



FOREVERWELL

APRIL 2024 | HASTINGS AREA YMCA

QUICK NEWS

FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings, how to register for classes & activities, a YMCA tour. Sign up at Member Service Desk.

MACHINE ORIENTATION

Would you like to learn how to use a few of the machines in the fitness center? **Tuesday, April 23, 1:00pm-2:00pm.** Register at the Welcome Desk. Meet upstairs at the Fitness Desk.



I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your **ForeverWell Coordinator: Tracy.Spinks@ymcamn.org** or call directly **651-319-8009**.

CELEBRATE YOUR SUCCESS!

Set yourself up for success by planning your workouts daily and weekly. Try different exercise classes, group training or working with a personal trainer to attain your goals. Changing our workout routine helps our bodies change in a positive way. Join an outdoor walking group this spring/summer, Nordic Walking Poles add extra cardiovascular movement to your walk! You will be off to a great start!

SMART GIVING: WAYS TO MAKE AN IMPACT

WEDNESDAY, APRIL 3

10:30-11:30AM

MULTI-PURPOSE ROOM



Charitable giving can positively change lives for the better. Learn smart strategies to make your gifts more meaningful, possibly reduce your taxes, and even provide a source of fixed income for you or your loved ones. Opportunities to make your giving both fun and smart. Join us for a light **Lunch & Learn** with presenter Joe Sullivan, YMCA Gift Planner. Sign up on the ForeverWell Bulletin Board by Monday March 25th to attend. **Limit 25.** Thank you for supporting the Hastings Y!

FRIDAY PIE DAY & COFFEE

FRIDAY, APRIL 5

10:30AM-11:30AM

MULTI-PURPOSE ROOM



Join us for a slice of pie and a cup of coffee! Limited pie & coffee, **FREE!** Please sign up on the ForeverWell Bulletin Board if you can donate a home-made or store-bought pie.

HASTINGS AREA YMCA

85 PLEASANT DRIVE
HASTINGS, MN 55033
PH: 651-480-8887

BRANCH HOURS

Monday-Friday: 5:00am-9:00pm
Saturday: 7:00am-5:00pm
Sundays: 7:00am-5:00pm

MEET THE TRAINER!

WEDNESDAY, APRIL 10

10:30-11:00AM

MULTI-PURPOSE ROOM



Join us for a cup of coffee and meet our new Personal Trainer, Tim Howey. He is going to tell us about current his job providing care through H.E.M.S., Helicopter Emergency Medical Services. He will take us on a virtual tour of the helicopter! He will share with us why he is passionate about his certifications in Personal Training (NASM-CPT), Certified Nutrition Coach and Corrective Exercise Specialist. Ask questions and say Hi! **FREE!**

ARTS & CRAFTS GROUP

THURSDAY, APRIL 11

10:30AM-12:00PM

MULTI-PURPOSE ROOM



Join us for a fun art project as we get artsy with some paint and brushes. One rock will be supplied for each registrant, but you can bring your own rocks or paver stone to paint—smooth & clean works best. Rocks can be placed along a walking path as an inspiration to a passer-by or used as décor in your own garden. Sign up on the ForeverWell Bulletin Board by Wednesday, April 12th. **FREE!**

Sign up on ForeverWell Bulletin Board to attend.

WALK WITH A DOC

FRIDAYS, APRIL 12 & 26

12:00PM-1:00PM

MULTI-PURPOSE ROOM



Join Dr. Luke Krynski, PhD for Walk with a Doc! Each month learn about a different topic or research from healthcare professionals in your area. Attendees will be able to participate in a leisure walk or group exercise. You will meet new friends and have fun! No registration required. **FREE!**

LUNCH BUNCH

TUESDAY, APRIL 16

11:30AM-1:00PM

APPLEBEE'S GRILL & BAR



Enjoy eating a fantastic lunch with friends from the YMCA. Applebee's offers casual dining, with mainstream American dishes such as salads, chicken, pasta, burgers, and appetizers Address: 2000 Vermillion St Hastings. Cost at your own expense.

Sign up on ForeverWell Bulletin Board to attend.

