Enjoy and experience healthy habits at the Y!

Opportunities to Enjoy:

**Clubs and Groups**
Since the first of the year we have added a craft, scrabble, cribbage, recipe, and coloring groups. Those will continue. In March we are adding Healthy Book Club! We will meet for the first time on Thursday, March 12th. At this meeting we will choose what book we want to read and discuss how we want our group to go.

All are welcome to attend the group activities. If you have more ideas and/or would like to volunteer to lead a group, please let Katie know; she will get it on the calendar!

**Bird Houses**
Get ready for spring! Come build a bird house. Friday, March 20th, 9:00-11:00am. We will have the materials here for you. Cost is $5.00 per bird house. Please sign up and pay at the member service desk. Deadline to sign up is Wednesday, March 18th.

**Intergenerational Activity**
United Way - Food for Kids - Food Pack! We will be packing food for kids with the Hastings Middle School students. Please join us Tuesday, March 17th 9:30-11:00am – MPR.

**Lunch and Learns**
**Chronic Pain**
Interim Health Care will be here Thursday, March 5th, 11:30a-12:30p talking about chronic pain. At the Crossroads of Chronic Pain and Quality of Life? Can these two coexist? Is it possible to have quality of life and chronic pain simultaneously? This presentation will examine current approaches to addressing chronic pain. We will explore opportunities to embrace and improve quality of life. Lunch provided.

**Essential Oils**
Pat Dettrich will be here Friday, March 27th, 11:30am-12:30pm talking about Essential Oils. See more information on this lunch and learn on page 3 of the newsletter.

**Free Friend Friday**
Friday, March 27th. Bring a friend to experience and enjoy what the Hastings YMCA offers. No guest pass needed.

Check out more opportunities to enjoy on the next page!
Weekly Activities:

**Coffee Time:** Mon – Fri 10:00am–Noon in MPR. March 16–19 in Hallway and Lobby.

**Game Day:** Mon, Wed, Fri 10:30–11:30am in MPR March 16 and 18 in CR.

**Pickleball:** Mon, Tues, Thurs, 12:30–2:30pm Wednesdays, 6:00–8:00pm in the Gym

**Ping Pong:** Tues and Thurs, 1:00–3:00pm in MPR  
No Ping Pong Tuesday, March 17th.  
Added March 16, 11:00–1:30pm.

**Walking:** Mon, Wed, Fri, 8:45–9:15am in the Gym

**Prayer Time:** Mondays from 9:00–10:00am in CR  
With Sue Retka, group/private prayer is offered.

**Craft Group:** We will be making an Easter Wreath.  
Mon, Mar 16th from 12:30–2:00pm in the CR  
Mon, Mar 30th from 9:00–10:30am in the MPR  
Please sign up at the ForeverWell table.  
Example of the project will be on the ForeverWell table.

**Scrabble Group:** Every other Tuesday in CR.  
11:30–1:00pm, March 3rd, 17th(MPR) and 31st.

**Cribbage:** Thursdays, 11:30am–12:30pm in MPR.  
Thursday March 26th – Cribbage Tournament!

**Healthy Lifestyle Group:** 11:30am–12:30pm – CR  
Tues, Mar 10th – Finding a Mantra  
Tues, Mar 24th – Pictures from the past. Bring a baby picture.

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Monthly Activities:

**Breakfast Bunch:** Friday, March 6th, 9:00–11:00am in MPR. Free light breakfast and socialize.

**Friday Pie Day:** Friday, March 13th, 9:00am until gone in the MPR. Sign up to bring a pie.

**Popcorn & Movie:** Wednesday, March 25th, 12:30–2:30pm in MPR. Movie: *Something’s Gotta Give*

**Intergenerational Activity:** Making bird houses.  
Friday, March 20th, 9:00–11:00am in MPR. Please sign up and pay $5 at member services.  
This activity is open to all ages.

**Out to Lunch:** Tuesday, March 31st, 12:00pm at Pub 55 in Hastings – Cost on your own – Please sign up at the ForeverWell table.

**Potluck:** Wednesday, March 18th, 11:30a–12:30p.  
Theme is Sloppy Joes. Bring a side dish to pass. Buns will be provided. Please let Katie know if you can bring some meat.

**Volunteer:** Cribbage Tournament! All proceeds go to Hastings Vets Home. The Hastings Vets home will be coming and hosting a Cribbage Tournament. Please sign up at Member Service. $20 entry fee.

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**Healthy Lifestyle Group**

**What is Healthy Lifestyle Group?**

A group of ForeverWell members that come together to discuss different health topics and how they relate to our lives.  
Anyone is welcome. Member chosen topics.

**Every other Tuesday!**

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**Cribbage Tournament**

Polish up your Cribbage skills!  
**Thursday, March 26th**

12:00pm Registration (if not pre-registered)  
12:30pm – Start Time

The Hastings Vets Home will be coming to the Y and hosting a cribbage tournament. There is a $20 (cash) registration fee. Please sign up at Member Services. Cash Prizes for the top scorers!  
Registration is limited to the first 60 players. Tournament will last about 3 hours. Proceeds will be donated to the Hastings Veteran’s Home.

