



FOREVERWELL

April 2024 | NEW HOPE YMCA

Do Something Green - Celebrate Earth Day April 22

What's New!

ForeverWell Class time changes effective Monday April 1

Monday April 1

Monday and Friday
ForeverWell Combo
(formerly SilverSneakers Circuit)

Studio 1 8:15-9:00am

Monday and Friday
SilverSneakers Yoga

Studio 1 11:45am-12:30pm

Monday and Friday
SilverSneakers Classic

Studio 1 12:45-1:30pm

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New and Returning Member Information Sessions -

Monday afternoons at 3-3:45pm and Wednesday mornings at 10-10:45am. Meet at Welcome Desk.



CELEBRATE EARTH DAY MONDAY APRIL 22ND

JOIN US FOR A BRUNCH POTLUCK AND "SHOW AND SHARE" OF A REPURPOSED ITEM

Bring a food item to share with the group, and an item (or photo of an item) that you have repurposed rather than toss out.

Monday April 22, 10am Pool Lobby

Register at Member Welcome Desk.

3 FREE EDUCATIONAL SEMINARS IN APRIL

Thursday April 4 - Understanding Parkinson's - presented by the Parkinson's Foundation MN and Dakota Chapter

2pm Multi-Purpose Room Flier on page 5

Pre-registration at the Welcome Desk (or contact Nancy) requested.

Thursday April 11 - 10 Warning Signs of Alzheimer's -

1pm Multi-Purpose Room Flier on page 6

Pre-registration at the Welcome Desk (or contact Nancy) requested.

Monday April 15 - Understanding Vein Disease - Affecting more than 30 million People In the US. Breakfast included. Sponsored by Medtronic -

9-10am Multi-Purpose Room Flier on page 7

Pre-registration at Welcome Desk (or contact Nancy) is REQUIRED, space is limited.

BRANCH HOURS

Monday-Friday: 5am - 9pm

Saturday-Sunday 7am-5pm

Customer Service (including reservations)

612-230-9622

New Hope Y

7601 42nd Ave N, New Hope

Nancy Danielson

ForeverWell Coordinator

nancy.danielson@ymcanorth.org

Phone: 763-592-5520



FOREVERWELL IN – BRANCH GROUP EXERCISE CLASSES

MONDAY: (NOTE CHANGES EFFECTIVE APRIL 1ST)

8:00am	Water Exercise with Tracy	Pool*
8:15am	ForeverWell Combo with Renee	Studio 1
11:45am	SilverSneaker® Yoga with Nancy	Studio 1
12:45pm	SilverSneaker® Classic with Nancy	Studio 1
1:00pm	Tai Chi for Health Practice with Tom	Studio 2

TUESDAY:

9:30am	Group Active with Sallie	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
11:00am	Arthritis Water Ex with Carol	Pool*
11:00am	ForeverWell Combo with Angie	Studio 1
12:00pm	Chair Yoga with Angie	Studio 1

WEDNESDAY:

7:15am	Deep Water Exercise with Tracy	Pool*
10:45am	Line Dancing with Collette	Studio 2
11:00am	SilverSneaker® Yoga with Nancy	Studio 1
12:00pm	SilverSneaker® Classic with Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

THURSDAY:

8:15am	ForeverWell Combo with Renee/Mary	Studio 1
9:30am	Group Active with Sallie	Studio 1
9:30am	Zumba with Yasmin	Studio 2
11:00 am	ForeverWell Water Ex with Carol	Pool*
11:00am	ForeverWell Combo with Becky	Studio 1
12:00pm	Chair Yoga with Becky	Studio 1

FRIDAY:

11:45am	SilverSneaker® Yoga with Nancy	Studio 1
12:45pm	SilverSneaker® Classic with Nancy	Studio 1

* THESE ACTIVITIES STILL REQUIRE RESERVATIONS:

Reserve your space using the Y app, this link <https://www.ymcanorth.org/reservations> or call Customer Service 612-230-9622

