# FOREVERWELL ACTIVITIES

## MARCH 2020

### WEEKLY ACTIVITIES

| Day               | Time         | Location                  |
|-------------------|--------------|****************************|
| Walking Club      | Mondays 12-1P| Walking Track             |
| Forever Well      | Tue, Wed, Thur 11-11:30A | Member Services |
| Orientation       | Wednesdays 2-4P | Community Rm 1 |
| Mah Jong          | Fridays 11A-1P | Community Rm 1/Lobby |
| Coffee &          | Wednesdays 10A-12P | Community Rm 1/Lobby |
| Conversations     | Thursdays 10-10:30A | Fitness Floor |
| Get to Know Group| Thursdays 5-5:30P | Fitness Floor |

### ONGOING ACTIVITIES

| Day               | Time         | Location                  |
|-------------------|--------------|****************************|
| Stitch Together   | Monday 9 & 23 | 2-4P | Community Rm 1 |
| Lunch Bunch       | Thursday 12  | 12-1P | The Stone Inn |
| Dime Bingo        | Monday 16    | 12-1:45P | Community Rm 1 |
| Movie Meet-Up     | Tuesday 24   | Matinee | Local Theatre |
| Book Club         | Thursday 26  | 2:30-4P | Conference Rm |

### MARCH HIGHLIGHTS

| Day               | Time         | Location                  |
|-------------------|--------------|****************************|
| Growing Herbal Teas | Monday 9 | 12:30-1:45P | Community Rm 1 |
| Feed my Starving Children | Sunday 15 | 7:00-9:00PM | Stella’s |
| Mobile Pack FUNdraiser | Wednesday 18 | 9:30-10:30A | Community Rm 1 |
| The Gift of Essential Oils | Wednesday 18 | 9:30-10:30A | Community Rm 1 |
| Spring Walk       | Friday 20    | 10-11A | Meet at Member Services, walk on the trails outside |

---

Save the Date! Enjoy & Experience Healthy Habits at the Y!

Cheerful Hearts Portable Paint Studio Thursday, April 2 1P-3P

Optimizing your Brain Health Friday, April 3 10:30-11A

15 minute Memory Screenings Friday, April 3 1, 1A-12:30P

*More detailed information on page 3*
**Growing Herbal Teas**  
**Monday, March 9 12:30-1:45P, Community Room 1**

Come enjoy a talk on how to grow your own herbal teas, and enjoy a sampling of herbal teas! Julie Bjorkland is a retired real estate appraiser turned Chisago County Master Gardner, for the past 11 years. She is a passionate tea drinker and nurturer of her pollinator gardens as well as myriad of flowers and herbs. Julie will treat us to a short presentation and we will sip tea and socialize while enjoying her collection of decorative tea pots and tea cups. Please secure your free registration at Member Services.

**Presented by Mary T., Inc. Agency**

---

**The Gift of Essential Oils—Enjoy & Experience Healthy Habits at the Y!**

**Wednesday, March 18 9:30-10:30A, Community Room 1**

Enjoy your day by participating in the make and take project with essential oils. Nicole Heller of Young Living Learn will present how to use essential oils to support your life and body in a variety of ways. You will take the project home with you. Please secure your free registration at Member Services.

**Presented by Mary T., Inc. Agency**

---

**Movie Matinee Meet Up!**  
**Tuesday, March 24**

Once a month, get together with ForeverWell friends for a Tuesday discounted matinee at Emagine or Lake 5 Theaters. The movie title, time and location will be based on weekly movie runs.

Sign up at Member Services to be on the email roster and you’ll receive a Movie Meet Up invitation from our FW volunteer, Loril

---

**ForeverWell Book Club**  
**Thursday, March 26, 2:30-4P**

_Snow Flower and the Secret Fan_ by Lisa See

Books are provided by Washington County Hardwood Creek Library

**FW Volunteer: Mary Jo**

---

**Get to Know Group Ex**  
**Wednesdays 10:30-11A  
Thursdays 5:00-5:30P**

Join Carla, Group Exercise Program Manager, on Wed from 10–10:30A and Thurs from 5–5:30P on the fitness floor, to ask questions you may have and to learn more about what group exercise has to offer.

