

FOREVERWELL NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF HUDSON, WI

2211 Vine St., Hudson, WI 54016

September 2019

ymcamn.org

DEDICATED TO AGES 55 AND BETTER



CHALLENGE –PICTURED ABOVE—JIM KAYAKING IN AUGUST 2019. HE AND OTHERS HAD AN AWESOME ADVENTURE. FOR MORE ADVENTURES READ ON...

SEPTEMBER

Minnesota Landscape Arboretum, 3675 Arboretum Drive, Chaska, MN. Wed., Sept. 25, 8am-3:30pm

Join us for a day trip to Minnesota Landscape Arboretum to experience your choice of the fabulous Tashjian Bee and Pollinator Discovery Center, the historic Red Barn Farm (recently renovated), Andersen Horticultural Library, the Apple House, garden pathways, the Three Mile Walk and more. The cost is \$42 for members and \$47 for non-members. There is a 10% discount for early registration through 9/8/2019. The price includes transportation, entry fee and tram fee. Tram rides are available at 10:30am and noon. Please bring extra spending money for the amazing cafeteria and gift shop. Online registration is available or register at Member Services. Space is limited.



IN THIS ISSUE

MN Landscape Arboretum	1
Memory Café	2
Cooking for One or Two	2
Pickleball Lessons	2
The Gathering	3
Fun for All Fifties Ball	3
Thrive Award Nominees	4
Weekly Activities	4
Save the date	4
Bike Ride	4

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Pat Graf, the editor at pat.graf@ymcamn.org or call 651-259-9646.

INTERNAL USE ONLY

*P-Personify, *S-Sign up sheet,
*N-No registration needed, *O-
register outside the branch.

MEMORY CAFÉ

Meet with Dementia Specialist Nancy Abrahamson from St. Croix County Aging and Disability Resource Center for coffee, conversation and community. For more information or to pre-register call Nancy Abrahamson at 715-381-4411 or email nancy.abrahamson@sccwi.gov.

Monthly meetings on the first Thursday of the month at our Y in Hudson begin Sept. 5, 9:30-11:00am, Community Room.

*O, *N



NUTRITIONAL WELLNESS

COOKING FOR ONE OR TWO

Mon., Sept. 16, 1:00-2:00pm, Community Room

Ever feel like cooking for one or two isn't worth the time or trouble? However, everyone needs a variety of foods to stay healthy. Through this 1-hour workshop, you will learn how to:

- Prepare multiple tasty dishes out of a short list of healthful staples
- Adapt favorite recipes to fit your current household size
- Save time and energy with alternative cooking methods
- Create an instant meal using "planned-overs"
- Identify neglected nutrients and how to add them to your menu for optimal health

You will also sample a crowd-favorite dish that will surely become a favorite at your house.

Cost: \$10 Members, \$15 Non Members

Register at Member Services by **Sept. 11**. Space is limited.

Taren Weyer's "passion for wellness is fueled by her family, her ability to see change occur in others, and of course her 13-year-old toothless dog who runs the show. She is founder of Powered On Well, a certified Health Coach and Youth Fitness Specialist with a Bachelor of Science degree in Kinesiology."



*<https://poweredonwell.com/about/>



"Giving somebody the internal power to achieve something they never had before makes everything completely worth it."

PICKLEBALL LESSONS

7 Week Session starting Sept. 10 or 11, gym

Tuesday: Dick Milles

Wednesday: Michael Lammer, PPR Coach

- Learn something new
- Get exercise
- Meet new friends
- Improve your game

Beginning Lessons:

Tues. 1:45-2:45pm (60 min)

or

Wed. 1:15-2:45pm (90 min)

Intermediate Lessons:

Tues. 2:45-3:45pm or

Wed. 2:45-3:45pm

Advanced **Drills:**

Wed. 3:45-4:45pm

Cost for 60 min. class:

Members \$70.00

Non-members \$84.00

Cost for 90 min. class:

Members \$105.00

Non-members \$126.00

Register at Member Services starts 8/13 and ends **9/4/19**.

Space is limited.

Wear court shoes and comfortable clothing. Paddles, balls and net are provided.

Please check the IFP Rating for your level or with your instructor.



