

FOREVERWELL



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH EVENTS & ACTIVITIES 2019

ACTIVITY DAY	TIME/LOCATION	PAGE
Orientations	varies see details Lobby	Page 2
Tai Chi for Health Practice	Mondays 8:30-9:00am A/B	Page 2
Hand & Foot/Misc. Games	Mondays/Fridays See Details	Page 2
Dime Bingo (no 3/14)	Tues/Thurs 9:30am A/B & B	Page 2
Mah Jong	Tuesdays 1:00pm AO	Page 2
Jesus & Java (no 3/14)	Thursdays 8:00am A	Page 2
Bible	Thursdays 9:15am AO	Page 2
Movies	Thursdays 9:30am A	Page 2
FREE FRIEND	Fri: 1 ALL DAY (Photo ID Required)	
Thank you Fun Bus	Fri: 1 9am-4pm	Page 2
Fundraiser	Sat: 2 8am-10am	Page 2
Volunteer Meeting	Tue: 5 12:00pm A	Page 2
Renate Pearson's Story	Wed: 6 10:00am A	Page 2
GREEN Potluck (date change)	Wed: 6 12:30pm A/B	Page 3
Art 2B Smart	Thur: 7 12:30pm A	Page 3
Couples Night Out	Thur: 7 5:00pm	Page 3
Acrylic Painting Trip	Fri: 8 10:15am-2:30pm	Page 3
Movie Matinee at Andover Cinema	Tue: 12 TBD	Page 3
Movies & Popcorn	Wed: 13 10-2:3pm A/B	Page 3
Singles Mingle	Thur: 14 TBD	Page 3
SS Classic Yogurt & YOU	Mon: 18 11:30am A	Page 3
Volunteer Sewing	Mon: 18 12:30pm AO	Page 3
WaterEX Classes Potluck Lunch	Tue: 19 12:00pm A/B	Page 4
Social Night Out	Tue: 19 4:00pm/6:00pm	Page 4
Murder Mystery Party	Wed: 20 9am-2pm	Page 4
Movie Time	Thur: 21 & 28 9:30am A	Page 4
Genealogy Class (date change)	Thur: 21 12:30pm	Page 4
Couples Night Out	Thur: 21 5:00pm	Page 4
ACHS	Fri: 22 10:00am	Page 4
Vet's Tribute	Fri: 22 1:00pm CR	Page 4
Cards/Cribbage/Dominos, etc.	Tue: 26 11:30am A/B	Page 2
JAM Session	Tue: 26 11:30am AE	Page 5
Legacy Writing	Wed: 27 9:00am B	Page 5
Book Club	Wed: 27 10:00am A	Page 5
Jean Jacket Creations	Wed: 27 11:30am A/B	Page 5
Hobby Hour	Thur: 28 11:30am A	Page 5
Move Together Class Yogurt & YOU	Thur: 12:40pm A	Page 5

Planning Ahead:

Joseph and the Amazing Technicolor Dreamcoat
Paramount Theater-Sat, April 13 COST: \$65/\$70

Adult Prom at Arbor Oaks-Friday, April 26

Mamma Mia Chanhassen Dinner Theater
Wednesday, August 28 COST: \$90/\$95



Continues next page

YMCA OF THE GREATER TWIN CITIES

ANDOVER YMCA

15200 Hanson Blvd, Andover MN 55304

Please remember that for trips and activities that cost MONEY, you must secure your spot by:
1ST-Pay at Member Services
AND
2ND-Sign up on the Adult Board unless specified

All trips are subject to cancellation, please check with Jodi prior to trip. No refunds unless for medical reasons.
Jodi Blowers (763)230-6552

Donations appreciated: plates, napkins, utensils, etc. for potluck lunch.

SPRING INTO WELLNESS AT THE YMCA



QUESTIONS, COMMENTS, IDEAS?

Jodi Blowers "ForeverWell Coordinator"
Jodi.Blowers@ymcamn.org
763-230-6552

www.facebook.com/YMCATwinCities
Member Service Desk 763-230-9622
Monday-Thursday 5:00am-10:00pm
Friday 5:00am-9:00pm
Saturday/Sunday 6:00am-8:00pm

FOREVERWELL ORIENTATIONS

CHECK CALENDAR ON PAGE 6 FOR DAYS/TIMES CHECK-IN AT MEMBER SERVICES MEET IN LOBBY

For new and returning members who want to learn about the ForeverWell program. Please register in advance at the Member Service Desk as this is limited to 6 people per orientation.