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**Hastings YMCA 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–1:30pm and 3:30pm–8:00pm, Friday 8:00am–1:30pm and 3:30pm–7:00pm.  
Saturday 8:00am–1:00pm / Sunday 10:00am –2:00pm

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**Questions, ideas, feedback...**

**Let me know!**

Katie McAAlpin, ForeverWell Coordinator
(651) 319–8009 or katie.mcalpin@ymcamn.org
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 or Jeri Glick-Anderson
Executive Director or Sen Dir of Planned Giving
YMCA in Hastings or YMCA of the Greater Twin Cti
Derrick.Jaeger@ymcamn.org or plannedgiving@ymcamn.org
651-319-8005 or 651-435-6724

Start your new group exercise workout with confidence!
ymcamn.org/introvideos

Feel confident trying a new class with these quick instructional videos that break down the various equipment used and what to expect when starting.

Senior Center Field Trips
Sign Up Through Community Ed
310 River St - 651-480-7670

Let them know you are a Y ForeverWell member!

Triple Espresso
Sheldon Theatre – Red Wing
Friday, April 24, 2020
Fee: $88.00
Depart: 12:00 noon
Return:  5:45 pm
Code: 591112A
We will enjoy a Tuscan Chicken luncheon at the St. James Hotel before heading to the B. Sheldon Theatre. This “glittering jewel Box” will be the location for Triple Espresso – a highly caffeinated comedy featuring three hilarious performers as they reminisce about their ill-fated big break.
Fee includes: Transportation, show, lunch, tax and tip.
Reservation deadline March 20, 2020.

Bison Herd Tour
Minneopa Park
Wednesday, May 27th
Fee: $62.00
Depart: 8:15am
Return:  5:00 pm
Code: 59100A
Upon arriving at Minneopa State park, a naturalist will introduce us to this unique bison herd on a 3 mile drive through the 330 acre park. If you have field glasses you might like to bring them. We will have lunch at Charley’s in Mankato. On our drive back, we will make a stop at Jim’s Candy Store near Jordan where you can purchase candy, fruits, and vegetables and other specialty items.
Fee includes: transportation, tour, lunch, tax, and tip for lunch.
Register by: April 24, 2020

Lunch & Learn – Essential Oils
Friday, March 27th 11:30am-12:30pm
in the Multi–Purpose Room

Pat Dittrich, a farm girl from Rollingstone, MN. Raised by a hard working dad and mom who treated all fifteen of their children with natural lotions and potions. After graduating from high school, Pat spent fifty years as a LPN and lab technician, learning benefits of traditional medicine. Thirty five years ago she gave birth to her only child and chose to treat his colds, bruises and scrapes naturally. At this time Pat started implementing essential oils.
Eight years ago she was blessed with the opportunity to learn about TERRA essential oils and experience how they work. As a Wellness Advocate Pat’s passion is to educate and love people back to a more effective and natural way of living.
Please bring a bag lunch.

ForeverWell Group Exercise Schedule - February 2020

Strength & Cardio
SilverSneakers® Classic: Monday, Wednesday, Friday - 9:30-10:15am - Gym
SilverSneakers® Circuit: Tuesday and Thursday - 9:30-10:15am - Gym
ForeverWell Combo: Monday and Friday - 8:10-9:05am - Studio B
ForeverWell Strength: Wednesday - 8:15-9:05am - Studio B

Mind & Body
SilverSneakers® Yoga: Monday, Tuesday, Wednesday, Thursday - 10:30-11:15am - Gym
ForeverWell Stretch: Monday, Wednesday, Friday - 10:25-10:55am - Studio B
Tuesday and Thursday - 8:50-9:20am - Studio A
Saturday - 9:15-9:45am - MPR
Tai Chi: Moving for Better Balance: Wednesday - 11:20am -12:05pm - Studio B

Water Fitness
ForeverWell Water Exercise: Monday, Wednesday, Friday - 10:30-11:15am - Pool
Arthritis Water Exercise: Monday, Wednesday, Friday - 11:20-12:05am - Pool
## MARCH 2020 AT A GLANCE

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*Notes:*
- Game Day: Various activities such as Cribbage, Pickleball, and more.
- FW Orientation: Focuses on learning new skills or group discussions.
- Snack, Chat & Share: Social gatherings with light refreshments.
- Healthy Lifestyle Group: Health-related discussions and activities.
- United Way – Food for Kids: Community food drives and assistance.
- Essential Oils: Classes focusing on natural wellness and aromatherapy.
- Breakfast Bunch: Morning social events with a focus on networking.
- Game Day: Opportunities for fun and competition in various games.
- Coffee Time: Additional social spaces for light conversations.
- Indoor Walking Group: Regular walks for exercise and socialization.

*Days and Times Vary:*
- Crafting, Coffee Time, and more events are scheduled throughout the month.
- Check the calendar for specific days and times for each activity.