MOVIE DAY

THURSDAY, APRIL 25

11:30AM-1:30PM

MULTI-PURPOSE ROOM

Enjoy a movie with friends. Bring a bag lunch and beverage if you like. All American is based on the true story of Freddie Steinmark. Awarded a scholarship to the University of Texas at Austin, small but scrappy Freddie Steinmark gets a chance to play football for coach Darrell Royal (Aaron Eckhart) and the Longhorns in the late 1960s. Alongside old teammate Bobby Mitchell and new friend James Street, Steinmark helps the Longhorns find success. When Freddie suffers an injury that leads to a shocking diagnosis, the young man must utilize his indomitable spirit and courage to rise to the challenge like a true champion. Released in January 2015. Rated PG (1h m58) **FREE!** Sign up on ForeverWell bulletin board to attend.

OUTDOOR WALKING GROUP

TUESDAYS

10:00AM-11:00AM

Join us for a beautiful walk on the Mississippi River Regional Trail. We will meet in the YMCA lobby at 9:50am, swipe your Y card, and walk towards the Lock & Dam No 2 and back to the Y. There are Nordic Walking Poles available to use. Dress for the weather, wear good walking shoes and bring water. Our walk will be about 60 minutes. **FREE!** *Inclement weather, walk will be cancelled

FOREVERWELL GROUP EXERCISE CLASSES

MONDAY:

- 8:00am - Water Exercise with Tracy
- 9:15am - SilverSneakers® Classic with Tracy
- 10:15am - SilverSneakers® Classic with Beth
- 10:15am - ForeverWell Water X with Tracy
- 10:15am - Line dancing with Deena
- 10:30am - Gentle Yoga with Corrie
- 1:00pm - ForeverWell Tai Chi with Jan
- 5:45pm - Water Exercise with Yvonne

TUESDAY:

- 8:00am - Gentle Yoga with Julie P
- 8:00am - Drums Alive with Tracy
- 9:00am - ForeverWell Stretch with Tracy
- 9:30am - SilverSneakers® Yoga with Julie P
- 10:30am - Meditation/Breathwork with Julie
- 10:00am - **Outdoor Walking Group with Tracy**

WEDNESDAY:

- 8:00am - Water Exercise with Tracy
- 9:15am - SilverSneakers® Circuit with Tracy
- 10:15am - SilverSneakers® Classic with Bobbi
- 10:15am - Line Dancing with Deena
- 11:15am - Line Dancing Intermediate with Deena
- 10:30am - ForeverWell Water X with Jennifer

THURSDAY:

- 8:00am - Gentle Yoga with Tracy
- 9:15am - ForeverWell Cardio with Tracy
- 10:15am - SilverSneakers® Yoga with DeAnn
- 5:45pm - Water Exercise with Yvonne

FRIDAY:

- 8:00am - Water Exercise with Tracy
- 9:15am - SilverSneakers® Circuit with Tracy
- 10:15am - SilverSneakers® Classic with Beth
- 10:15am - ForeverWell Water X with Tracy

SATURDAY

- 8:00am - Water Exercise-Rotation (through May 25)

BALANCE ASSESSMENTS

WEDNESDAY, APRIL 17

1:00-2:00PM, 4 SPOTS AVAILABLE

Are you at risk for a fall? A balance assessment can measure where you are at and what you can work on to improve your balance and walking gait. Four people attend each session with a take-away page so you can track your progress and make improvements in the weeks to follow. Wear supportive shoes and bring water. **Sign up at the Member Service Desk.**



LINE DANCING

MONDAYS

10:15AM-11:45PM

STUDIO B

WEDNESDAYS

10:15AM-11:00AM

STUDIO A

11:15AM-12:15PM

STUDIO B (*INTERMEDIATE*)

Join Deena for a fun line dancing experience. Just show up, no experience needed. **FREE!**

COFFEE & CHAT

MONDAY/WEDNESDAY

9:00AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy connecting with friends and planning activities to attend. Coffee must be consumed in the community room-no take outs! **FREE! *4/3 ending at 10:20am**
No Coffee & Chat Monday 4/15

GAMES GROUP

MONDAYS & WEDNESDAYS

10:30AM-11:30AM

MULTI-PURPOSE ROOM

Board games are back! We have a nice selection, but you can bring a favorite from home. Cribbage Boards & Cards are available also. No registration required. **FREE! *4/3,4/10, 4/15 in the Conference Room.**

BUILDING BETTER BALANCE

WEDNESDAYS, 1:00-1:45PM

WITH TRACY IN STUDIO A

7 WEEKS, MAY 1-JUNE 12



Balance is the ability to maintain the body's position over the base of support, whether the base is stationary or moving. The ForeverWell BBB program is intended to improve balance in older adults, thus reducing the risk of falling. Click [here](#) for more details. Register at the YMCA Welcome Desk. \$103 -Member price- \$137- Non-Member price. 6 spots available.