TAI CHI FOR HEALTH PRACTICE

MOST MONDAYS 8:30-9:00AM COMMUNITY ROOM A/B (NO 3/11)

The ancient discipline of Tai Chi combines agile steps, joint-safe exercise and mental strength to improve mobility, breathing, and relaxation in ways that help you feel in greater control over your daily life. Tai Chi helps with relaxation, concentration, memory, balance, muscle strength, stamina and more.

HAND N FOOT/MISC. GAMES

MOST MONDAYS AND FRIDAYS COMMUNITY ROOMS (SEE CALENDAR ON PAGE 6 FOR TIMES)

Come and play Hand n Foot or a game of your choice. LEAD VOLUNTEERS: SUZANNE A., CAROL H., PAT N., KAREN V.

DIME BINGO!

TUESDAYS 9:30AM COMMUNITY RM A/B AND THURSDAYS 9:30AM COMMUNITY RM B (NO 3/7, 3/14)

Join us Tuesdays and Thursdays for Dime Bingo. Bring your friends and your dimes! LEAD VOLUNTEERS: JULIE E., CAROL H., JOHN J., MARY M., PAM S., KAREN V.

MAH JONG

TUESDAYS 1:00PM ARBOR OAKS (ADDRESS ON PG 6)

Join the fun on Tuesday. This is a game of Chinese origin usually played by four persons with 144 domino-like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces. LEAD VOLUNTEER:

JESUS & JAVA

THURSDAY 8:00AM COMMUNITY ROOM A

Join us each week as we watch a brief video presentation on topics related to Jesus, the Bible, family, relationships, faith, love, friendships, etc. with a time for casual discussion after the video. This is open to EVERYONE of all ages, all faiths, all walks of life. LEAD VOLUNTEERS: BONNIE N., BILL P.

BIBLE DISCUSSION

THURSDAY 9:15AM CHAPEL ARBOR OAKS (ADDRESS ON PG 6)

Join us each week as we discuss verses in the Old and New Testaments. Treats and coffee in the Dining Room after the discussion. LEAD VOLUNTEERS: MARY C., JULIE E.

MOVIES

THURSDAY 9:30AM COMMUNITY ROOM A

Come watch movies on the "big" screen in the Community Room. Bring some popcorn, coffee, friends, etc.

"THANK YOU" FUN BUS TRIP

FRIDAY, MARCH 1 9AM-4PM MEET IN COMMUNITY ROOM A AT 9:00AM SHARP

We are going to take a bus to Jo-Ann Fabric in Riverdale and Jo-Ann Fabric in Maple Grove and say **THANK YOU** to their staff for the wonderful donations we receive each month from them. We will also make 30 minute stops at the following places for you to "shop-around" (Trader Joes & Whole Foods, Love That Olive, The Woods Gift Shop, Osseo Meat Market, SR Harris). Cost: \$17 members/\$23 non-members includes motorcoach transportation, lunch at Golden Corral, games & prizes on the bus). Pay at Member Services to secure your spot on the "THANK YOU FUN BUS" Deadline to register: 2/25

LET'S GO FISHING FUNDRAISER

SATURDAY, MARCH 2 8AM-10AM APPLEBEES-335 12TH ST SW FOREST LAKE

Let's Go Fishing is an organization that provides opportunities to people to go out onto the area lakes on a pontoon to fish for FREE! They offer day and early evening excursions on Rush Lake and Chisago Lakes. Come support them and enjoy a delicious breakfast! Presale tickets \$10 adults/\$7 kids (call 651-402-5960)

VOLUNTEER PLANNING MEETING

TUESDAY, MARCH 5 11:30AM COMMUNITY ROOM A/B

Summer is right around the corner and so is Healthy Aging Day (May 22). Jodi is looking to gather all of your creative, wild, interesting, curious, bizarre ideas on what you are looking to do this summer. Join this fun meeting as we brainstorm ideas for our ForeverWell summer program along with ideas for our annual Healthy Aging Day event. A light lunch will be provided, please sign up on the Adult Board and let us know you are coming.

Continued from front page

RENATE PEARSONS LIFE STORY

WEDNESDAY, MARCH 6 10:00AM COMMUNITY ROOM A

Our very own Renate "Rae" Pearson is going to share her early years of growing up in Germany.

