

March Activities

All activities take place in the Community Room unless otherwise indicated.

MARCH CHALLENGE:

- * **EAT THE RAINBOW:** Worksheet available at the ForeverWell Board or at Member Services. Try to eat 5-7 different colors per day. If you achieve at least 5 different colors for all 31 days, turn in your sheet to us and receive a Y T-Shirt.

TALK: BACK PAIN, Tuesday March 5, 11:00am.

Jon Duellman from Orthology will discuss what you should do about your back pain, common myths and exercises that can help. **Sign up in the ForeverWell Binder.**

TALK: RUNNING INJURY PREVENTION, Tuesday March 12, 11:00am.

Jon Duellman from Orthology will discuss how to prevent injuries from running. **Sign up in the ForeverWell Binder.**

OLD LOG THEATRE: TENDERLY, The Rosemary Clooney Musical, Wednesday, March 13, depart the Y at 12:30pm.

A "fresh, remarkably personal, and poignant picture of the woman whose unparalleled talent and unbridled personality made her a legend." Cost is \$41.00 for tickets and coach. **Register at Member Services.**

ST. PATRICK'S DAY BINGO, Friday, March 15, 10:00am-12:00pm.

Display your Irish heritage or just wear something green and be entered into a drawing for some prizes. \$.25 per card per game. Each game, the winner takes the pot. **Sign up in the ForeverWell Binder.**

FITNESS KICKSTART sponsored by Presbyterian Homes and Services, Monday, March 18, 10:30am-12:00pm.

Need a little kickstart to your exercise program? Come enjoy some snacks provided by Presbyterian Homes while you learn a little more about their services. Then Gabe will discuss cardio, strength training, balance and flexibility exercises as well as information on the Y classes and exercise equipment. Bring your questions. **Sign up in ForeverWell Binder or call Gabe at 952-435-9019 to RSVP.**

TALK: NUTRITION IN YOUR GOLDEN YEARS, Tuesday March 19, 10:00am.

Learn the effects that sugar has on our health and how to avoid hidden sugars in our everyday diet. Seth Lunneborg from Northern Life Wellness will also provide some tips on how to plan for healthier meals. **Sign up in the ForeverWell Binder.**

TALK: MANAGING STRESS NATURALLY, Tuesday March 26, 11:00am.

Stressed? Come learn about how the body responds to stress and 5 ways you can naturally manage it. Kristina Fruechtl, Marty Chiropractic, will be presenting. **Sign up in the ForeverWell Binder.**

LUNCH at LUCKY'S 13 PUB, Wednesday, March 27, 11:30am, Burnsville Center.

Come with your friends or meet some new ones. We'll meet there and pay on your own. **Sign up in the ForeverWell Binder.**

Orientations

We highly recommend that new members attend one of our orientation sessions. You are welcome to drop-in. You'll get information on the pool, classes, equipment, social activities and exercise guidelines. Meet in the Community Room. Choose one:

- * **Tuesday, March 5 at 10:00am**
- * **Wednesday, March 13 at 10:00am**
- * **Wednesday, March 20 at 4:00pm**
- * **Tuesday, March 26 at 4:00pm**

Unable to make it to the Orientation? — A **free** Personal Consultation or Equipment Orientation with a trainer may also be scheduled at Member Services.

Pickleball

See Schedule available at Member Services and at ForeverWell Board.

Pickleball Basics: - Courts 2 (A & B).

Just drop in, equipment is provided:

- * **Tuesday, March 12 at 11:00am**
- * **Friday, March 22 at 11:00am**



Contact Info:

Gabe at 952-435-9019 or e-mail: Gabriela.Kaiser@ymcamn.org

Burnsville YMCA
13850 Portland Avenue,
Burnsville 55337
Phone: 952-898-9622

Hours: M-Th: 5am-10pm
F: 5am-9pm
S-S: 6am-8pm

Direct link to newsletter:
<https://www.ymcamn.org/sites/default/files/burnsville-foreverwell-newsletter.pdf>

Recurring Activities

All activities are drop in, and take place in the Community Room or as indicated.