GETTING STARTED AT THE NEW HOPE Y

FOREVERWELL NEW MEMBER ORIENTATION AND TOUR

All new and recently returning Members 55+ are invited to attend a group ForeverWell Orientation. We'll talk about Group Exercise classes, pool use, social opportunities, virtual activities and more. Then tour the facility, watch a class in action or try a fitness machine. Group orientations are offered Monday afternoons 3-3:45pm or Wednesday mornings 10-10:45am. Alternate times may be requested by contacting Nancy Danielson, ForeverWell Coordinator 763-592-5520 nancy.danielson@ymcamn.org

FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER

Register at New Hope Member Engagement Desk.

Questions: Gary Sandin, Health and Wellness Director 952-582-8284 gary.sandin@ymcanorth.org

PREFER TO EXERCISE AT HOME?

Live and recorded classes are available at <https://www.ymcanorth.org/virtual-ymca-login> If you need assistance activating your account, contact Customer Service at 612-230-9622

LUNCH AND LEARN WITH TEAM TILLMAN – MAY 9, 12-1PM

Have you ever wondered what is going on in the real estate market? Do you have some questions like "Is it a good idea to sell my house "as is" or is there another way to phrase it? Can I buy another house before I sell mine so I'm not homeless? Do all realtors charge the same amount of commission? Do I need to fix anything to get my house sold? Join Dan & Mary Tillman, Seniors Real Estate Specialist, as they create a safe, no pressure atmosphere to get your real estate questions answered.

Pre-registration at Welcome desk (or contact Nancy) Is REQUIRED. SPACE IS LIMITED.

WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

MONDAYS: PICKLEBALL IN THE GYM - 10am - 12pm

MONDAYS: WATER VOLLEYBALL - 11am - 1pm

MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS - 2-3:30pm Pool Lobby

MONDAYS: NEW AND RETURNING MEMBER ORIENTATION - 3pm Meet at Front Desk Lobby

TUESDAYS: COFFEE CHAT - 8am-10am Lobby

TUESDAYS: MAH JONGG and **TRAIN DOMINOS** - 12:30pm-2:30pm Pool Lobby

WEDNESDAYS: COFFEE CHAT - 8am-10am Lobby

WEDNESDAYS: NEW AND RETURNING MEMBER ORIENTATION - 10am Meet at Front Desk Lobby

WEDNESDAYS: PICKLEBALL IN THE GYM - 10am -12pm

WEDNESDAYS: WATER VOLLEYBALL - 11am - 1pm

WEDNESDAYS: CRIBBAGE 1:00pm Pool lobby. Cribbage board and cards available alternate times, upon request

THURSDAYS: PICKLEBALL IN THE GYM - 1-3pm

FRIDAYS: PICKLEBALL IN THE GYM - 10am -12pm

FRIDAYS: WATER VOLLEYBALL - 11am - 1pm

SELECT FRIDAYS: FOREVERWELL AFTERNOON SOCIAL - 1:30pm (following SilverSneaker Classic® Class). Coffee provided. Dates are noted on calendar on back of newsletter.

NEW!!!! SATURDAYS: PICKLEBALL IN THE GYM - 12-2pm full gym

BOOK DISCUSSION GROUP MEETS THE THIRD THURSDAY OF THE MONTH

April 18, 2024: 2:00-3:00pm Horse by Geraldene Brooks

APRIL SAFETY TOPIC – KEEPING KIDS SAFE AT THE Y

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.