ST PAT'S POTLUCK LUNCH

WEDNESDAY, MARCH 6 12:30PM COMMUNITY ROOM A/B (DATE CHANGE)

Broccoli salad, green bean casserole, garden fresh salad, asparagus and bacon, broiled Brussel sprouts, green grapes, etc. Bring your favorite GREEN dish or a St Patricks Day "something" for our potluck lunch. LEAD VOLUNTEERS: SUZANNE A., TERI G., CAROL H., JOHN J., PAT N., PAM S.



ART 2B SMART

THURSDAY, MARCH 7 12:30PM COMMUNITY ROOM A

Do you enjoy exploring new and interesting ways to enrich your life through the arts...zentangle, coloring, painting, jewelry, poetry, string art, mosaics, beads, etc.? Then join us for Art 2B Smart!

LEAD VOLUNTEERS: SUZANNE A., TERI G.

COUPLES NIGHT OUT

THURSDAY, MARCH 7 5:00PM PIZZA RANCH

Couples this is for you! Dinner at Pizza Ranch-13797 Jay St Andover. Sign up on the Adult Board so we know how many are joining the fun! LEAD VOLUNTEERS: MARY & JERRY M.

ACRYLIC PAINTING AT THE ART CENTER

FRIDAY, MARCH 8 10:15AM-2:30PM MEET IN LOBBY

We are spending the day at the RumRiver Art Center and learning how to paint with acrylics.

Cost: \$32 members/\$46 nonmembers includes school bus transportation, box lunch (Chicken Salad Croissant, cup of cut fruit, bagged Kettle Chips, White Chocolate, Cranberry Cookie) painting class using acrylics, games/prizes on the bus AND a really fun day!! DEADLINE: 3/6/19 minimum required 20

MOVIE MATINEE AT ANDOVER CINEMA-1836 BUNKER LAKE BLVD ANDOVER 763 754-3000

TUESDAY, MARCH 12 TBD

Watch the Adult Board and see what is playing at the Andover Cinema. Meet your friends for some afternoon entertainment.

MOVIES & POPCORN

WEDNESDAY, MARCH 13 10:00AM-2:30PM COMMUNITY ROOM A/B

Come hang out and watch some movies, eat some popcorn and be with your friends.



SINGLES WHO MINGLE

THURSDAY, MARCH 14 4:30PM KEY'S CAFÉ-8299 UNIVERSITY AVE SPRING LAKE PARK

Are you single and want to meet new people. Check out the adult board and see where we are going. Please sign up on the Adult Board. LEAD VOLUNTEERS: SUZANNE A., MARY C., CAROL H., PAT N., KAREN V.

SS CLASSIC CLASS "YOGURT & YOU"

MONDAY, MARCH 18 11:30AM COMMUNITY ROOM A

March is "Spring into Wellbeing" with the focus of "Healthy Eating" here at the YMCA. We want to provide an opportunity for your "Healthy Group" to get to know each other beyond the weights and outside of the studio. Join us for some yogurt and YOU time!

VOLUNTEER SEWING

MONDAY, MARCH 19 12:30PM ARBOR OAKS (ADDRESS ON PG 6)

If you love to volunteer AND sew then this is for YOU! We are making walker bags and clothing protectors. Bring your sewing machine & scissors or just your smile and we will put you to work!

LEAD VOLUNTEERS: TERI G., MARY M.

WATER EXERCISE CLASSES POTLUCK

TUESDAY, MARCH 19 12:00PM COMMUNITY ROOM A/B

It's time to dry off and come to the Community Room for a Potluck Lunch. Get to meet/know your friends from the pool. Bring a dish to share. Everyone welcome! Spread the word.

SOCIAL NIGHT OUT

TUESDAY, MARCH 19 4:00PM DINNER/6:00PM GOLF

This is a fun night for everyone. Meet at Carol's Restaurant for dinner at 4:00pm then off to Glow in One Mini Golf for fun at 6:00pm. Sign up on the Adult Board so we know how many to plan on.

Carols- 11888 Aberdeen St NE Blaine. Glow in One Mini Golf- 12579 Central Ave NE (by Cub Foods)

MURDER MYSTERY PARTY "BURRITOS & BANDIDOS"

WEDNESDAY, MARCH 20 9AM-2PM COMMUNITY ROOM A/B

We Pay at Member Services to secure your spot-sign up on Adult board to receive your game instructions. Please arrive in time/in character to play at 9:00am sharp and plan to stay until the game is over. Your attendance is crucial for the game to be played. Cost: \$15 Members/\$17 Nonmembers



GENEALOGY CLASS (DATE CHANGE)

THURSDAY, MARCH 21 12:30PM COMMUNITY ROOM A

This trip will be led by Cathi Weber, owner of NorthStar Genealogy and president of the Anoka County Genealogical Society.

