Announcements

Lucky 13 Winner: Congratulations to our October Lucky 13 Winner, _________________!

Salvation Army Coat Drive: There will be collection boxes at the YMCA for the Salvation Army’s Coat Drive from November 5-15.

Save the Date: Food. Games. Fun! Our Holiday Potluck will be on Wednesday, December 18 from 10:30 am-12:30 pm in the Pool Lobby. Mark your calendars for this special event!

Featured Fitness Class of the Month: ForeverWell Balance
Improve your balance, mobility and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Conquer your fear of falling, supplement your weekly workouts, and improve your gait. ForeverWell Balance is offered on Tuesdays at 11:00 am and Wednesdays at 10:45 am in Balfour.

General Information

What is ForeverWell?: Are you a YMCA member? Are you 55 years of age or older? If you answered yes to both of these questions, then you are considered a ForeverWell Member! We provide our ForeverWell members with an abundance of programs that are designed specifically for adults ages 55+ to support their health and wellness goals. This includes physical fitness classes, social activities, and more. While these classes and activities are tailored to adults ages 55+, members of all ages are welcome to attend. Bring a family member or friend to the next ForeverWell event... the more, the merrier!

Survey Results: Thank you to those who completed and returned the ForeverWell Member Survey in October. We appreciate your feedback! If you didn’t get the chance to complete the survey and have suggestions for our ForeverWell program, please reach out to Lauren at Lauren.Larson@ymcamn.org or 507-215-8202.

Social Clubs: Do you have an interest or activity that you would like to enjoy with your fellow ForeverWell members? Are you interested in starting and/or leading a Social Club for that interest or activity? If so, please reach out to Lauren!
Special Events in November

Wednesday, November 6 | Second Annual Chili Cook Off
10:30 am-12:30 pm | Pool Lobby
It's time for our Second Annual Chili Cook Off! Members who would like to participate in the competition should bring their best chili in by 10:00 am on Wednesday, November 6 for judging. Sign up at Member Services.

Monday, November 18 | ForeverWell Lunch—New Event!
11:15 am | Grand Rounds Brewing Co.
Treat yourself to a Burger + Beer for $5 with fellow ForeverWell members! Pop and Keg Root Beer are also included in this $5 special. We will meet in the Welcome Center and leave at 11:15 am to walk to Grand Rounds. It is a 9 minute walk (0.5 miles). In the case of inclement weather, we will carpool to Grand Rounds as parking is limited. Sign up at Member Services by Wednesday, November 13 for this fun event!

Friday, November 22 | Coffee with Virginia
9:30-10:30 am | Welcome Center
Come enjoy a cup of coffee with Virginia, our Executive Director, and get the inside scoop on the Rochester Y!

Ongoing Events in November

Coffee & Conversation: The topic for this month’s Coffee & Conversation is Postural Balance. Join us Wednesday, November 20 from 9:00-11:00 am in the Pool Lobby. Jacob from Olmsted Medical Center will be presenting. Please bring a healthy snack to pass!

ForeverWell New Member Orientation: Welcome to the Rochester Y! All new members are encouraged to attend a program orientation to learn more about our facility, classes, and ForeverWell programming. Our November orientation will be held on Wednesday, November 20 from 11:00 am-12:00 pm in the Pool Lobby. Sign up at Member Services.

MedExpress: Free Blood Pressure Screening: Monday, November 4 from 11:30 am-12:30 pm outside of Balfour Hall.

Lucky 13: Pick up your Lucky 13 card from Member Services and have them mark it each time you visit in November. At the end of the month, turn in your completed card to Member Services and have your name entered into the monthly prize drawing! A free guest pass will be added to your account when you turn your completed card in.

Social Clubs and Groups:
YMCA Walking Club: Mondays and Fridays from 9:00-10:00 am in the Red/Blue gyms.
Quilt Sisters @ the Y: Tuesday, November 19 at 10:30 am in the President’s Room.
Pickle Ball: Monday–Saturday from 8:30 am-10:00 am in the South Gym.
Mountain Dulcimer: Mondays from 10:30-11:30 am in the Activities Room.