

ForeverWell Newsletter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y in Hastings

85 Pleasant Drive
Hastings, MN 55033
651-437-8887

SEPTEMBER 2019

LABOR DAY HOURS
7:00AM-4:00PM
MODIFIED CLASS SCHEDULE

Day Trippers Dinner Theatre Thursday, September 12th

\$25 Members; \$30 Non-members

Covers the cost of Lunch, Show, and Transportation.

11:00am: Meet in YMCA Lobby for check in

11:15am: Load Bus

12:15pm: Lunch is served - Full Buffet

1:15pm: Show starts (Bermuda Avenue Triangle)

3:20pm: Show Ends

4:10pm: Arrive back to YMCA

Bermuda Avenue Triangle

This Broadway success concerns the adventures of a Jewish widow and an Irish widow whose respective daughters move them into a shared retirement condominium in Las Vegas. They think life has passed them by, until they both fall for a charming swindler!



Sign up at Member
Services By
Monday, Sept 9



E.P.I.C. SUMMER
THE "C" IN OUR E.P.I.C. SUMMER IS
CHALLENGE
TRY AN EVENT THAT CHALLENGES YOU
EMBRACE THE POSSIBILITIES!

LUNCH & LEARN Staying Healthy in Cold and Flu Season SPIRAL NATURAL FOODS

Spiral Natural Foods Wellness Manager talking about Staying Healthy in Cold and Flu Season. Please sign up at the ForeverWell table by Friday, September 6th

Tuesday, September 10th

11:30am-12:30pm

Multi-Purpose Room

Light lunch will be provided.



MINNEAPOLIS HOMELESS MINISTRY The Sandwich Project Minnesota MAKE A DIFFERENCE

Please sign up at the ForeverWell table to donate supplies and/ or time to help make sandwiches.

Monday, September 30th

12:30pm-1:30pm

Multi-Purpose Room

Items needed:

Meat, Cheese, Bread, and Zip Lock Sandwich Bags

Specific items needed! Descriptions are on the sign up sheet

LETS GET CRAFTING! Junk Wind Chimes

School is back in session; let the craft time come back! We will be doing a Junk Wind Chime craft. Please bring any random items that you don't want anymore to construct a wind chime. Some examples could be; silverware, tea cups, beads, small dishes, faux jewelry, shells, small tools, keys, buttons, drift wood and bells.

Monday, September 23rd

12:00pm-1:30pm

Multi-Purpose Room

EVENTS & ACTIVITIES:

BREAKFAST BUNCH

Come have a light breakfast and get to know other ForeverWell members.
Friday, September 6th, 9:00am - 11:30am
Multi-Purpose Room, NO registration required, FREE!



FRIDAY PIE DAY

Stop in for a sweet treat and chat with others.
Your generous donation of bought or homemade pies make this delicious day possible!
Friday, September 13th (2nd Friday of the month) 9:00am until it's gone!
Multi-Purpose Room - FREE
NO registration to attend, but
Please sign-up at the ForeverWell table to a bring pie.

GET STARTED AGAIN

Would you like to hit the "reset" button on your YMCA membership? Maybe you've been out of town or ill, or you just never got going. Maybe it's been a while since you've been to the YMCA? All you need is to Get Started Again! Anyone that wants a refresher about classes or programming - come on in!
Friday, September 13th, 10:00-11:00am
Multi-Purpose Room, meet with Katie McAlpin
Sign-up at the ForeverWell table - FREE!

OUT TO LUNCH

Come enjoy lunch on the outdoor patio at The Kitchen Table in Prescott, WI
Wednesday, September 18th, 12:00pm
Please sign-up at ForeverWell table by Tuesday, September 17th.
Meet in the Y lobby to carpool at 11:45am or meet us at The Kitchen Table at 12:00pm.
Cost for lunch is on your own.

POPCORN & MOVIE - *Invincible*

Friday, August 20th, 12:30-2:30pm
Multi-Purpose Room, No Registration - FREE!
Lifelong football fan Vince Papale (Mark Wahlberg) sees his wildest dreams come true when he becomes a member of the Philadelphia Eagles. While teaching at his high-school alma mater in Pennsylvania, the 30-year-old gets a chance to try out for his favorite team and, except for kickers, becomes the oldest rookie in NFL history who never played football in college.
Drama/Sport. 1h 45m. PG



INTERGENERATIONAL ACTIVITIES

Thursday, September 26th, 10:30-11:00am
Multi-Purpose Room
Story Time! Bring a preschool age and under for story time and a treat. No guest pass needed. Please sign-up at the ForeverWell table by Wednesday, September 25th.

BAKED POTATO BAR POTLUCK

Bring toppings for the baked potatoes and/or a dish to pass. Potatoes will be provided. No registration needed.
Friday, September 27th 11:30am - 12:30pm
Multi-Purpose Room - FREE!