COUPLES NIGHT OUT

THURSDAY, MARCH 21 5:00PM BEEF 'OBRADYS-ANDOVER

Couples this is for you! Dinner at Beef 'OBradys- 15190 Bluebird St NW Andover. Sign up on the Adult Board so we know how many are joining the fun! LEAD VOLUNTEERS: MARY & JERRY M.

"MEMORIES OF GMA'S COOKIE JAR"

FRIDAY, MARCH 22 10:00AM COMMUNITY ROOM A

Gotcha! We see your hand in that cookie jar, reaching for some sugary yumminess to dunk in your glass of milk. We may laugh about it now, but sneaking a cookie as a kid felt like the ultimate treachery. Join this fun discussion and take some time to talk about family cookie recipes, traditions, and memories of the family bakers in this class given by the Anoka County Historical Society. Please bring along a favorite cookie jar and a good story to share (we'll provide the treats!)



VET'S TRIBUTE-VALIANT VETERANS, STEADFAST SUPPORTERS

FRIDAY, MARCH 22 1:00PM COON RAPIDS SENIOR CENTER

Coon Rapids Senior Center is hosting an event to honor women veterans and the women who supported their spouses, children and friends while they served. Speakers, entertainment, poetry, art, refreshments and door prizes! Cost: \$5 payable one week in advance at Coon Rapids Senior Center.

CARDS/CRIBBAGE/DOMINOS/ETC.

TUESDAY, MARCH 26 11:30AM COMMUNITY ROOM A/B

Join the fun on Tuesday playing all sorts of games. Cards, Cribbage, Dominos, Hearts, Bunco, etc. LEAD VOLUNTEERS: SUZANNE A., JULIE E., CAROL H.

JAM SESSION

TUESDAY, MARCH 26 11:30AM ARBOR ESTATES

Bring your instruments or just come to listen to the beautiful sounds of our local musicians. Everyone is welcome to come for the fun!

LEGACY WRITING

WEDNESDAY, MARCH 27 9:00AM COMMUNITY ROOM A

What kind of legacy will you leave for your loved ones? Money? Stuff? There's something better. Something that won't cost you a dime, and that won't be wasted or sold or thrown away by your heirs. It's a little piece of yourself that will delight you, the giver, as much as it will the family and friends who receive your gift. Please join this bi-monthly workshop which serves as a springboard for sharing the most precious legacy you own—your life. We'll be writing our life stories in manageable chunks of memories that matter. In no time at all, you will have created a collection of short vignettes that tell a story unique to you. When we remember our own parents and grandparents, it's typically not the material things they left us that we treasure. It's the memories. LEAD VOLUNTEER: MARY M.

BOOK CLUB

WEDNESDAY, MARCH 27 10:00 AM COMMUNITY ROOM A

Join us for the monthly book discussion of "The Tea Girl of Hummingbird Lane" by Lisa See. Everyone is welcome-bring a friend! LEAD VOLUNTEER: PAM S.

JEAN JACKET CREATIONS

WEDNESDAY, MARCH 27 11:30AM COMMUNITY ROOM A/B

We will cut apart a jean jacket and a shirt and re-assemble them to create two new unique, one-of-a-kind looks. Each person will get to pick a jacket and shirt (first come, first serve). What to Bring: a sharp fabric scissors and a seam ripper. Optional: bring a sewing machine or use one of the YMCA's seven sewing machines-sharing with others in the class. COST: \$20 for a jacket & shirt (payable to instructor at event). Space is limited sign up on Adult Board.



MOVE TOGETHER CLASS "YOGURT & YOU"

THURSDAY, MARCH 28 12:40-1:10PM COMMUNITY ROOM A

March is "Spring into Wellbeing" with the focus of "Healthy Eating" here at the YMCA. We want to provide an opportunity for your "Healthy Group" to get to know each other beyond the weights and outside of the studio. Join us for some yogurt and YOU time!

