronting Ageism*.

1 ***Aging with Gusto Discussions***

A set of three facilitated, interactive discussions to ignite positive perceptions of aging and help people develop pathways to create a more accurate and comprehensive narrative about what it means to age. Each discussion focuses on a specific topic:

- What contributes to your aging with gusto?
- How can you recognize and respond to ageism?
- How can you use your values and goals to live a life with gusto?

The series is held across 3 weeks with one 90 minute session per week. Other options for timing can be arranged upon request.

2 ***Confronting Ageism Workshop***

The Confronting Ageism workshop provides a forum for people to raise their awareness about ageism and its impact on older adults and the community as a whole. This interactive workshop helps participants identify ways to address ageism in their professional and personal lives.

This workshop can be held in one 2 hour session or at a customized length that best fits your organization's needs and interests.

Both offerings are co-led by trained facilitators and may be held in-person, depending on location, or via Zoom. To bring Aging with Gusto and/or Confronting Ageism to your organization or community, please contact us at awg@vital-aging-network.org.

info@vital-aging-network.org | vital-aging-network.org