

FOREVERWELL UPDATE

SEPTEMBER EDITION



GROUP

EXERCISE SCHEDULE:

ForeverWell

Classes:

Tuesdays: 9:30 am -
ForeverWell Strength

Wednesdays: 9:30 am -
ForeverWell Stretch

Thursdays: 9:30 am -
ForeverWell Combo

Consider trying Gentle Yoga:

Mondays: 12:45 pm

Tuesdays: 10:30 am

Wednesdays: 12:45 pm

At the George Wellbeing Center:

Mondays:

8 am Meditation

11:30 am Meditation

10 am Qigong*

11 30 am Meditation

Tuesdays:

8 am Meditation

Wednesdays:

Create Your Wellbeing Plan

Wellbeing goes way beyond maintaining physical health. At the Y, we want to support our members' wellbeing in mind, body, spirit and community. Where do you stand in these areas? There is always room for personal growth, and the first step is a thoughtful self-assessment. On **Thursday, September 26th at 10:45 am**, ForeverWell Coordinator Rosemary Parece will lead a workshop on whole –person wellbeing, taking inspiration from Dr. Martin Luther King's sermon on the *Three Dimensions of a Complete Life*. Plan to learn a little about wellness across the areas of life, and get some ideas about personal growth. Light refreshments will be served. This workshop is free; please register by stopping by the front desk or connecting with Rosemary. Bring a friend! We hope to see you there.

Hiking Club—Connect with Nature and Each Other

Many of our members hike for fun and fitness. Would you like to expand the range of your hikes— meet some new people, try some new places? Support the foundation of the Dayton branch's Hiking Club. Our inaugural hike will be on **Thursday, September 12th from 9-11:30 am**. We will travel by van to Lebanon Hills Regional Park, an almost 2,000 acre park that includes a high – quality visitor center and hiking trails through forests, grasslands, marshes, and wetlands. We will choose a trail that looks interesting to our group. You are also welcome to come along for the ride and choose your own adventure. Pre—registration is required. We have space for 14 in the Y van, and we will only go if 8 people commit. Bring a friend—non members are most welcome! But please sign up today! See Rosemary or Alex to register.

September is National Yoga Month Yoga is not only safe for people of all ages, it has been shown to have benefits including improved strength and flexibility, improved heart health, and improved mood and concentration. Try yoga this month!

2:30 pm Meditation

4:15 pm Meditation

Thursdays:

11:30 am Meditation

2:30 pm Meditation

Fridays:

9 am Qigong*

12:45 pm Meditation

2:30 pm Meditation

4:15 pm Meditation

*member cost 16\$

Remember, our complete schedule is available on line. All members are welcome at all classes.

Contact Information

Rosemary.Parece@ymcamn.org

(612) 268-0059

Please come to a Forever Well Orientation! We will discuss the options available for meeting all your wellbeing goals. Connect with Rosemary to register.

Pickleball Schedule: Tuesday / Thursday 10-11:30, Wednesday 10:30-11:30, Saturday 11- 1 pm; Our friendly pickleballers are always looking for new players! Beginners are most welcome. Stop by and give it a try—you' ll be hooked!

Try Mat Pilates Looking to build strength? Mat Pilates is a conditioning fitness class that focuses on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs and gluteals. A strong core is important for balance and good posture. We offer

Meet Mary Vanpilsun-Johnson



Mary recently joined our personal training team. She is an athlete, a certified personal trainer, and a licensed dietician. Mary enjoys working with older athletes, and with 'fitness newcomers.' In all kinds of members, she supports a well-rounded approach to staying healthy. Mary says, "I am excited about helping people make lifestyle changes to achieve weight loss goals, and meet their fitness goals." Looking beyond weight, she can help you improve your cardiovascular fitness, muscle mass, and other important fitness indicators. Connect with her by scheduling a session at the front desk. Your session will include a fitness assessment and a discussion your personal strengths and challenges. You will get a tailored

plan to stay motivated and reach your fitness, nutrition and wellbeing goals.

Cheers to the Y! We're excited to announce that the Douglas Dayton YMCA is hosting our annual fundraising event on Thursday, October 21 from 5-8:30 pm. **2019 Cheers to the Y** will be at Finnegan's Brew Co. We are planning an auction, games, beer and food options, and much more! All proceeds will go towards the programs and services we provide for our Downtown kids, families, and community. We would love to have community members' support to make this event a huge success. Help us secure sponsorships, or gather donated auction items. We are also looking for volunteers with logistics, like supporting speakers, managing games, selling tickets, and other tasks that make events run smoothly. Can you help? Reach out to Latiyah at latiyah.stone@ymcamn.org . And of course we hope you will attend – teamwork makes the dream work!