FOREVERWELL

OCTOBER 2024 | HAROLD MEZILE NORTH COMMUNITY YMCA

CHECK IT OUT!

BINGO COSTUME PARTY!!

OCTOBER 31
11:30AM-1:30PM

ASK THE NURSE

On October 30, Registered Nurse Kecia Hayslett will be here for "Ask The Nurse". This event gives the community a chance to ask Health & Wellness questions directly to a Registered Nurse from a culturally reflective perspective.

FRESH COFFEE

Enjoy a fresh cup of coffee or two and some good conversation with fellow seniors. Weekday mornings until noon.

CELEBRATING OCTOGENERIANS

80+ CLUB

THIS MONTH WE ARE UPLIFTING OUR OCTOGENARIANS. WE WANT TO RECOGNIZE THE SIGNIFICANCE OF OUR ELDERS IN THE COMMUNITY AND CELEBRATE THEIR WISDOM AND UNIQUE CONTRIBUTIONS. OCTOGENERIANS, WE HONOR YOU AND HOPE THAT YOU CONTINUE TO BE A BEACON IN OUR COMMUNITIES THROUGH INTERGENERATIONAL RELATIONSHIPS THAT ENCOURAGE THE TRANSFER OF KNOWLEDGE, EXPERIENCE, AND VALUES FROM ONE GENERATION TO ANOTHER.

*HAROLD MEZILE YMCA IS A SAFE SPACE IN NORTH COMMUNITY. ALL ARE WELCOME.

BRANCH HOURS

M-F: 7am-8pm
Sat: 8am-2pm
Sun: Closed

HAROLD MEZILE NORTH COMMUNITY YMCA

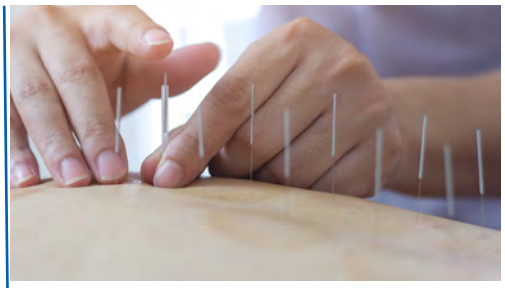
Tanisha Randolph
ForeverWell Coordinator
612-492-2054

HEALTH & WELLNESS

Harold Mezile North Community YMCA wants to invite our senior community to a Health and Wellness Cafe presented by Volunteers of America Minnesota. In this "cafe", there will be a full menu of topics related to seniors overall health & wellness to digest. Health and wellness isn't just physical health, but mental and spiritual as well. Hope you can join us for a heaping serving of knowledge and motivation.

Volunteers of America® MINNESOTA

VOLUNTEERS OF AMERICA WILL BE ONSITE OCTOBER 7TH & 21ST FOR BLOOD PRESSURE OUTREACH FROM 10-11:30AM. NON YMCA MEMBERS ARE WELCOME !



Harold Mezile provides acupuncture free to the community. Our acupuncturist is here every Tuesday morning 9-11am and Saturday mornings from 10am-12pm. This service is free to the community.

OCTOBER 17TH & 22ND @NOON

United Healthcare®

MANAGING MEDICARE WITH UNITED HEALTHCARE
OCTOBER 21
10:30AM-NOON

GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SilverSneakers Classic 9:30-10:15am -Tanisha		SilverSneakers Classic 9:30-10:15am -Tanisha		
	Strength & Core Conditioning 10:30-11:15am -Eric			ForeverWell Group Cycle 10:00-11:00am -Eric
ForeverWell Combo 11:00-11:45am -Rene		Water In Motion 11:00-11:45am -Quiaira	ForeverWell Combo 11:00-11:45am -Rene	Core Conditioning 11:00-11:30am -Eric