HEALTHY LIFESTYLE DISCUSSION GROUP

Come and check out a fun, new discussion group!

Topics we will be discussing
(but not limited to):

- Goal Setting
- Food Preparation
- Meal Planning
- Exercise
- Eating Triggers
- Specific Dietary Needs
- Recipe Sharing



Healthy
Living

Just show up - No
registration needed!

We will meet the following
Tuesdays in September:

September 3rd
September 17th
11:30am-12:30pm
Conference Room
Bring your ideas!

ONGOING ACTIVITIES:

COFFEE TIME

Come enjoy some coffee and the company of others. Coffee provided.

Monday– Friday 10:00am–12:00pm

Multi-Purpose Room - No Registration - FREE!

GAME DAY

Join us for cards, dominoes, board games, etc.

Come & have a good time! Games provided.

Mondays, Wednesdays and Fridays 10:30–11:30am

NO registration required - FREE!

Multi-Purpose Room

PICKLEBALL & PING-PONG

Come see what all the fun is about! Pickleball is a recreational game which is a cross between badminton, tennis and ping pong.

Equipment is provided.

Pickleball - Mondays, Tuesdays and Thursdays 12:30–2:30pm - Gym

Ping –Pong - Tuesdays and Thursdays 1:00–3:00pm - MPR

NO registration required- FREE!

All pickleball & ping-pong equipment can be checked out with an ID at the Member Services Desk.

WALKING GROUP INDOORS or GRAB A FRIEND AND WALK OUTDOORS!

The gym will be open for walking—enjoy a nice temperature controlled walk. 15 laps is a mile!

Grab a friend and walk outdoors! Meet in the Y Lobby.

Monday/Wednesday/Friday 8:45–9:15am in the Gym OR walk outside!

NO registration required- FREE!

FOREVERWELL ASSESSMENTS - FITNESS SOLUTION

In this 1 hour consultation with a personal trainer you will receive:

A fitness assessment - Find out how you compare to others your age by testing your leg endurance, upper body strength, cardiovascular fitness, upper body flexibility, lower body flexibility and agility. Get oriented on equipment and receive recommendations for classes and workouts.

A fall risk assessment - Do you have a fear of falling or have a history of falling? A personal trainer will be administering a quick balance assessment. Find out how your balance truly is and the area(s) you need to work on most. The result of this test will let you know if you are at high risk for falling in the next six months.

Register at Member Services - FREE

FOREVERWELL MEMBER PROGRAM ORIENTATION

Members are encouraged to attend a ForeverWell program orientation, where you'll learn more about our facility, our classes, and all of our ForeverWell programming.

See newsletter, calendar, or bulletin board for dates and times. Pre-register at Member Services.

There will be an orientation each week. If one of the times does not work for you; please contact Katie McAlpin and you can make an appointment to do an orientation.

Meet in the Conference Room - FREE

Prayer Time With Sue Retka

Mondays 9:00am–10:00am

Conference Room - Open to all

If you have a prayer request for yourself or someone you know, please fill out a Prayer Request Card at the Member Service Desk. Your prayer request will be given to our Prayer Team. You can ask for a prayer for yourself, others, our community and our world. Group prayer or private prayer is offered.

All prayer requests will be kept confidential.

YMCA building hours

Monday –Thursday 5:00am–10:00pm, Friday 5:00am–9:00pm

Saturday & Sunday 6:00am–8:00pm

Member Services

(651) 480-8887

YMCA Kids Stuff hours

Monday–Thursday 8:00am–8:00pm, Friday 8:00am–7:00pm

Saturday 8:00am–1:00pm / Sunday 10:00am –2:00pm

Questions, ideas, feedback...

Let me know!

Katie McAlpin, ForeverWell Coordinator
(651) 319-8009 or Katie.mcalpin@ymcamn.org

SAVE THE DATES:

October 7th - The Gathering - Registration closed. Watch for Bag/Bus info!

October 23th - Octogenarian Party - Celebrating our 80yo+ members!

More information to come! We will need volunteers.



Free Friend Friday! Friday, September 27

Bring a friend to check out the Hastings YMCA. Have your guest bring a photo ID to show to member services when you arrive. A short info sheet will need to be filled out by your guest. You need to be in the building with your guest. No need to use a guest pass or pay a fee!



Climate Change

Thursday, September 19th

1:00-2:00pm

Multi-Purpose Room

Climate Change is a BBC film documentary on the facts of climate change. It is presented by Southeast Metro Climate Change Action Group. Following the film there will be discussion with Chuck Prentice and Charlotte Vier from Southeast Metro Climate Change Action Group. No Registration - Free!



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.

