



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Finish up your E.P.I.C. Summer

 Challenge 

In September finish off E.P.I.C. SUMMER with events and activities to motivate you and to **CHALLENGE** yourself!



Congrats to everyone who made the 160 mile trek to Duluth!

Don't forget to turn in your tracking sheet and collect your medal.



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Every Wednesday- 9:30 am Game Day

Whether you love to play Cribbage, Scrabble, or cards, join other members for some playtime. Cribbage boards are available. Bring in any other game you wish to play (and don't forget to bring a dictionary with your Scrabble game to avoid any ugly word disputes).

Dates to Note

- Monday, September 9th, Lunch & Learn 11:30 a.m. The Aging Brain - presented by Laura Warhol - The Commons on Marice
- September 9th & 10th - Camp ForeverWell (Camp St. Croix).
- September 13th 9:00 a.m. - 11:00 a.m. Blood Pressure Clinic
- September 18th - Book Club 11:30
- September 19th - 11:00 a.m. ForeverWell Activity Planning meeting
- September 23-29 - Active Aging Week
- Monday, October 7th The Gathering
THERE IS NO LUNCH AND LEARN IN OCTOBER

NEW MEMBER ORIENTATION

ForeverWell is a program geared to all Y Members 55+. We have all kinds of classes, programs and events designed to help you improve your mind, body and spirit. All new members are encouraged to attend a ForeverWell program orientation. You will learn more about our facility, our classes and all of our ForeverWell programming. Orientations are **free** and will be held on

Tuesday, September 10th at 9:30 am
and **Thursday September 26th at 11:30 am**

Sign up at Member Services or contact me, Julie Michelson, to arrange an alternate time at 651-319-8000



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*Friday, September 6th and September 20th 9:30 am -
Adult Coloring*

Coloring is an activity we tend to associate with children. However, it turns out coloring can be beneficial for adults - namely for its de-stressing power. The practice generate wellness, quietness and stimulates brain areas related to motor skills, senses and creativity. Join us for some relaxing adult coloring time in the lobby

ForeverWell LUCKY 13

Don't forget to pick up your punch card at the front desk. Turn in a completed card for a free guest pass and a chance to win a prize. *July's Winner was Gary Groettum*



Forever Well Pot Luck Bingo
Monday September 30th,
11:30 am

Bring a dish to share-come eat & laugh with this spirited group. Join us for the fun in the Multi-Purpose Room. Sign up at Member Services.



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Shuffleboard: Monday's starting at 10am.

Join other YMCA members for shuffleboard. Meet in the Multi-purpose room

Have you scheduled your fitness solution appointment?

This is an opportunity to meet one on one with a certified personal trainer to assess your goals, address areas you want to improve and design a custom path to achieve your health and fitness goals. Schedule your appointment at the member service desk today!!

Lunch and Learn

Monday, September 9th, 11:30 a.m.

The Aging Brain -

Laura Warhol with The Commons on Marice

As we age, changes in our brain start to affect our memory. During this presentation we will explore the differences between normal vs. not normal, aging, teach you how to identify changes that may be concerning as well as how to slow the effects of aging.



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**September Book Club - Wednesday,
September 18th – Noon
(NEW DAY)**

The Dry By Jane Harper

A small town hides big secrets in this atmospheric, page-turning debut mystery by award-winning author Jane Harper.

In the grip of the worst drought in a century, the farming community of Kiewarra is facing life and death choices daily when three members of a local family are found brutally slain.

Federal Police investigator Aaron Falk reluctantly returns to his hometown for the funeral of his childhood friend, loath to face the townsfolk who turned their backs on him twenty years earlier.

But as questions mount, Falk is forced to probe deeper into the deaths of the Hadler family. Because Falk and Luke Hadler shared a secret. A secret Falk thought was long buried. A secret Luke's death now threatens to bring to the surface in this small Australian town, as old wounds bleed into new ones.





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***NEW* Blood Pressure Clinic:** Nursing students from the Dakota County Technical College will be joining us one Friday per month from 9:00 - 11:00 to check blood pressures and provide other important health information.

September's date is **Friday, September 13th.**

Thursday, September 19th - 11:00 a.m.

- ForeverWell Planning meeting-

Bring all your comments, ideas and suggestions to the Fall/Winter Activity Planning Meeting. We will meet in the hallway at 11 a.m. a light snack will be provided. If you are unable to attend but want to contribute input, e-mail or call me (Julie Michelson) I am happy to bring your ideas to the meeting. Sign up at member Services.

YMCA History Fact

In 1994, celebrating a rich history in character development, the YMCA Movement defined character as the demonstration of four core values: caring, honesty, respect and responsibility. YMCA staff intentionally modeled the values with children, youth and adult members and volunteers

Y-U Research Study for Health & Wellbeing

Consider being a research volunteer! Opportunities to participate

There is a lot of buzz these days about wellbeing...but what does that mean? And what do you need to achieve it? If you are 50 years of age or older and would like to learn more about how to stay well and active, the **Y-U Study** may be right for you.



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This study is a partnership between the YMCA of the Greater Twin Cities and the University of Minnesota and is testing two new education programs at local YMCAs in the Twin Cities. Programs consist of 8 weekly group sessions, 1.5 hours long and include workbooks and online materials.

There is **no cost** for taking part; YMCA members AND non-members are welcome--so please spread the word!

Interested in learning more? We are excited to hear from you!

Website: csh.umn.edu/YUstudy

Email: y-u@umn.edu

Phone: 612-626-2224

MN State Fair Trivia...answer on the ForeverWell Board

Q: What year was the first Minnesota State Fair held?

Q: How many acres make up the fairgrounds?

Q: How many baby animals are born at the CHS Miracle of Birth Center during the State Fair?

Q: How many food concessions are located throughout the fairgrounds?

Q: How many events take place on the fairgrounds during the non-fair time?



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Q: How many tons of glass, plastic and aluminum were collected and recycled during the 2018 fair?

Q: How many cookies can Sweet Martha's Cookie Jar produce in one day?

Q: How long would it take the average cow to produce all the milk served during the fair's 12-day run at the All You Can Drink Milk booth?

Q: What is the oldest amusement on the fairgrounds?

Q: How many ears of corn does the Corn Roast booth go through each day?

Q: What year was electricity first used at the State Fair, allowing it to operate after sunset?

Q: In what year was the first Princess Kay of the Milky Way crowned?

Q: What percentage of fair guests came to the fair by some type of public, charter or mass transit bus operation in 2018?

Eagan YMCA * 550 Opperman Drive * Eagan, MN 55123 * 651-456-9622 * ymcamn.org

Facility Hours: M-Th: 5:00 am - 10:00 pm * F: 5:00 am - 9:00 pm * Sat/Sun: 6:00 am - 8:00 pm

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ForeverWell Newsletter

September 2019



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