

FOREVERWELL NEWSLETTER

SEPTEMBER 2019
RIVER VALLEY YMCA
952-230-9622



BOOKMARK YMCAMN.ORG/LOCATIONS/RIVER_VALLEY_YMCA/SCHEDULES

ACTIVE AGING WEEK, SEPT. 23-27

As Fall approaches, celebrate your commitment to active aging with a week full of activities to inspire and challenge you. Pick up a Bingo Card and play all week. 5 in a row wins you 2 free guest passes and a chance to win a gift card. Take the Fitness Challenge with our Personal Trainers! Learn about the many benefits available to veterans and their spouses! Explore ways to improve your balance and walking gait! Find a complete schedule on the ForeverWell Bulletin Board as we get closer.

CREATING YOUR LEGACY

Do you want to create a legacy to support the people and community you care about? You can pass on your values by taking simple steps, whether you have a lot or a little to leave behind.

Join us for an eye-opening conversation with the YMCA and Johnson Legal Services. Monday, September 16 @ 10:00am in the Conference Room.

WALKING FOR VITALITY

Do you feel as well balanced as you did 10 years ago? Did you know that your confidence plays a huge role in your balance? Gait decline sneaks up on us over time and it starts around age 30. Did you know that gait speed (how fast you walk) is the 6th vital sign after blood pressure, body weight & temperature, heart rate and respiratory rate? Evidence suggests we can safely train our gait and work to reverse the downward spiral associated with aging. Learn simple techniques that will help you determine your next 'steps' for living well. Thursday, September 26 @ 9:00am, Conference Room.

PEDALING FOR PARKINSON'S CLASSES*

Pedaling for Parkinson's (P4P) is a cycling program that aims to improve the lives of those living with Parkinson's disease and their caregivers.

Classes begin September 5. Class times are Mondays and Thursdays at 1:15pm. **This is a free class**, open to members and non-members, but you must register for it and complete an intake form. For more information, contact Alicia Lovato at 952-230-6682 or Alicia.Lovato@ymcamn.org

CAMP FOREVERWELL*

Join your ForeverWell friends and guests for the day or overnight at camp! Spend your time outdoors in the beauty and comfort of Camp St. Croix, located on the beautiful St. Croix River in Hudson, WI. Camp is September 9 - 10, 2019.

You can choose from a variety of activities that best fit your interests and activity level. Enjoy scenic hiking trails, glide down the zipline, visit the archery range or explore your artistic side. Spend the day or stay overnight in your choice of accommodations. Optional transportation will be offered from River Valley YMCA for Overnight only.

Register online or at Member Services!

THE GATHERING*

A day for adults ages 65 or better to celebrate healthy living with the Y, *The Gathering* is Monday, October 7. As usual, registration filled in just a few days so you can no longer register for this event; HOWEVER, if you are interested in attending, **please sign up on the waiting list** at Member Services. We typically will have 1 or 2 spots open up as we get closer to the event.

HOLIDAY HOURS AND POOL RE-OPENS!

The Y will be open 7am - 4pm on Labor Day Monday. Limited class schedule; see Member Services for the schedule. The pool is scheduled to re-open on September 3!

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BENEFITS FOR VETERANS AND SPOUSES

Military veterans have hundreds of available benefits, including health care, education, training, housing assistance, and more. If you are a retired veteran, spouse of a veteran, or approaching retirement, there are a host of resources waiting to assist you. Senior Specialist Realtors Dan and Mary Tillman will join a representative from the VA to talk about veteran specific resources. Enjoy a great presentation, snacks, and a drawing for a gift card! Tuesday, Sept. 24 @ 9:30am in the Conference Room.

AMISH TRADITIONS TOUR WITH CLUB PRIOR*

Travel back in time to a community that offers a unique blend of attractions featuring man and nature in harmony: Lanesboro, Minnesota. Tour includes luxury coach transportation, two-hour tour of the Amish community, lunch at Pedal Pushers Café, and time on your own to explore quaint and scenic downtown Lanesboro.

Our trip is Wednesday, Sept. 25; the bus picks up at River Valley YMCA at 8:15am and returns around 6:00pm. This is a shared trip with Club Prior; where you register is where you board the bus. Open to everyone, the price is \$75 and includes everything except optional gratuities for Amish tour guide and bus driver. Register online or at Member Services before Sept. 12. This trip may fill quickly!

MONDAY MORNING COFFEE TIME

The Conference Room is reserved for ForeverWell every Monday morning from 9 - 11am, beginning September 9. Grab a cup of coffee and visit with your ForeverWell friends!

