



FOREVERWELL

AUGUST 2022 | ANDOVER YMCA COMMUNITY CENTER

FW Highlights:

LUNCH&LEARN

Thursday, August 11th
@ 12pm

“Healthy Living for your
Brain and Body”

LAST MONTH FOR SUMMER BIKE GROUP!

Thursdays @ 10am

*no ride August 11th

MOVIE MATINEE

It's a surprise ;)

Wednesday, August 17th

1pm

END OF SUMMER PICNIC!

Hot dogs and chips!
Games and fun ;)

Tuesday, August 23rd

11-1PM

FREE for our Foreverwell
Members!

Bring a chair to hang outside
and enjoy the last bits of
summer with us!

BLOOD DRIVE

American Red Cross

Friday, August 19th

11am-5pm

Call 1-800-RED-CROSS or
visit RedCrossBlood.org

Sponsor code: YMCA Andover

AUGUST THEME: PROSPER POTENTIAL!



VIRTUAL MINDFUL MOVEMENT GROUP PROGRAM!

MONDAYS AT 6:30 PM, BEGINNING SEPTEMBER 26

\$104 for members and non-members

Having trouble being physically active? Feeling increasingly isolated? You're not alone! Exercising regularly and socializing with others are critical for our health and wellbeing. Our Mindful Movement program focuses on teaching techniques via an interactive, group environment to help adults manage their thoughts and emotions while overcoming barriers to exercise. Program participants also learn how mindfulness can support overall health and wellbeing. As a participant, you'll receive:

*Guidance from a trained Wellbeing Facilitator

*8 weekly educational sessions—90-minutes in length and offered through our YMCA Wellbeing virtual platform and include simple, easy-to-follow mindfulness and movement practices *Mindful Movement Participant Workbook—a user-friendly workbook filled with information, activities and practical tools *Additional informational session prior to group launch— meet your facilitator, test your technology and ask any questions you may have

*Support and accountability from your small group

To enroll: Contact George Wellbeing at

George.wellbeing@ymcamn.org or phone 612-465-0468.

The Mindful Movement program curriculum was developed through a collaboration with the University of MN and YMCA of the North.

BRANCH HOURS

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 7am-5pm

Customer Service

(763)230-9622

<https://www.ymcanorth.org>

ANDOVER YMCA

15200 Hanson Blvd

Andover, MN 55304

ForeverWell @ Andover

Rochelle, ForeverWell Coordinator

(763)317-9044

rochelle.mckenzie@ymcamn.org

WHAT'S HAPPENING!

SUMMER BIKE GROUP!

THURSDAYS @ 10AM FREE

Meeting at different locations around the area, rides will be once a week June through August, with no ride on August 11th. Join us for one or all! **All riders must provide their own transportation to and from each ride.**

August rides are:

4th- Houlton, WI/Stillwater, Gateway and Brown's Creek

18th- North Rice Creek Trail

25th- Lake George - **Final ride of the summer!** Start and end at the Andover Y!

Stop by our ForeverWell Senior room to grab a hardcopy of the ride details and meeting place directions, or go to

https://www.ymcanorth.org/health_fitness/foreverwell/upcoming_events

and scroll to the bottom.

Please email Tom with any questions at noflatsallowed@icloud.com



Monthly Lunch&Learn Events!

We will be offering special monthly learning events on a variety of topics. Space is limited and you must register in advance. Many of these will be offered FREE through December through the ForeverWell Expansion grant! Light lunch, coffee, and tea will be provided. Feel free to bring your own beverage if you would like something other than coffee or tea.

Thursday, August 11th 12-1pm: Healthy Living for your Brain and Body, presented by The Alzheimer's Association. Co-hosted with Arbor Oaks Senior Living

Tips from the latest research! For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Thursday, September 8th 12-1pm: ABCD's of Medicare, presented by: Tom Ostdiek, Licensed Health Insurance Agent

Join us as we welcome Tom to discuss the various parts of Medicare and how those parts work. We'll also look at how Medicare Supplement and Medicare Advantage plans work with Medicare.

Thursday, September 29th 12-1pm: Fraud and Scam Awareness, Presented by Laura Landes, Crime Prevention Specialist with the Anoka County Sherriff's Office

Fraud and scams are everywhere! Know what's out there and how to protect yourself and your loved ones. Laura will cover current scams being seen in our communities by sharing actual reports and stories, and provide common sense tips to help prevent becoming a victim. She'll also walk through what needs to be done if you suddenly realize you may be part of a scam, and what to do if your personal information has been compromised.

DEMENTIA CAREGIVER SUPPORT GROUP

1ST WEDNESDAY OF THE MONTH (8/3 AND 9/6) AT 10-11:30AM

The purpose of the Alzheimer's Association Dementia Caregiver Support Group is to provide caregivers with updated information, emotional support, and problem solving related to the challenges of giving care to those living with Alzheimer's disease or other dementia-related illnesses. Contact is Kathy.Besst@twsl.com

END OF SUMMER PARTY!