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?**



Website:
csh.umn.edu/YUstudy
Email: y-u@umn.edu
Phone: 612-626-2224

HELP SHAPE THE FUTURE OF OUR COMMUNITY TODAY

We invite you to create a LEGACY that will impact our community FOR GENERATIONS - A FUTURE GIFT to the YMCA through your will, trust or beneficiary designation. YMCA Heritage Club- The YMCA Heritage Club is a way for us to honor you for your visionary support for the Y.

For more information on a future gift and the YMCA Heritage Club, please see the flyers on the ForeverWell sign-up table or contact:

Derrick Jaeger
Executive Director
Giving YMCA in Hastings
Derrick.Jaeger@ymcamn.org
651-319-8005

or
Jeri Glick-Anderson
Senior Director of Planned
Giving YMCA of the Greater Twin Cities
plannedgiving@ymcamn.org
651-435-6724

Renew Active Membership - Optum

The Optum (part of UnitedHealthCare group) Renew Active membership program is administered by Healthy Contributions. It offers a free monthly membership for those who are eligible with qualifying insurance plans. Renew Active members have full access to YMCA programs and facilities.

Coming to this location.

RenewActive™
by UnitedHealthcare

active body.
active mind.



UnitedHealthcare

ACTIVE AGING WEEK: EMBRACE THE POSSIBILITIES! SEPTEMBER 23-29

MONDAY, SEPTEMBER 23rd:

⇒ Changes in Nutrition as we Age

One of our personal trainers here at the Y will be talking about nutrition for seniors. As our eating habits change we need to stay on top of eating healthy. **Multi-Purpose Room** from **10:30am-11:30am**. No Registration needed. FREE!

TUESDAY, SEPTEMBER 24th:

⇒ Hearing Info and Tests

Brenda Walker from Hearing Life will be here to talk about Hearing as we age. She will also be doing hearing tests Tuesday and Wednesday in the Conference Room 9:00am-Noon. Please Sign up for the hearing tests at the Sign Up table. The informational talk will be in the **Multi-Purpose Room** from **9:00-9:15am**. FREE!

⇒ Tai Chi: Moving for Better Balance

Sue Madsen, our Tai Chi: Moving for Better Balance instructor will be doing an interactive presentation on the benefits on Tai Chi and how it can help with balance. **Multi-Purpose Room** from **11:30am - Noon**. FREE!

WEDNESDAY, SEPTEMBER 25th:

⇒ Women's Self-Defense Demo

Larry Carr, one of our personal trainers here at the Y will be presenting this interactive session. Also note Larry is a ForeverWell member himself, having just turned 71. Don't miss this one! **Multi-Purpose Room** from **9:15am-10:15am**. FREE!

⇒ Tai Chi: Moving for Better Balance

Sue Madsen will be leading the Tai Chi: Moving for Better Balance class at **10:30-11:15am in the Gym**. Come check it out!

THURSDAY, SEPTEMBER 26th:

⇒ Flu Shots

Protect yourself and your loved ones this season. Please bring your insurance card with you. Coborn's Pharmacy will be administering the shots. OPEN TO EVERYONE. **Conference Room 8:00am-2:00pm**. No registration needed. FREE!

FRIDAY, SEPTEMBER 27th:

⇒ Baked Potato Potluck

Let's start Fall off right! Bring your favorite potato toppings and sides to have lunch with other members. If baked potatoes are not your thing, any food will do! **11:30am-12:30pm** in the Multi-Purpose Room. No registration needed - FREE!

⇒ Free Friend Friday!

Bring a friend to check out the Hastings YMCA, take your favorite class and stay for lunch! Have your guest bring a photo ID to show to member services when you arrive. A short info sheet will need to be filled out by your guest. You need to be in the building with your guest. No need to use a guest pass or pay a fee!