Basketball Open Gym — Play a game or “Horse” around. Every Wednesday from 9:30am-10:30am in the North Gym.

Book Club — Thursday 3/21, 1pm—2:30pm. The book is *The Book Thief*, by Markus Zusak.

Bring Your Own Lunch Club — Thursday, 3/14, 1pm-2pm (following SilverSneakers® Classic).

Hand & Foot Cards — Wednesday 3/6, Monday 3/11 and Friday, 3/22 from 10:15am to 12:30pm.

Mah Jongg — Wednesdays from 1pm—4pm.

Papercrafting — Tuesday 3/12, 1pm-3pm.

Walking Group — Fridays at 9:00am. Burnsville Mall. Meet in front of Macy’s on the top level.

Future Activities (Save the Date)

Mill City Museum tour, rescheduled to Friday, April 9, Cost is \$27.00. **Register at Member Services.**

Silent Auction, Book & Bake Sale, Tuesday, April 16—Wednesday April 17.

Proceeds donated to the Y Annual Fund. Volunteers are needed to staff the sale and members needed to donate books, puzzles, CD’s, baked goods, and hand-crafted Silent Auction items.

Hello Dolly at the Orpheum, Tuesday, April 23, show begins at 7:30pm. Cost is \$62.00 per person. **Register at Member Services.**

Meet friends June Michener and Maureen Nelson

Maureen began her Y story two years ago. She realized that she was “whispering” to her cats and decided she needed more social interaction with people. She joined one of the Journey to Freedom discussion groups, and even though she has fitness equipment at home, she began to take Jim’s **Senior Strength** Small Group training class. She accidentally cracked her kneecap during the first class, but she continued the 7-week session nonetheless.



June (left) and Maureen (right)

June began to come to the Y in April 2018 because she was having difficulty walking through the Las Vegas airport and felt she needed to increase her fitness level. She signed up for a Fitness Solution with one of the trainers who suggested Jim’s **Senior Strength** class.

That’s where June and Maureen first met. They found they had many things in common — they’re close in age, each have 2 sons, no grandchildren and no spouse. They both enjoy reading and always exchange their books as well as attend our monthly **Y Book Club**.

They have become good friends and workout buddies who challenge and support each other. June tried the SilverSneakers® yoga and meditation classes and then Maureen began to join her. They come in at least 3 times a week, and about a month ago, they added a 20-minute recumbent bike cardio program to their routine called Sprint 8. They both feel stronger and June says her clothes fit better.

Thanks for sharing your stories!

Other Burnsville Y Happenings

RALLY THE FAMILY, Saturday, March 2, 9:30am-12:00pm. Opportunity to pick up information and ask questions about all the Y programming for kids this summer, including camps, and day care options. Kids can enjoy arts & crafts, a bounce house, climbing wall and play games in the gym.

BOOK FAIR, Wednesday, March 6—Saturday, March 9, Community Room.

Proceeds benefit the Kids Stuff and Club Y libraries. Hours:

March 6: 5:00pm-8:00pm
March 7: 10:00am-1:00pm
4:00pm-8:00pm
March 8: 10:00am-1:00pm
4:00pm-7:00pm
March 9: 9:00am-1:00pm

POWER OF POTENTIAL BREAKFAST, Thursday, April 25, 7:30am-9:00am, Buck Hill Event Center, Burnsville.

Our Burnsville Y fundraiser to help bring two cancer survivor programs to our Y: **Moving Forward**, servicing children and teen cancer survivors and their families; and **LIVESTRONG® at the YMCA**: Servicing adult cancer survivors and their families.

Mayor Elizabaeth Kautz is the Master of Ceremony and our Keynote Speakers come from the Angel Foundation and the UofM Cancer Care Center.

Cost is \$20 per ticket. Purchase online at ymcamn.org/give/powerofpotential or RSVP by April 18 to Lori Koshenina at 952-435-9006 or Lori.Koshenina@ymcamn.org.

Sponsorship Opportunities also available — check with Lori.