HELPING PAWS PRESENTATION

Wednesday, March 4th
Community Room
12:00PM

Helping Paws began in 1985 as a pilot project of the University of Minnesota’s Center for the Study of Human-Animal relationships and Environment. Since then the mission of Helping Paws has been to further people’s independence and quality of life through the use of assistance dogs.

We are very excited to be having Helping Paws join us at the YMCA to share with us how the dogs are trained and what type of jobs these wonderful companions do! Grab your friends and come take seat! This is a paid in house presentation, please sign up and pay $5 (cash) at member services by Friday, February 28th.
**ALZHEIMER’S INFORMATION SESSION**
**PRESENTED BY MARY T HOSPICE**

**Monday, March 9th**
**Community Room**
**1:00PM**

Join the Alzheimer’s Association for one of their informational sessions. Topics that will be discussed include an overview of Alzheimer’s, the warning signs, an effective way of communication and understanding the behaviors associated with Alzheimer’s.

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**MALL OF AMERICA TRIP**

**Monday, March 16th**
**Load the Bus at 9:00AM**
**Return to the Y around 3:30PM**

We are heading down to the Mall of America for a little sight seeing, shopping and lunch outing!

You will have endless food options, stores galore and amazing people watching! Please be aware that there is a lot of walking involved, so put on your walking shoes and let’s get some exercise while enjoying a wonderful day! Each member must have a cell phone with them so we can get a hold of you if need be.

Sign up on the ForeverWell Bulletin board by Thursday, March 12th. Space is limited, so sign up early!

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**SHERBURNE COUNTY HISTORICAL CENTER**

**Friday, March 27th**
**Sherburne History Center**
**10775 27th Ave SE**
**Becker, MN 55308**
**Meet there at 1:00PM**

Let’s give this another try and hopefully the weather will cooperate with us! This event is rescheduled from our January trip.

Head on over to Becker and meet us at the Sherburne History Center! There are a few exhibits that we can view—Life on Edge, Electric Generation and learn about 19th Century Farming. You will learn about the history of Sherburne County as well as the Ojibwe and Dakota presence in the county. Learn about old farming techniques and daily life during the 19th Century. Find out how Elk River got an atomic power plant! This will be a fun trip, make sure to mark your calendars and join us! Sign up on the Bulletin Board!
FOREVERWELL SPOTLIGHT

Arthritis Water X

Tuesdays 9:00-10:00AM
Thursdays 9:00AM-10:00AM

Join our great instructors and let’s give this class a try! This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post surgery.

Come and join us! All abilities are welcome!

SNEAK PEEK

Take a peek at what’s coming up!
- Como Zoo
- Wine Tasting
- Le Musique Room
- Osteoporosis Presentation
- MinnSARDA Presentation

YARN DONATIONS

Check our these adorable hats that members have made!! We are looking for yarn! If you have any spare yarn laying around, please feel free to bring it to the Fitness Office (Located upstairs on the fitness floor, past the bathrooms). We have some very talented ladies who are making hats to be donated and they are looking for more yarn!! Thank you for considering.

ADULT COLORING

Wednesday, March 18th
Community Room
11:15AM

Join us as we take a moment out of the day to do some relaxing coloring pages. Did you know that coloring has actually been shown to alleviate stress, reduce anxiety, improve your mood, improve hand-eye coordination and promotes social interaction? On top of all of those benefits, it brings back a youthful feeling and great memories!! The pages and coloring utensils will be provided, but feel free to bring your own if you choose! Please sign up on the Bulletin Board so we know how many people to expect.

HEALTHY MEAL PLANNING

Friday, March 13th
Community Room
11:00AM

With spring right around the corner let’s revamp our menus and grocery lists! We will have some new and exciting recipes but if you would like to bring some of your favorite recipes to share that would be wonderful!

We will have a “Must have” grocery list available that is jam-packed with healthy ingredients. We will also have a guide for helping you choose healthier options when eating out. Come and join us as we revamp our menus!

Please sign up on the bulletin board so we know who is coming!
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Any and all donations brought to the Fitness Center Office this month will be going to the Blessing Box outside of the Elk River YMCA. Thank you for considering.