TUESDAY, AUGUST 23RD 11-1PM FREE FOR OUR FOREVERWELL MEMBERS

Join us as we celebrate the last bits of summer! We'll have games, hotdogs, chips, and lemonade. Bring a lawn chair and enjoy the weather. Please RSVP to Rochelle so we know how much food we need.



MOVIE MATINEE

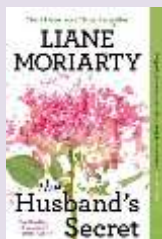
WEDNESDAY, AUGUST 17TH @ 1PM

It's still up in the air! Have a good movie suggestion? Contact Rochelle and we'll make it happen! Coffee and tea provided, feel free to bring a snack or something to share!

MENDING HEARTS

1ST AND 3RD TUESDAY (8/2 AND 8/16) 1PM

Open to all who are interested! We have 6 sewing machines available for you to use, or feel free to bring your own. We are currently working on lap blankets for donation to the residents of Arbor Oaks located just down the road. We have some that are already partially assembled, and some fabric that still needs to be cut. So whether you want to come help sew, assemble, cut, or just hang out, join us for a fun afternoon of giving back!



BOOK CLUB WITH PAM

4TH WEDNESDAY OF THE MONTH (8/25) AT 10:30AM

Join us as we discuss this month's selection: "The Husband's Secret" by Liane Moriarty. We have some copies available to check out in the Senior Center, or get your own copy from the library. If you do check out one of our copies, please return it to our Book Club cabinet as soon as you finish so someone else can check it out. Please reach out to Pam with any questions

pamequinox41@yahoo.com



THE ANDOVER UKULELE STRUMMERS!

WEDNESDAYS AT 9-10:30AM

When was the last time you did something for the first time? Come see if the Ukulele is in your future!!! Time will be spent playing as a group with Carol, as well as the opportunity for individual help from Enrique. We are so lucky to have them both to make this program such a fun success! You will enjoy playing along with the group! All are welcome, beginners to advanced!



FRIENDS NIGHT OUT

WEDNESDAYS AT 5PM

Come to the YMCA ForeverWell Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

COFFEE CLUB

WEEKDAYS 7-9AM

This is a great opportunity to relax with friends, or meet some new people!

WOMEN WALKING IN FAITH

WEDNESDAYS 8-9AM

All women are welcome to join this discussion group. No study guide, no homework. A chance to chat with other women about their faith journey and lift each other up.

HAPPY HOUR AT BEEF O'BRADY'S

3RD THURSDAY OF THE MONTH (8/18) AT 4:30PM

Ready for a night out?! Meet at Beef O'Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.



15190 Bluebird St. NW
Andover, MN 55304

FOREVERWELL ORIENTATIONS

MONDAYS 10AM

Welcome to ForeverWell at the Andover YMCA! Stop by our YMCA ForeverWell Senior Center to see what we're all about. We'll go on a tour of the YMCA, review how to register for classes and reserve pool time, and show you how to find out what's coming up on our schedule of events.

BIBLE STUDY WITH MARY

THURSDAYS AT 9:15AM

All are welcome to this thoughtful and welcoming discussion!

IT'S ALL FUN & GAMES!

HAND & FOOT & TOE (CARDS)

MONDAYS AT 10AM + 1PM, FRIDAYS AT 10AM,
SATURDAYS AT 1PM

SEVENS

TUESDAYS @ 11AM-12PM

500

2ND & 4TH THURSDAY 1-4PM

FARKLE FUN

WEDNESDAYS AT 12PM

Get ready for some loud fun and lots of laughs! This classic dice game has players roll the dice and try to collect combinations that will earn points. **Bring 6 dice for the game.**



DIME BINGO

TUESDAYS AT 9:30AM
THURSDAYS AT 10:45AM

CRIBBAGE

FRIDAYS AT 1PM

CORNHOLE

THURSDAYS @ 12PM

MAHJONG

TUESDAYS AT 1:30PM

GROUP EXERCISE CLASSES TO TRY

- Here at the Andover YMCA we have over 25 different group fitness classes for you to choose from! While that certainly means there is always something for everyone, the schedule can look a bit overwhelming. To make things easier and help get you started, here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership! Registration in advance is required.

