Celebrate March Birthdays on Friday March 6th 12:20 in the Pool Lobby
Let Nancy know if you would like to sponsor this event by providing the birthday treat.

The Gift of Pre-arranging
A Neptune Society Seminar
10-11am in multi-purpose room
This hour long seminar facilitated by Liz Skoro, a pre-arrangement advisor with Neptune Society, is an informative session to help those that want to learn more about pre-planning funeral arrangements. Currently 65% of Minnesotans are choosing cremation with those numbers expected to grow to 90% in the next 10 years. We cover topics such as:

- Why should I pre-arrange?
- Is a traditional burial or cremation the right choice for me?
- What is the difference between a traditional funeral home and a cremation provider?
- What are the costs involved?
Sign-up in Member Services ForeverWell Binder is requested.

The ForeverWell Friends March Outing is to the Elision Theater in Crystal on Sunday March 29th, 2:30-4:00pm. We will see the musical, First Lady Suite. Tickets may be purchased at Member Services. $20 Members/$25 Non-members. A full description of the play is on page 2.

Do you have extra yarn at home? Consider donating to the New Hope Y Knitters and Crocheters for Charity. Drop off at Member Services, attn Nancy.

Each week the group meets to make items needed by our Community. If you are a knitter or crocheter, or would like to learn, stop by any Monday afternoon at 2pm in Studio 1.

In This Issue:
Page 2: ForeverWell Friends Outing to the Elision Theater on Sunday March 29th. Tickets are available at Member Services.

Page 3: Please Be our Guest—Helping You Navigate Your 401 (k) and IRA: Facts, Myths and Misconceptions on Thursday March 12th. Lunch will be provided. Pre-registration by March 10th at Member Services is requested.

Page 4: How Aging Changes Us with Dr. Mike on Thursday March 26th. Find out what happens to our bodies when we age. Full details on page 3.

Page 5: Stepping On Our next 7 week session of Stepping On for Balance begins April 1st. Stepping On has been researched and proven to reduce falls by 30%. Register at Member Services. Read more on page 5.

Page 6: See what’s coming up in April—mark your calendars now.

Page 7: Take the Rainbow Challenge and eat healthier in March.

Page 8: ForeverWell March Activity Calendar
Free Blood Pressure Checks with Courtney Rieck, RN
Thur Feb 13th 10:30-11:30am
Lobby
FOREVERWELL TRIP TO THE ELISION PLAYHOUSE TO SEE FIRST LADY SUITE

Elision Playhouse – 6105 42nd Ave N, Crystal (1 mile East of the New Hope Y)

*First Lady Suite* is an enthralling look into the lives of some of history’s most neglected figures, the wives of U.S. presidents. The musical is presented in four vignettes. The first piece, *Over Texas*, takes place aboard Air Force One on November 22nd, 1963. Mary Gallagher, the First Lady’s secretary, and Evelyn Lincoln, secretary to the President, are relaxing as they fly into Dallas. While napping, Mary’s dreams become portentous nightmares as they are haunted by a ghostly Jackie and eerie Lady Bird. *Where’s Mamie?* Is a time-travel fantasy as Mamie, melancholic and alone on her birthday, is paid a visit by the celebrated opera star Marian Anderson. They travel to Algiers to confront Ike about an affair and warn him of the racial strife he’ll face later as President. *Olio* presents first daughter Margaret Truman singing at a recital but constantly gets upstaged by First Lady Bess. *Eleanor Sleeps Here* is a heart-rending examination of the relationship between Eleanor Roosevelt and Lorena Hickok as they’re flown over Washington by Amelia Earhart.

**WHEN:** Sunday March 29th, play begins at 2:30pm and runs 90 minutes with no intermission.

**LOCATION:** ELISION PLAYHOUSE 6105 42nd Ave. N, Crystal

**COST:** $20.00 Members/$25.00 non-Members (admission only, transportation will not be provided.)

Purchase tickets at Member Services or on-line ymcamn.org/foreverwell

Tickets are limited—questions contact Nancy Danielson 763-592-5520
PLEASE BE OUR GUEST

"Helping You Navigate Your 401(k) and IRA: Facts, Myths, and Misconceptions"

RSVP is needed for this 90 minute event. The presentation will last 60 minutes followed by a 30 minute Q&A session. Lunch and beverages will be provided to attendees who have registered by March 10, 2020.