---

**LUNCH BUNCH**  
**Thursday, March 12, 12 Noon**

**The Stone Inn**  
10805 Lake Blvd, Chisago City, MN
FUNdraiser for Lakes Area Feed My Starving Children Mobile Pack!

Enjoy a beverage and singing at Stella’s on Sunday, March 15, from 7:00 PM to 9:00 PM at Beer & Hymns time. This is a FUNdraiser and is sure to be a grand time in preparation for the Lakes Area Feed My Starving Children Mobile Pack. Register online in advance for the best ticket prices at https://www.hosannaforestlake.net/beer-hymns

The price goes up at the door!

More than 91% of total donations are spent directly on meal production for FMSC meals. Let’s feed some kids!

Looking to help out in the future? We’re now recruiting ForeverWell volunteers for the Lakes Area FMSC Mobile Pack, April 16-18. More details to come! See Mary or sign-up at Member Services to be part of the volunteer “pack” in April!

Coffee & Conversation

Join us for coffee, conversation and GAMES every Tuesday, Wednesday and Thursday from 10AM-12PM-Comm Rm 1/Lobby.

VOLUNTEER TO LEAD A GAME!

Mah Jong

Learn How to Play

Wednesdays 2-4P
Fridays 11A-1P

* No Mah Jong week of Mar 23
FW Volunteers: Lenna, Sharon, Pat

STITCH TOGETHER
March 9-Comm Rm 1
March 23-Conference Rm 2-4P

We knit, crochet and stitch our individual projects. Join us!
FW Volunteer: Barb R.

DIME BINGO

Noon-1:45P
Monday, March 16
Community Rm 1

Dime a card. Winners take the pot! Prizes too.
Lead Volunteers: Clay, Diana, Pat

Mary Rivard
ForeverWell Coordinator
Mary.Rivard@ymcamn.org
651-747-0875

LOOKING AHEAD
Enjoy & Experience Healthy Habits at the Y!

Cheerful Hearts Portable Paint Studio Thursday, April 2 1P-3P
Come and enjoy painting with instructor and artist, Sandy Danus. Everything is provided, including step by step instructions and guidance at your own pace. This session will feature a spring Potted Lavender.

Reserve your space by registering at Member Services. Fee is $25, bring cash or check on day of class.

Go to www.cheerful-hearts2.com or www.facebook.com/cheerfulheartspaint to learn more about Cheerful Hearts.

Optimizing your Brain Health: Friday, April 3 10:30-11A
followed by 15 minute Memory Screenings 1A-12:30P
Learn about how you may improve your brain strength through daily habits and activities. Ask questions on brain health topics with a social worker from the FamilyMeans agency. Register at Member Services.

Stay, or join in, for a brief memory assessment with an experienced social worker from the FamilyMeans agency. Results are not a diagnosis. You will leave with the assessment information on maintaining cognitive wellness. Reserve a 15 minute screening by calling Sarah Gavin at 651-789-4004. Walk ins also welcome.
ENJOY

Enjoy and experience healthy habits at the Y!
Visit member services to learn more on how you can ENJOY!

SCHEDULE OF EVENTS

Growing Herbal Teas– Monday– March 9th @ 12:30P–1:45P

The Gift of Essential Oils–Wednesday–March 18th @ 9:30A–10:30A

Spring Walk–Friday– March 20th @10A–11A

Stitch Together–Mondays–9th & 23rd @ 2P–4P
Mah Jong–Wednesdays & Fridays (no Mah Jong week of March 23)
Lunch Bunch–Thursday–March 12th @ 12Noon @ The Stone Inn
Dime Bingo– Monday–16th, @ 12P–1:45P
Movie Meet–Up–Tuesday–24th, Matinee
Book Club–Thursday, 26th @ 2:30P–4P–Snow Flower and the Secret Fan by Lisa See

Cheerful Hearts Portable Paint Studio–Thursday–April 2 @ 1P–3P

Optimizing Your Brain Health–Friday–April 3 @10:30A–11A and
15 Minute Memory Screenings–Friday–April 3 @ 11A–12:30P

SEE THE FOREVERWELL NEWSLETTER FOR MORE DETAILS! REGISTER FOR ACTIVITIES AT MEMBER SERVICES!