MONDAY

Water Exercise - 8:10am
Group Centergy - 9:30am
ForeverWell Combo - 11:10am
SilverSneakers Yoga - 12:05pm
Mat Pilates - 8:30am and 6:30pm



TUESDAY

Yoga - 6:15am and 6:30pm
Aqua Zumba - 7am
SilverSneakers Circuit - 8:30am
Water Exercise - 9:10am
ForeverWell Strength - 11am
Line Dancing - 12pm



WEDNESDAY

Water Exercise - 9:10am
Yoga - 9:30am
ForeverWell Cycle 10:20am
Restorative Yoga - 10:45am
ForeverWell Stretch - 11:05am
Meditation - 11:35am
Group Centergy - 5:30pm



THURSDAY

Aqua Zumba - 7am
Water Exercise - 8am
SilverSneakers Circuit - 8:30am
Gentle Yoga - 10:45am
ForeverWell Combo - 11am
Chair Yoga - 12pm
Group Centergy - 6:15am and 6:35pm

FRIDAY

Water Exercise - 9am
Yoga - 9:30am
SilverSneakers Classic - 11am
Line Dancing - 12pm

SATURDAY

WaterInMotion - 8:10am
Group Centergy - 9am

SUNDAY

Yoga - 10:45am

*schedule subject to change

FOREVERWELL @ ANDOVER - AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 7-9am Coffee Club 10am – FW Orientation 10am - Hand, Foot, Toe Cards 1pm Hand, Foot & Toe Cards	1 7-9am Coffee Club 9:30am - Dime Bingo 11am - Sevens 12pm - Lunch Bunch 1pm – Mending Hearts 1:30pm - Mahjong	2 7-9am Coffee Club 8:30-Women Walking in Faith 9am - Ukulele 10am – Dementia Caregiver Support Group 12pm - Farkle Fun 5pm - Friends Night Out	3 7-9am Coffee Club 9:15am - Bible Study w/ Mary 10am – Bike Ride #10 10:45am - Dime Bingo 12pm – Cornhole	4 7-9am Coffee Club 10am - Hand, Foot, Toe Cards 1pm - Cribbage
8 7-9am Coffee Club 10am – FW Orientation 10am - Hand, Foot, Toe Cards 1pm – Hand, Foot, Toe Cards	9 7-9am Coffee Club 9:30am - Dime Bingo 11am - Sevens 12pm - Lunch Bunch 1:30pm - Mahjong	10 7-9am Coffee Club 8am-Women Walking in Faith 9am-Ukulele 12pm - Farkle Fun 5pm - Friends Night Out	11 7-9am Coffee Club 9:15am - Bible Study w/ Mary 10:45am - Dime Bingo 12pm-Lunch&Learn: Healthy Living for your Brain and Body 1-4pm - 500	12 7-9am Coffee Club 10am - Hand, Foot, Toe Cards 1pm - Cribbage
15 7-9am Coffee Club 10am – FW Orientation 10am - Hand, Foot, Toe Cards 1pm – Hand, Foot, Toe Cards	16 7-9am Coffee Club 9:30am - Dime Bingo 11am - Sevens 12pm - Lunch Bunch 1pm – Mending Hearts 1:30pm - Mahjong	17 7-9am Coffee Club 8am-Women Walking in Faith 9am - Ukulele 12pm - Farkle Fun 1pm - Movie Matinee 5pm - Friends Night Out	18 7-9am Coffee Club 9:15am - Bible Study w/ Mary 10am – Bike Ride #11 10:45am - Dime Bingo 12pm – Cornhole 4:30pm - Happy Hour @ Beef O’Brady’s	19 7-9am Coffee Club 10am – Hand, Foot, Toe Cards 1pm – Cribbage 11am-5pm - American Red Cross Blood Drive
22 7-9am Coffee Club 9:30am – Jo’s Book Club 10am – FW Orientation 10am - Hand, Foot, Toe Cards 1pm Hand, Foot & Toe Cards	23 7-9am Coffee Club 9:30am - Dime Bingo 11am – Sevens 11-1pm – End of Summer Party! 12pm - Lunch Bunch 1:30pm - Mahjong	24 7-9am Coffee Club 8am-Women Walking in Faith 9am-Ukulele 10:30am – Book Club w/ Pam 12pm - Farkle Fun 5pm - Friends Night Out	25 7-9am Coffee Club 9:15am - Bible Study w/ Mary 10am – Bike Ride #12 10:45am - Dime Bingo 12pm – Cornhole 1-4pm - 500	26 7-9am Coffee Club 10am - Hand, Foot, Toe Cards 1pm - Cribbage
29 7-9am Coffee Club 10am – FW Orientation 10am - Hand, Foot, Toe Cards 1pm Hand, Foot & Toe Cards	30 7-9am Coffee Club 9:30am - Dime Bingo 11am - Sevens 12pm - Lunch Bunch 1:30pm - Mahjong	31 7-9am Coffee Club 8am-Women Walking in Faith 9am – Ukulele 12pm - Farkle Fun 5pm - Friends Night Out	1 7-9am Coffee Club 9:15am - Bible Study w/ Mary 10:45am - Dime Bingo 12pm – Cornhole	2 7-9am Coffee Club 10am - Hand, Foot, Toe Cards 1pm - Cribbage

NEW and One-Time Events

Regularly Scheduled Events

\$ = available at an additional charge