Announcements

Lucky 13 Winner: Congratulations to our February Lucky 13 Winner, Olinda Seitz!

Save the Dates
Thursday, April 9: ForeverWell Lunch from 11:00 am-12:00 pm. Location TBD.
Wednesday, April 15: Coffee & Conversation with Estate Planning Attorney Claire Langton-Yanowitz from 9:00-10:00 am in the Pool Lobby.
Friday, April 24: Coffee with Virginia from 9:30-10:30 am in the Welcome Center.

Featured Fitness Class of the Month: SilverSneakers® Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Level: All. Free drop-in class for members. Offered on Thursdays at 9:30 am in MPR.

General Information

ForeverWell Theme of the Month: Enjoy—Enjoy and experience healthy habits at the Y!

ForeverWell Retreat: Join your ForeverWell friends and guests at the ForeverWell Retreat on Monday, May 18 from 9:00 am-4:00 pm. Participants will spend time outdoors in the beauty and comfort of Camp St. Croix, located on the beautiful St. Croix River in Hudson, WI, less than an hour and a half from Rochester. Register at campstcroix.org/foreverwellretreat.

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.
Special Events in March

Thursday, March 5  | City of Rochester Update With Mayor Norton  | 9:00-10:00 am  | Pool Lobby
Come find out what’s happening in Rochester government from Mayor Kim Norton! Mayor Norton will give a City of Rochester update in our Pool Lobby from 9:00-10:00 am on Thursday, March 5.

Friday, March 13  | Pie Bake-Off & BINGO  | 10:00 am-12:30 pm  | Pool Lobby
Pi Day is an annual celebration of the mathematical constant \( \pi \) and is observed around the world on March 14 (3/14). We will celebrate a day early at the Y with a Pie Bake-Off and BINGO! Bring your best pie (or pie bars) to the Pool Lobby by 10:00 am on Friday, March 13 for judging. Judging will take place from 10:00-10:30 am. Pies will be judged on taste, texture, presentation, and creativity! Pie sampling will take place from 10:30-11:30 am with BINGO to follow from 11:30 am-12:30 pm. Sign up at Member Services.

Thursday, March 26  | ForeverWell Member Appreciation Day  | Welcome Center
Happy Spring! We appreciate your commitment to staying healthy in mind, body, and spirit. Stop by the Welcome Center for a packet of seeds on Thursday, March 26 while supplies last.

Ongoing Events in March

Coffee & Conversation: Join us for Coffee & Conversation on Wednesday, March 18 from 9:00-10:00 am. Dee Sabol, Executive Director of the Diversity Council, will lead a conversation experience around gracious hosting. Please bring a healthy snack to share.

ForeverWell New Member Orientation: All new ForeverWell members are encouraged to attend a program orientation to learn more about our facility, classes, and programming. Our March orientation will be held on Wednesday, March 18 from 11:00 am-11:30 am in the Pool Lobby. Sign up at Member Services.

Lucky 13: Pick up your Lucky 13 card from Member Services and have them mark it each time you visit the Y in March. Turn your completed card in by March 31 to have your name entered into the monthly prize drawing! A free guest pass will also 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, March 17 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.