

FOREVERWELL NEWSLETTER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH 2019

Emma B. Howe YMCA 8950 Springbrook Dr. NW Coon Rapids, MN 55433 www.ymcamn.org

Interfaith Bible Study

Every Thursday at 10:30am-11:30am in Meeting Room. The Interfaith Bible Study is for all interested adults, people of faith and seekers alike. This is an opportunity for participants to reflect on what the text might mean for them in their daily lives. No registration required. All are welcome!

Gopher Women's Basketball Game

Sunday, March 3rd at 2:15pm-5:45pm. Come and join other active older adults to cheer on the women's basketball team. Cost: \$20/member and \$24/nonmember. See flyer for details.

Potluck

Wednesday, March 6th at 11:00am in the Community Room. Join the other active older adults enjoying the company of friends & feasting on the delicious food. Bring a dish to share. No registration required.

Painting Class

Tuesday, March 12th at 11:30am-2pm in the Spirit Mind Body Studio. Come create your masterpiece. Cost is \$25.00 payable to the artist directly the day of the event. Register with Kim at 763-717-1811. Space is limited. See flyer for details.

Lunch Out

Wednesday, March 20th at 11am at the Olive Garden-150 Coon Rapids Blvd. in Coon Rapids. Register with Kim at 763-717-1811.

Movie & Popcorn Day

Monday, March 25th at 10:45am-12:30pm in the Community Room. Come watch the inspiring movie *The Music Never Stopped*. Sponsored by Mary T Inc. Register with Kim at 763-717-1811. See flyer for details.

Bingo

Wednesday, March 27th at 1pm-2:30pm in Community Room. Join the other active older adults for a few fun games of bingo. Register with Kim at 763-717-1811. See flyer for details.

Staying in Your Home Longer Presentation

Thursday, March 28th at 10:45am-11:45am in the Community Room. It will discuss key topics on how to stay in your home longer. Register with Kim at 763-717-1811. See flyer for details.

Book Club

Thursday, March 28th at 12:30-1:30pm in the Meeting Room. Join the other members in a discussion on the book *The Circle* by Dave Eggers. Register with Kim at 763-717-1811. Must check out book from library. See flyer for details.

VOLUNTEER OPPORTUNITIES

Kids in Need Foundation–Monday, March 11th at 1pm–3pm. See flyer for details.

Shoe Away Hunger Organization–Thursday, March 21st at 12pm–2pm. See flyer for details.

Feed My Starving Children–Monday, March 25th at 12pm–2pm. See flyer for details.

SHOE AWAY HUNGER BARREL

Do you have new or gently used shoes that you could donate to Shoe Away Hunger Organization? If so, simply collect your new or gently used footwear including sneakers, sports shoes, casual shoes, boots, flip-flops, etc. Tie or band them together and place them in a plastic bag. Then drop them off in the blue barrel located in the lobby by the back door. Shoe Away Hunger is an organization that collaborates with other organizations to support the Feeding The Futures programs. Any questions contact Kim at 763-717-1811.

YMCA CLUBS: ALL ARE WELCOME!

Card–Meet on 2nd & 4th Tuesday @ 10:30am–12pm in the Meeting Room

Coloring Club–Meet on Tuesday @ 1:30pm–3:00pm in Meeting Room.

Walking Club–Meet on Tuesday @ 10:45am–11:45am. During the winter months, we will be walking on the YMCA track. Meet by the fitness studio.

Crochet & Knit–Meet on Friday @ 10:30am–12pm in the Meeting Room.

SAVE THE DATE

- **Potluck–April 3rd**
- **Kids in Need–April 10th**
- **Painting Class–April 16th**
- **Lunch Outing–April 17th at Route 47 in Fridley**
- **Shoe Away Hunger–April 18th**
- **Make a Easter Craft–April 18th**
- **Conversation Starter–April 22nd**
- **Feed My Starving Children–April 24th**
- **Book Club–April 25th–Book TBD**
- **Bingo–April 29th**

FOREVERWELL ORIENTATIONS

The orientations are for new or returning members that want to get information on all the schedules, activities and programs for the active older adult. The orientations are in a group setting offered on Monday evenings at 5pm, Tuesday mornings at 9:30am or Thursday afternoons at 2:30pm. Must register with member services or Kim at 763-717-1811.

FITNESS SOLUTION

The fitness solution is a FREE one on one 60-minute session with a certified personal trainer to assess your goals, address areas you want to improve and to design a custom path to achieve your health & fitness goals. Sign up at member service.