SEPTEMBER 2019 AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY YMCA HOURS 7:00am-4:00pm MODIFIED GROUP FITNESS SCHEDULE	3 Healthy Lifestyle Discussion Group 11:30am-12:30pm Pickleball 12:30pm-2:30pm Ping Pong 1:00-3:00pm	4 Game Day 10:30am - 11:30am	5 ForeverWell Orientation 9:00am-10:00am Pickleball 12:30pm-2:30pm Ping Pong 1:00-3:00pm	6 Breakfast Bunch 9:00am-11:30am Game Day 10:30am - 11:30am	7
8	9 Game Day 10:30am-11:30am Pickleball 12:30pm-2:30pm ForeverWell Orientation 1:00pm-2:00pm	10 Lunch & Learn Cold and Flu Season 11:30am-12:30pm Pickleball 12:30pm-2:30pm Ping Pong 1:00-3:00pm	11 Game Day 10:30am-11:30am	12 Day Trippers 11:00am-4:10pm Pickleball 12:30pm-2:30pm Ping Pong 1:00-3:00pm	13 Friday Pie Day 9:00am - Till gone! Getting Started Again 10:00am - 11:00am Game Day 10:30am - 11:30am	14
15	16 Game Day 10:30am-11:30am Pickleball 12:30pm-2:30pm	17 ForeverWell Orientation 10:00am-11:00am Healthy Lifestyle Discussion Group 11:30am-12:30pm Pickleball 12:30pm-2:30pm Ping Pong 1:00-3:00pm	18 Game Day 10:30am - 11:30am Out To Lunch The Kitchen Table 12:00pm	19 Pickleball 12:30pm-2:30pm Climate Change 1:00-2:00pm Ping Pong 1:00-3:00pm	20 Game Day 10:30am - 11:30am Movie and Popcorn <i>Invincible</i> 12:30pm-2:30pm	21
22	23	24	25	26	27	28
ACTIVE AGING WEEK						
	Game Day 10:30am-11:30am Wind Chime Craft 12:00-1:30pm Pickleball 12:30pm-2:30pm	Hearing Test Info 9:00-9:15am Pickleball 12:30pm-2:30pm Ping Pong 1:00-3:00pm	Women's Self Defense 9:15-10:15am Game Day 10:30am-11:30am ForeverWell Orientation 1:00pm-2:00pm	Flu Shots 8:00am-2:00pm Story Time 10:30-11:00am Pickleball 12:30pm-2:30pm Ping Pong 1:00-3:00pm	Game Day 10:30am-11:30am Pot Luck Potato Bar 11:30am-12:30pm Free Friend Friday!	
29	30 Game Day 10:30am - 11:30am The Sandwich Project 12:30pm-1:30pm Pickleball 12:30pm-2:30pm		Coffee Time Mon-Fri 10:00-12:00pm 		Indoor Walking Group Mon - Wed - Fri 8:45-9:15am Outdoor Walking Mon - Wed - Fri 8:45-9:15am	

ForeverWell Group Exercise Schedule

HASTINGS | September



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise	11:20am - 12:05pm <i>POOL</i>		11:20am - 12:05pm <i>POOL</i>		11:20am - 12:05pm <i>POOL</i>		
ForeverWell Combo	8:10am - 9:05am <i>STUDIO B</i>				8:10am - 9:05am <i>STUDIO B</i>		
ForeverWell Strength			8:15am - 9:05am <i>STUDIO B</i>				
ForeverWell Stretch	10:25am-10:55am <i>STUDIO B</i>	8:50am - 9:20am <i>STUDIO A</i>	10:25am-10:55am <i>STUDIO B</i>	8:50am - 9:20am <i>STUDIO A</i>	10:25am-10:55am <i>STUDIO B</i>	9:15am-9:45am <i>MULTI-PURPOSE ROOM</i>	
ForeverWell Water Exercise	10:30am - 11:15am <i>POOL</i>		10:30am - 11:15am <i>POOL</i>		10:30am - 11:15am <i>POOL</i>		
SilverSneakers® Circuit		9:30am - 10:15am <i>GYMNASIUM</i>		9:30am - 10:15am <i>GYM</i>			
SilverSneakers® Classic	9:30am - 10:15am <i>GYMNASIUM</i>		9:30am - 10:15am <i>GYMNASIUM</i>		9:30am - 10:15am <i>GYMNASIUM</i>		
SilverSneakers® Yoga	10:30am - 11:15am <i>GYMNASIUM</i>	10:30am - 11:15am <i>GYMNASIUM</i>	10:30am - 11:15am <i>GYMNASIUM</i>	10:30am - 11:15am <i>GYMNASIUM</i>	10:30am - 11:15am <i>GYMNASIUM</i>		
Tai Chi: Moving for Better Balance			10:30am- 11:15am <i>GYMNASIUM</i>				

FOREVERWELL CLASS DESCRIPTIONS

STRENGTH & CARDIO CLASSES

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SILVERSNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing only circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a Silver-Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

FOREVERWELL COMBO

This special low-impact aerobic class is designed to improve your cardiovascular fitness, tone your muscles and increase your range of motion.

FOREVERWELL STRENGTH

This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles.

MIND & BODY CLASSES

SILVERSNEAKERS® YOGA

This yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

FOREVERWELL STRETCH

Increase range of motion and flexibility in this relaxing class that stretches your muscles, gently and gradually. This class includes floor work on a mat.

TAI CHI: MOVING FOR BETTER BALANCE

Moving for Better Balance is a falls prevention program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing everyday activities without the fear of falling. Moving For Better Balance is modeled from Yang style Tai Chi forms.

WATER FITNESS CLASSES

ARTHRITIS WATER EXERCISE

This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from an Arthritis Foundation certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers and strengthening for pre and post-surgery.

FOREVERWELL WATER EXERCISE

This class is designed with the active older adult in mind and combines a light to moderate aerobic workout with exercises in the shallow and/or deep water to help increase endurance, core strength and flexibility. There is limited use of equipment.