- **Know:** Knowing about child sexual abuse can help us better understand what to look for and how to keep it from happening in the first place. As trusted adults to the young people in our lives, we play an important role in protecting them from abuse. Learn more about the different types of abuse, the signs and how you can help at childhelpline.org
- **See:** When we know the signs of abuse, we can intervene on behalf of children. As a trusted adult, you may SEE your child interacting with media daily and you can be equipped with the tools and resources to make sure any environment (including online) is free from any abuse. Learn more at commonsensemedia.org/articles/online-safety
- **Respond:** How can you RESPOND to the call to help prevent child sexual abuse? As a trusted adult, you may know it's important to talk about it, but you may not know what or when to say it. The Committee for Children has created the Hot Chocolate Talk campaign, packing decades of research into easy-to-use guides to help you begin these crucial conversations at any age, from toddler to teen. Visit <https://www.cfchildren.org/resources/child-abuse-prevention/> to learn more.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



UNDERSTANDING PARKINSON'S

**A FREE INFORMATIONAL SESSION OFFERED
IN COOPERATION WITH THE PARKINSON'S
FOUNDATION MN AND DAKOTA CHAPTER.**

Nearly one million people in the U.S. are living with Parkinson's disease (PD). This number is expected to rise to 1.2 million by 2030. Join us to increase your knowledge of PD. Learn about the common early symptoms. Everyone's experience is unique and no single one of these signs means a person has PD.

THURSDAY APRIL 4, 2-3PM
New Hope YMCA multi-purpose room
7601 42nd Avenue North, New Hope
763-535-4800

Register at Member Welcome Desk

Questions: contact Nancy Danielson 763-592-5520
nancy.danielson@ymcamn.org

22-GE01

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

**Thursday, April 11
1 p.m. - 2 p.m.**

**New Hope YMCA
7601 N 42nd Ave
New Hope, MN 55427**

Register to attend at the Welcome Desk.

**Class will be in the Multi-Purpose Room.
Snacks will be provided.**

Visit alz.org/CRF to explore additional education programs online and in your area.

 **ALZHEIMER'S
ASSOCIATION**
Minnesota - North Dakota
Chapter

2.0862.694



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



UNDERSTANDING VEIN DISEASE

CHRONIC VENOUS INSUFFICIENCY (CVI) AND VARICOSE VEINS ARE MORE COMMON THAN YOU THINK, AFFECTING MORE THAN 30 MILLION PEOPLE IN THE UNITED STATES.

Join us for this "Breakfast and Learn" sponsored by Medtronic
Pre-registration required at Member Welcome Desk, space is limited

MONDAY APRIL 15, 9:00-10:00AM
Multi-purpose room
New Hope YMCA
7601 42nd Avenue North, New Hope

Questions: contact Nancy Danielson, ForeverWell Coordinator
nancy.danielson@ymcamn.org 763-592-5520

22-GE01

New Hope ForeverWell Activity Calendar April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	2 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby Train Dominoes 12:30-2:30 Pool Lobby	3 Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	4 Pickleball in Gym 1-3pm Understanding Parkinson's presentation 2-3pm in MPR	5 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:30pm Pool lobby	6 Pickleball in Gym Noon - 2pm
7	8 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	9 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby Train Dominoes 12:30-2:30 Pool Lobby	10 Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	11 Pickleball in Gym 1-3pm 10 Warning Signs of Alzheimer's 1-2pm, MPR	12 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:30pm Pool lobby	13 Pickleball in Gym Noon - 2pm
14	15 Understanding Vein Disease – Breakfast 9-10am, MPR Pre-registration REQUIRED Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	16 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby Train Dominoes 12:30-2:30 Pool Lobby	17 Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	18 Pickleball in Gym 1-3pm Book Group 2-3pm MPR Horse by Geraldine Brooks	19 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:30pm Pool lobby	20 Pickleball in Gym Noon - 2pm
21	22 Pickleball in Gym 10am-Noon Earth Day potluck brunch/ Show and Tell – "re-purposed" items 10:30-11:15am Pool Lobby pre-registration requested Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	23 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby Train Dominoes 12:30-2:30 Pool Lobby Outdoor walking group starts 9-10am – Meet at Welcome Desk	24 Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	25 Pickleball in Gym 1-3pm	26 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:30pm Pool lobby	27 Pickleball in Gym Noon - 2pm
28	29 Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	30 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby Train Dominoes 12:30-2:30 Pool Lobby Outdoor Walking Group 9-10am				