

## ForeverWell Newsletter

# Blaisdell Y—October 2019



Tuesday, October 15th
Active Aging Week
Celebration
11:00am -11:15am
Studio A

#### ForeverWell Fitness Find-Out

Wednesday, Oct 16th 9:45-10:15
Thursday, Oct 17th 10:30-11:00
Fitness Floor

Come to the Fitness Floor and Find-Out exercises that you can add to your current routine. Learn some technology on the treadmills and bikes and ask a certified personal trainer any questions you have.



Wednesday, October 23rd
12:00-2:00pm in The Warehouse

of the

Blaisdell Social Club (BSC)

Come to the Warehouse on 10/23 and be the first to participate in the Blaisdell Social Club, The BSC! We'll talk about activities and events of interest to ForeverWell members. Think about what you'd like to do within the community, shops, restaurants, book club events, and so much more! Prepare to share your ideas.

#### ForeverWell Classes

#### **Mondays:**

- 8:15-9:00am: Water X - 9:15-10:00am: M4BB

- 10:15-11:10am: Drums Alive

- 11:15-noon: SilverSneakers® Classic

- 12:05-12:50pm: Water X

#### Tuesdays:

- 8:15-9:00am: Water X

- 10:35-11:05am: ForeverWell Balance

- 11:15-12: SilverSneakers® Yoga

#### **Wednesdays:**

- 8:15-9:00am: Water X Bootcamp

- 10:15-11:10am: Cardio Dance

- 11:15-noon: ForeverWell® Combo

- 12:05-12:50pm: Water X

#### Thursdays:

- 8:15-9:00am: Water X Power

- 11:15-noon: SilverSneakers® Circuit

#### **Fridays:**

- 7:15-8:00am: ForeverWell Water X

- 10:15-11:10am: ForeverWell Cardio

- 11:15-noon: SilverSneakers® Yoga

- 12:05-12:50pm: Water X

#### **Saturdays:**

- 8:00-8:45am: Water X Power

-9:40-10:40am: Tai Chi Instructor Training

-10:45-11:45: Tai Chi Practice

#### **Sundays:**

- 10:30-11:30am: Deep Water X Power



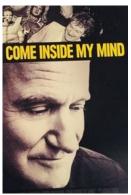
# ForeverWell September Newsletter More Details, Information and News!

Monday, October 7th *The Gathering*, T-shirts available starting October1st

Wednesday, October 2nd 12:30pm,
The Warehouse

Blaisdell presents: Movie & Popcorn

Choose from the following movies, one of these 3 will win!







Make sure to bring a lunch or snack to share.

We will provide the popcorn!



### Potluck!

Tuesday, October 29th 12-2pm

The Warehouse

Come mingle with Staff and other ForeverWell members!

Bring a Halloween or Fall themed dish to share.

# **Questions?** Comments?

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#### **Fitness Assessment**

Follow-Ups

November 4th-8th

6-week check ins. How have you improved since your assessment. If you want help or have questions, ask for Tami or Ramona