Let us provide insight and understanding regarding your 401(k) and IRA’s, along with a broad view of how all the pieces of retirement may fit together to meet your specific needs.

Please RSVP by March 10, 2020. Call Nancy Danielson at 763-535-4800 or email nancy.danielson@ymcamn.org.

In the event of cancellation, 24 notice or best efforts will be made to reach confirmed attendees. Please RSVP with name, phone number, and E-mail of each attendee.

HOSTED BY
Adam Schiesl
Drew Gerling, MSFS, CFP®, ChFC®

EVENT DETAILS
Thursday, March 12, 2020
12:30 p.m. - 2:00 p.m.
NEW HOPE YMCA
7601 42nd Ave N
New Hope, MN

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™, and the CFP® logo in the U.S. No products will be sold at this event. THREIVENT IS THE MARKETING NAME FOR THREIVENT FINANCIAL FOR LUTHERANS. Insurance products issued by Thrivent Financial for Lutherans. Not available in all states. Securities and investment advisory services offered through Thrivent Investment Management Inc., a registered investment adviser, member FINRA and SIPC, and a subsidiary of Thrivent. Licensed agent/producer of Thrivent. Registered representative of Thrivent Investment Management Inc. Advisory services available through investment adviser representatives only. Thrivent.com/disclosures.
HOW AGING CHANGES US

What happens to our body when we age

with Dr. Michael Dukinfield

Dr. Mike will talk about what happens to our body when we age, including:

- Balance issues
- Forgetting things
- Hearing and Vision Loss
- Kidney and Bladder Issues
- Effects of Prescription Drugs as our body ages
- Body Mass Changes

WHEN: Thursday March 26, 2020
TIME: 10:00–11:00am
LOCATION: New Hope Y Multi-Purpose Room

COST: Free. Please sign-up at Member Services.
A fall could change everything

One in four people age 65 or older has a fall each year. You don’t have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you’ll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

Join us for Stepping On, a 7 Week Program!

Where: New Hope YMCA, 7601 42nd Avenue N., New Hope, MN 55427

When: Wednesday’s, April 1st – May 13th, 2:30-4:30pm

Total Cost: $20.00

Register at: Member Services Desk at the New Hope YMCA or call 763-535-4800

Lead By: Nancy Danielson and Jessica Lund
Coming up in April...

Green Books—Free Gently Used Books for All Ages
Friday April 3rd, 10am—2pm New Hope Y Lobby
Pick up a free book and spend some quiet time here or at home. No book swap required, however, if you have gently used books to donate bring them in attn: Nancy Danielson (for Green Books).

On Monday April 13th, 10-11:30am, a Representative from Americorps will be here seeking volunteers to help students with reading and math. Stop by the information table near the coffee station in the lobby for more information.

The Lifestyle Network Team of Keller Williams will provide a seminar on Senior Housing, Is It Right For Me? Thursday April 16th, 10-11:30am in the multi-purpose room. Sign-up in the ForeverWell Binder at Member Services is requested.

Fraud Prevention will be the topic of a presentation from AARP. Thursday April 23rd, 10am in the Multi-purpose Room. Sign-up in the ForeverWell Binder at Member Services is requested.
Enjoy Healthy Eating during the month of March.

Below are examples of colorful fruits and vegetables. Use the chart at the left to see how many of these fruits and vegetables you can work into your daily meals and snacks.

Additional charts are available at Member Services.

Good Luck—we are all winners when we eat healthier!
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**NEW HOPE YMCA HOURS**
MONDAY-THURSDAY 5:00am-10:00pm
FRIDAY 5:00am-9:00pm
SATURDAY-SUNDAY 6:00am-8:00pm

*Calendar subject to change without notice*