KEEPING KIDS SAFE AT THE Y

FIVE DAYS OF ACTION: KNOW. SEE. RESPOND.

At the Y, we believe ALL children deserve the opportunity to discover who they are, and what they can achieve. Every day, we are proud and respectful of the trust parents and communities around the country place in the Y. From youth sports today and overnight summer camp; from out-of-school time to preschool; our Ys work to ensure all children have a safe, fun filled experience.

At the Y, child protection is our number one priority year-round. During April-Child Abuse Prevention Month—we participate in a week-long campaign called **Five Days of Action** to increase awareness of child sexual abuse and empower and equip our communities to prevent it. By taking part in this important campaign and through implementing abuse prevention practices year-round, we can all commit to the safety of all children in our care.

During these **Five Days of Action**, we introduce the foundational habits of child sexual abuse prevention—**Know. See. Respond.** When put into practice, they help us create safer environments for children to grow and learn.

HASTINGS YMCA SPRING OPEN HOUSE

SUNDAY, APRIL 21, 1:00-3:00PM

FREE TO ALL! BRING YOUR FRIENDS & FAMILY.



We will have many activities for your family and friends to enjoy! Gaga Pit, face painting, kid's obstacle course, wiffleball games, and many more!

Special guest appearance from Mudonna from the Saint Paul Saints from 2:00-3:00pm!

Hastings Family Services will have a table to collect personal care items.

Our facility will be ready to give tours to your friends, family, and community members.

VOLUNTEERS!

Tracy is always looking for volunteers! It can be once a week, once a month, once a year. There are many opportunities to help with or activities to lead. Click [HERE](#) to apply to be a FOREVERWELL VOLUNTEER AMBASSADOR or contact Tracy directly with questions. **BE Y!**



APRIL 2024 AT A GLANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 OUTDOOR WALKING GROUP 10:00-11:00AM Meet in Lobby <i>Sign-up required</i>	3 LUNCH & LEARN "PLANNED GIVING" 10:30AM-11:30AM Multi-Purpose Room <i>Registration required</i> COFFEE & CHAT 9:00-10:25	4	5 PIE & COFFEE SOCIAL 10:30-11:30am Multi-Purpose Room	6
7	8 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am <i>FW Orientation 2:30pm Registration required</i>	9 OUTDOOR WALKING GROUP 10:00-11:00AM Meet in Lobby <i>Sign-up required</i>	10 MEET THE TRAINER: TIM HOWLY 10:30-11:00am COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	11 ARTS & CRAFTS ROCK PAINTING 10:30am-12:00pm Multi-Purpose Room <i>Sign-up required</i>	12 WALK WITH A DOC! 12:00-1:00pm Multi-Purpose Room	13
14	15 NO COFFEE CHAT GAMES GROUP 10:30-11:30am Conference Room	16 OUTDOOR WALKING GROUP 10:00-11:00AM <i>Sign-up required</i> LUNCH BUNCH Applebee's Grill & Bar 11:30am-1:00pm <i>Sign-up required</i>	17 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am Balance Assessment 1:00-2:00pm <i>Registration required</i>	18	19	20
21	22 EARTH DAY COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am <i>FW Orientation 12:30pm Registration required</i>	23 OUTDOOR WALKING GROUP 10:00-11:00AM <i>Sign-up required</i> MACHINE ORIENTATION 1:00pm-2:00pm <i>Registration required</i>	24 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	25 MOVIE DAY 11:30am-1:30pm Multi-Purpose Room <i>Sign-up required</i>	26 WALK WITH A DOC! 12:00-1:00pm Multi-Purpose Room	27
28	29 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	30 OUTDOOR WALKING GROUP 10:00-11:00AM Meet in Lobby <i>Sign-up required</i>				

*Reservations
required for Water
Exercise classes.