THE GATHERING—SOLD OUT

Monday, Oct. 7, Mpls. Convention Center.

More than a conference, The Gathering is a celebration of our ForeverWell members at the YMCA. Established in 2006, this event promotes healthy aging and focuses on activities, programs and services that allow older adults to continue living active lifestyles.

Sessions led by reputable keynote speakers will explore various health and lifestyle enrichment topics relevant to the growing 65+ population. A catered luncheon with entertainment, Thrive Award and prize drawings will conclude the event. **Bus information to be announced.**

Thrive Award winners to be announced at The Gathering. See page 4 for more information on the nominees from The Hudson Y.

STRENGTH TRAINING FOR SENIORS

Work with a personal trainer in a small class setting to maximize the benefits of strength training. Master the skills necessary to safely and effectively use the strength training equipment on our fitness floor. You will learn about sets, reps, tempo and the proper amount of weight you should be lifting. Each week presents a new challenge as you learn proper form and exercise execution.

Register at Member Services or online at www.ymcamn.org. See the Early Fall 2019 Program Guide for class details.

FUN FOR ALL FIFTIES BALL

Fri., Oct. 11, 6:00-8:00pm, Gym.

Dress up and dance to the 50's with family and friends. All ages welcome. Register at Member Services.

FAMILY ENGAGEMENT PROGRAMS FOR AGES 10-99

LANGUAGE AND DRAWING

Learning a new language or art improves brain function and communication skills, broadens perspective and cultural awareness. It is also a fun way to meet new people with similar interests.

Language Classes

Cost: \$40 Members, \$70 Non Members

Mondays, 9/9-10/21:

Spanish For Travelers	10:15am-11am
Spanish: Beginners	11:15am-Noon

Tuesdays, 9/10-10/22:

German: Conversational	10:00am-10:45am
German: Beginner	11:00am-11:45am

Wednesdays, 9/11-10/23

Spanish: Intermediate	10:15am-11am
Spanish: Advanced	11:15am-Noon

Drawing Class

Cost: \$30 Members, \$55 Non Members

Thursdays, 9/12-10/24, Ages 15-99

Drawing All Skill Levels	10:30am-11:30am
--------------------------	-----------------

Register at Member Services now. Contact Tina Bottolfson, Family Engagement Program Director for details.

651-259-9645 or Tina.Bottolfson@ymcamn.org

*P

OPEN TO THE COMMUNITY—PHOTO ID REQUIRED

WOOD CARVING

Mondays, 7:00-9:00pm, Preschool Room.

Bring your carving project and tools and enjoy the company of others who are honing their skills. FREE. No registration necessary.

*N

KNITTING TOGETHER

Fridays, 10:00am-12:00pm, Community Room.

Bring your knitting projects with you and enjoy making friends at the same time. Share knitting ideas, tips, etc. FREE. No registration needed

*N

MAHJONG

Thursdays, 12:30-2:30pm, Community Room. We will teach you how to play. Join us for the ancient Chinese game of skill and luck. You won't regret it! FREE. No Registration necessary.

*N

SAVE THE DATE:

ACTIVE AGING WEEK, Sept. 23-29

GANGSTER GHOST TOUR, Wed. Oct 23

OCTOGENARIAN PARTY , Wed., Oct. 30

Details coming soon.

OUTDOOR ADVENTURE

Join Sheryl Grover as she leads you on a 12 mile bike trail. Meet at Browns Creek Trailhead with your bike. Bring all the supplies you will need such as helmet, sunscreen, bug spray, etc.



12 MILE GROUP BIKE RIDE

Date: Tuesday, Sept. 17

Time: 9 am

**Place: Browns Creek Trailhead,
Stillwater, MN**

Sign up at Member Services. FREE.
Please leave your email address as we will contact you with details.

*S



THRIVE AWARD NOMINEES

Each year every branch of The YMCA of The Greater Twin Cities nominates one man and one woman ages 65 or better to be considered for the recipient of The ForeverWell Thrive Award. This year The Hudson Y's nominees are **Jane Keyes** and **Curtis Larson**. They are nominated due to their inspiring lifestyle and for thriving at our Y and within the community. Please congratulate them for their nomination. Winners will be announced at The Gathering.

