Celebrate Members with November Birthdays on Friday November 1st, 12:20PM in the Pool Lobby

NOVEMBER SPEAKERS

Blood Test Results Explained with Dr. Michael Dukinfield
Tuesday November 19, 10-11am in the MPR.

Have you ever received the laboratory results from your blood work, and wondered what it all means? Dr. Michael Dukinfield will explain the various tests and results in terms we can all understand. Find out:

- Why do Doctors order blood tests?
- What do the tests measure?
- What is a “normal” range?
- How can I use these reports to make healthy lifestyle choices?

Stabilizing and Repairing Your Gait with Dylan Moen, PT, DPT, ATC  Orthology
Thursday November 21, 10-11am in MPR.

During this presentation Dylan will explain:

- The definition of gait and the importance of proper gait sequencing
- Outline the gait cycle
- Describe abnormal gait deviations and their causes
- Explain how PT can help

Caregivers, give Yourself a gift for the holidays. Attend Powerful Tools For Caregivers: Managing Stress, a workshop provided by East Side Neighborhood Services
Tuesday November 26, 10-11am in MPR

This one-hour seminar provides caregivers with a better understanding of the negative results of stress and a solid plan to take action to support their own health and well-being.

Led by Powerful Tools for Caregivers Class Leader and Master Trainer, Parichay Rudina, LSW.

Join us for these 2 New Foreverwell events starting in November:
Play Cribbage Every Wednesday afternoon at 12:30pm in the Pool Lobby

Monthly ForeverWell Friends Get-together—Saturday Nov 16th at Pub 42 following the SilverSneakers Classic Class (approx. 12:45pm). You don’t have to attend class to join us at the Pub. Everyone picks up their own tab. Each month we will choose a different near-by location. Send suggestions to Nancy.

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ForeverWell Holiday Luncheon
Friday December 13th, 12:30pm in Studio 1. SilverSneakers Classic and SilverSneakers Yoga will be cancelled for this event. Register at Member Services starting November 4th. More details on attached flier.
WEEKLY & MONTHLY FOREVERWELL ACTIVITIES

MONDAYS

**Water Volleyball**  9:15-10:15am, shallow end of the pool.
Men only play on the 1st and 3rd Mondays of the month
Women only play on the 2nd and 4th Mondays of the month
Co-ed play on the 5th Monday of the month, if applicable.

**Pickleball**  11:30am—1:30pm  NOTE: No Pickleball 10/7-14 due to gym floor refinishing.
All equipment is supplied, and available to check out at the Member Services Desk. Beginners are welcome.

**New Hope Y Knitters and Crocheters**  2:00-4:00 pm in Studio 1
Yarn is donated to the Y by community members, and the group makes and donates completed items to The Y and other local organizations. All are welcome, and lessons are available.

TUESDAYS

**Card Group**  10:30am in the Pool Lobby
Drop in for a variety of games: Cribbage, 500, Whist and more...

**Mahjong**  12:30pm in the Pool Lobby

WEDNESDAYS

**Co-ed Water Volleyball**  9:30-11:30am  shallow end of the pool.

**Pickleball**  11:30am—1:30pm
All equipment is supplied, and available to check out at the Member Services Desk. Beginners are welcome.

**Cribbage**—12:30pm in the Pool Lobby. Boards and cards available.

THURSDAYS

THIRD THURSDAY OF EVERY MONTH  - Book Club  2pm in the Large Conference Room. Everyone is welcome.

Selected books:
**November 21** *The Boston Girl* by Anita Diamant

FRIDAYS

**Co-ed Water Volleyball**  9:30-11:30am  shallow end of the pool.

**Pickleball**  11:30am—1:30pm  NOTE: No Pickleball 10/7-14 due to gym floor refinishing.
All equipment is supplied, and available to check out at the Member Services Desk. Beginners are welcome.

**ForeverWell Coffee and Social Time:**  12:15pm in the Pool Lobby. First Friday of every month, we celebrate Birthdays. If you would like to provide a birthday treat, please let Nancy know.
The New Hope YMCA

cordially invites you to our

Annual ForeverWell Holiday Luncheon

Friday December 13, 2019
12:30-2:00pm in Studio 1

Luncheon will be catered by Sweet Taste of Italy, and includes:
Lasagna with meat sauce, Salad, Bread and Beverage

Members are encouraged to bring a dessert to share

Don't forget to bring a wrapped white elephant gift (value $10.00 or less) for the dice game!

Registration opens November 4th
And closes December 9th, or when full.

Cost: $10.00 Members/$15.00 Non-members

Questions: Contact Nancy Danielson, ForeverWell Coordinator
763-592-5520 or nancy.danielson@ymcamn.org
POWERFUL TOOLS FOR CAREGIVERS: MANAGING STRESS

Provided by East Side Neighborhood Services

I’m caregiving 24/7. Something has to give.

This one-hour seminar will provide caregivers with a better understanding of the negative results of stress and a solid plan to take action to support their own health and well-being.

East Side Neighborhood Services is also available to provide a full six-week class—learn more at this seminar.

WHEN: Tuesday November 26th
TIME: 10:00-11:00am
LOCATION: New Hope Y Multi-Purpose Room

COST: Free. Please sign-up at Member Services.

Questions: Contact Nancy Danielson, ForeverWell Coordinator 763-592-5520
Nancy.danielson@ymcamn.org