SINGLES WHO MINGLE

THURSDAY, MARCH 28 4:30PM CAROL'S RESTAURANT-11888 ABERDEEN ST NE BLAINE

Are you single and want to meet new people, then this is for you! Join us at Carol's for dinner. Sign up on the adult board. LEAD VOLUNTEERS: SUZANNE A., MARY C., CAROL H., PAT N., KAREN V.

Special thanks to all of our amazing
volunteers, Arbor Oaks and Arbor
Estates for the incredible
"50th Wedding Anniversary Celebration"!

Where are we at today?

AE=Arbor Estates -1753 156th Lane NW Andover (3 blocks North of YMCA)

AO=Arbor Oaks -1640 155th Lane NW Andover (3 blocks North of YMCA)





CR=Coon Rapids Senior Center 11155 Robinson Dr Coon Rapids 763 767-6473

CR=Conference Room (in the Administrative office area)

FD=Fitness Desk on Fitness Floor (2nd floor)

SC=Andover Senior Center (next door to YMCA)

A=Community Room A B=Community Room B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FREE FRIEND FRIDAY 9am-4pm "THANK YOU" Fun Bus 10am-2pm Hand & Foot/ Misc. Games*B Saturday, March 2 8am-10am Let's Go Fish- ing Flapjack Fundraiser Applebees Forest Lake
4 8:30am Tai Chi*A/B 9:30am ForeverWell Orienta- tion*A 10:30am Hand & Foot/Misc. Games*A/B	5 9:30am Dime Bingo*A/B 11:30am Volunteer Planning Meeting*A/B 1:00pm Mah Jong*AO	6 WEAR GREEN TODAY 10:00am Renate Pearson's Story*A 12:30pm St Patricks Potluck*A/B (Date Change) 	7 8:00am Jesus & Java*A 9:15am Bible*AO 9:30am Movies*A 9:30am Dime Bingo*B 12:30pm Art 2B Smart*A 5:00pmCouples Night Out*Pizza Ranch	8 NO COMMUNITY ROOMS 10am-2pm Hand & Foot Cards*A/B 10:15am-2:30pm Acrylic Painting at the RumRiver Art Center
11 NO COMMUNITY ROOMS 9:30am ForeverWell Orienta- tion*Lobby 12:30-2:30pm Hand & Foot Cards*A/B	12 NO COMMUNITY ROOMS 10:30am-2:00pm Dime Bingo*A/B 1:00pm Mah Jong*AO TBD Movie Matinee*Watch Adult Board	13 NO COMMUNITY ROOMS 10:00am-2:30pm Movies & Popcorn*A/B	14 NO COMMUNITY ROOMS 9:15am Bible*AO 12:30-2:30pm TV Games Shows*A/B 4:30pm Singles Who Mingle*Keys Cafe	15 NO COMMUNITY ROOMS 10am-2:30pm Hand & Foot Cards*A/B 
18 8:30am Tai Chi*A/B 9:30am FW Orientation*A 10:30am Hand & Foot*A/B 11:30am SS Classic "Yogurt & You"*A 12:30pm Volunteer Sew- ing*AO	19 9:30am Dime Bingo*A 12:00pm Water Exercise Class Potluck*A/B 1:00pm Mah Jong*AO 4:00pm/6:00pm Social Night Out*See details	20 9am-2pm MURDER MYSTERY Burritos & Banditos 	21 8:00am Jesus & Java*A 9:15am Bible*AO 9:30am Movies*A 9:30am Dime Bingo*B 12:30pm Genealogy Class*A (Date Change) 5:00pmCouples Night Out*Beef 'OBradys	22 10am-2pm Hand & Foot/ Misc. Games *B 10:00am "Memories of Gma's Cookie Jar" by the Anoka County Historical Society *A 1:00pm Vet's Trib- ute*Coon Rapids SrCtr
25 8:30am Tai Chi*A/B 9:30am ForeverWell Orienta- tion*A 10:30am Hand & Foot *A/B	26 9:30am Dime Bingo*A/B 11:30am Cards, Cribbage, Dominos, etc. *A/B 11:30am JAM Session*AE 1:00pm Mah Jong*AO	27 9:00am Legacy Writing*B 10:00am Book Club*A 11:30 Jean Jacket Crea- tions*A/B	28 8:00am Jesus & Java*A 9:15am Bible*AO 9:30am Dime Bingo*B 9:30am Movies*A 12:40pm Move Togeth- er "Yogurt & You"*A 4:30pmSingles Who Mingle*Carol's	29 10am-2pm Hand & Foot/ Misc. Games *B