MEN'S BIBLE STUDY

ForeverWell friend Jim Stai is leading a men's bible study group which meets at 7:00pm every other Tuesday night, starting Sept 17 at Shepherd of the Lake. Working with a Learner's Guide workbook, we will read Bible passages and share discussion, giving everyone the opportunity to share their perspective. See Amy or for more info!

WEEKLY CLASSES

	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Hours: <i>Y is open 7am – 4pm Limited classes</i>	3 Pool Re-opens! New Member Orientation* 12:30pm	4	5 <i>Pedaling for Parkinson's classes begin! 1:15pm</i>	6	7
8	9 Coffee Time 9–11am Mahjong 1:00pm, McKenna Crossing	10	11	12 New Member Orientation* 9:30am	13	14
15	16 Coffee Time 9–11am Create Your Legacy Coffee Talk, 10:00am, Conf. Rm Mahjong 1:00pm, McKenna Crossing	17 Lunch Bunch, Buffalo Tap, 12:30pm	18 500 Card Club 10:00am, Conf. Rm Guided Meditation 1:10pm, Conf. Rm	19 New Member Orientation* 9:30am	20	21
22 Active Aging Week! → <i>Watch for more events this week; get a schedule as we get closer!</i>	23 Coffee Time 9–11am Mahjong 1:00pm, McKenna Crossing	24 Benefits for Vets & Spouses 9:30am, Conf. Rm New Member Orientation, 12:30p	25 Amish Traditions* Bus leaves Y 8:15a Book Club: A Man Called Ove 10:00am, Conf. Rm	26 Walking for Vitality, Coffee Talk & Demo 9:00am, Conf. Room	27	28
29	30 Coffee Time 9–11am Mahjong 1:00pm, McKenna Crossing					

* indicates registration is required for this event

BOOK CLUB 9/25

A Man Called Ove by Fredrick Backman

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. But behind the cranky exterior there is a story and a sadness.

So when a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.

The Book Club Kit is available this month! Pick up a copy of the book at August Book Club on 8/28 or check at Member Services after that. **Books MUST be returned to the Y,** not the library, by September Book Club, Sept. 25. Book Club is open to everyone! We usually meet on the last Wednesday of the month, at 10:00 AM in the Conference Room.



LUNCH BUNCH 9/17

Connect with your Y friends and enjoy a little lunch! This month, let's meet at **Buffalo Tap** in Savage, 4990 123rd St W (Hwy 13 & Quentin Ave). Lunch and transportation are on your own, no registration required. Meet us there or drive together from the Y. **Join us Tuesday, September 17 @ 12:30pm.**

500 CARD CLUB 9/18

Like to play cards? Join us to play the trick-taking game, 500 – similar to Euchre and some elements of Bridge. Don't know how to play? No worries – you'll pick it up quickly. We usually play on the third Wednesday of the month. 10:00am, in the Conference Room.

MAHJONG MONDAYS

New players welcome! Come learn a new game and stimulate your brain. Like a cross between Rummy and Scrabble, Mahjong is a game of skill, strategy and calculation that involves a certain degree of chance. **Beginners are always welcome.** We meet down at McKenna Crossing, every Monday at 1:00 PM. Join us!

GUIDED MEDITATION 9/18

Join us once a month for a 20-minute guided meditation. Through deep breathing, guided relaxation, and visualization, you will relax and refresh your mind and body. Usually offered on the third Wednesday of the month, after SilverSneakers Yoga, in the Conference Room at 1:10pm.

IS YOUR EMERGENCY CONTACT INFO CORRECT?

Stop by Member Services when you have a moment and make sure your emergency contact information is up to date. Should something happen to you while at the Y, we need to be able to reach the right person.

SAVE THE DATE

The Gathering (full, get on wait list)
Ghosts, Graves, & Caves Tour
Jacob Marley's Christmas Carol

Oct 7
Oct 30
Dec

River Valley YMCA

3575 North Berens Road NW
Prior Lake MN 55379
952-230-9622

www.ymcamn.org

YMCA Hours: M-Th: 5am-10pm, F 5am-9pm, S-S: 6am-8PM

Amy McGarness, ForeverWell Coordinator

952-230-6681, amy.mcgarness@ymcamn.org

Work Hours: Mon – Fri 9am – 5pm

ForeverWell programs are open to all members of the YMCA ages 55+. Our mission is to develop the total person – spirit, mind and body. We offer a wide range of fitness, education, and social programs throughout the year. We encourage every member to participate as much as he or she would like.