

FOREVERWELL NEWSLETTER

March Events & Activities

See event details on the following pages

Activity	Day	Time
<u>"EAT THE RAINBOW" Contest</u>		All of March
Member Orientation	Friday's	10:30am
Cards & Coffee	Monday's	11:00-3:00pm
Mahjong	Tuesday's	11:00-3:00pm
Craft & Chat	Thursday's	12:00-2:00pm
Nutrition Talk- "Brain Health- Preventing Memory Loss with nutrition" with Scott Hoppe		
	Tuesday March 5 th	1:00-2:00pm
Bingo	Thursday March 7 th	1:30-3:00pm
Texas Hold'm	Friday's	12:30-3:00pm
Conversation with a Professional- "Stress Relief" w/ Dr DeLaForrest		
	Tuesday March 12 th	1:45-2:45pm
Cheerful Hearts Painting Class with Sandy Danus		
	Friday March 15 th	1:00-3:00pm
Literature Lovers Book Club		
	Wednesday March 13 th	1:30-2:30pm
Orthology Talk "Running Injury Prevention"		
	Monday March 18 th	10:00-11:00am
Mystery Lunch Bunch		
	Monday March 18 th	11:30-2:00pm

Plan ahead for April:

Earth day Pond walk and clean up

*All events are subject to cancelation

*There are no refunds for no shows to events



MAPLEWOOD YMCA &
COMMUNITY CENTER



2100 White Bear Ave

Maplewood, MN 55109

Service Desk: (651) 747-0922

Find us online at:

[www.ymcamn.org/locations/
maplewood_community_center/
chedules](http://www.ymcamn.org/locations/maplewood_community_center/schedules)

Hours:

Monday-Thursday 5am-10pm

Friday 5am-9pm

Saturday 6am-8pm

Sunday 8am-7pm

MASSAGE THERAPY

Sessions:

30 Minutes: \$40 Y member,
\$44 non member

60 Minutes: \$59 Y member,
\$64 non members

90 Minutes: \$90 Y members,
\$99 for non-members

**Schedule with Brenda
(651)334-3245**

Group Acupuncture

Thursdays, 12-3:30pm

60 minute sessions Cost \$25
Book your time at the front
desk

EAT THE RAINBOW contest starts March 4th

Each day participants will try to eat every color of the rainbow, marking it down on a sheet you can get from Forever Well Board

Each week there will be bonus challenges!

At the end of the challenge prizes will be rewarded to those who were the most consistent!!! Check out the recipe board, ForeverWell board, and throughout this newsletter for tips and tricks!

Turn in sheets to the Member Service Desk by April 4th

New Member Orientation

For the Month of March- Fridays at 10:30am

Meet in the Lobby; 10 minutes early.

Come learn about the services available to you at the YMCA, meet other new members, and learn how to take full advantage of the Forever Well community.

*To schedule a 1 on 1 orientation outside of this time slot, contact Members Service Desk.

Coffee & Cards

Mondays from 11:00am-3:00pm

Cost: \$1 for YMCA members/ \$2 for Non-members

Open to anyone. Games that are played include Texas Holdem, Hand and Foot, Mahjong, & Scrabble. Coffee and water are provided.

*If you would like to start a game that is not listed contact

Mahjong

Tuesdays from 11:00am- 3:00pm

Cost: \$1 for YMCA members/ \$2 for Non-members

This Chinese tile game is generally played with 4 players. Lessons will start back up in the spring. Coffee and water is provided.

****Mahjong lessons will start back up April!****

Keep your eyes out for a sign up sheet on the FW board

RED:

Heat can damage pepper's beneficial nutrients so it is best to enjoy them raw or cooked using a low heat for a short period

Craft & Chat-

Thursdays from 12:00pm- 2:00pm

Knitters, crocheters, painters, quilters, scrap bookers, and crafters all welcome! This is a social group that loves to create. Come and show off your skills or learn new ones. If you have a knitting related project that you are stuck on, bring it in and use the knowledge of the group to help get past your road block.

Grab Bag Bingo

First Thursday of the month- March 7th 1:30-3:00pm

Cost: \$3 cash for 2 cards and 10 games

Join us for chance to win mystery prizes! Coffee and water are provided.

Texas Hold'm

Fridays 12:30-3:00pm

Cost: \$1 for YMCA Members/ \$2 for non-members

Open to anyone interested in socializing and playing a few hands of cards. Coffee and water provided.

Orange:

Carrots that are boiled whole retain 25% more of the cancer-fighting compound "falcarinol" compared to when they are chopped before being boiled

Green:

Instead of bread or wraps, try wrapping your food in lettuce for some added greens.

Nutrition Talk- "Brain Health- Preventing Memory Loss with Nutrition" with Scott Hoppe

Tuesday, March 5th at 1:00-2:00pm

Cost: Free

Scott Hoppe is a chiropractor and fitness enthusiast that has devoted his practice to the wellness of others. Don't miss this talk about the ways that good nutrition can help to prevent memory loss in aging adults. Coffee and water will be provided.

Conversation with a Professional- "Stress Relief" with Dr. DeLaForrest

Tuesday March 12th From 1:45-2:45pm

Cost: Free

Feeling the pressure of the last bits of winter or an evolving, fast paced life? Come relax and learn tips & tricks to help manage stress in your life with Dr. DeLaForrest. Coffee and water will be provided.

"Cheerful Hearts" Painting Class with Sandy Danus



Friday March 15th from 1:00-3:00pm

Cost: \$25 for canvas **OR** \$28 for a cloth tote (They are 16"x15" with the painted surface of 12x12 like the canvas size.) Make Payment payable to the instructor at the time of the class. Cash or check please.

Sign up on the ForeverWell board to reserve your spot and designate which you would prefer to paint (Canvas or tote)

This month's painting is "Herb Bundle". Come learn to paint in a fun, supportive environment. No experience necessary. All supplies provided as an experienced art instructor guides you through steps to create your own masterpiece on canvas

BLUE:

If you want to get the most from their high vitamin C content, eat **plums raw**.

Literary Lovers Club

Wednesday March 13th from 2:00-3:00pm

Cost: Free.

Come and join us for this casual book club. Chat about whatever it is you are reading whether it's a novel, magazine, or nothing at all!! If you have a favorite that you'd like to share, bring a book to share with the rest of the group.

Mystery Lunch Bunch

Monday March 18th - bus leaves at 11:30am and returns by 2:00pm

Cost: \$5 for YMCA members/ \$7 for non-members for transportation- **Sign up for this event is available March 1st at the front desk**

You will be responsible for paying for your own lunch, tax, and tip.

Orthology Talk- "Running Injury Prevention"

Monday March 18th -

Cost: Free

With spring in the near future you may be taking to the pavement for your fitness. Come learn how to avoid injury as you prepare for those warm weather running races.

Brown:








Avoid storing onions with potatoes as they tend to absorb their moisture, causing them to spoil faster.

2019

MARCH

FOREVERWELL EVENTS CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 	26	27	28 	01 Texas Hold'm 12-3	02	03
04 First Day of "EAT THE RAINBOW"- Get your sheet at the FW Board Cards and Coffee 11-3pm	05 Mahjong 11-3pm Nutrition Talk- "Brain Health- Prevent Memory loss with nutrition" @ 1:00-2:00pm	06	07 Grab Bag Bingo- 1:30-3:00pm Craft and Chat 12-2	08 Texas Hold'm 12-3	09	10 
11 Cards and Coffee 11-3pm 	12 Mahjong 11-3pm Conversation with a Professional- "Stress Relief" with Dr DeLaForrest @ 1:45pm	13	14 Craft and Chat 12-2	15 Cheerful Hearts Painting Class 1-3pm Texas Hold'm 12-3	16 	17 HAPPY St. Patrick's DAY
18 Ortho Talk- "Running injury Prevention" 10-11am Cards and Coffee 11-3pm Mystery Lunch Bunch- 11:30-2:00pm	19 Mahjong 11-3pm	20 	21 Craft and Chat 12-2 Literary Lovers Book Club 1-2pm 	22 Texas Hold'm 12-3	23	24
25 Cards and Coffee 11-3pm	26 Mahjong 11-3pm	27	28 Craft and Chat 12-2	29 Texas Hold'm 12-3	30	31
01	02	03	04	05	06	07