ST. PATTY’S DAY POTLUCK – MARCH 17*
Join us for our semi-annual St. Patty’s Day Potluck Party, Tuesday March 17 at 12:15 PM. Work up an appetite in class so you can tuck into a traditional Irish feast. The Y will provide paper goods, water & coffee, and Corned Beef! Bring a side dish, salad, or dessert to share. Please sign up and let us know what you’re bringing in the ForeverWell Binder.

IRISH TOUR – MARCH 12*
As of this printing, only 6 seats remain! Join us to celebrate Irish Heritage in the Twin Cities! Our trip includes a performance of Irish music and dance at Celtic Junction Arts Center, a driving tour of Twin Cities Irish history, and lunch at an Irish pub.

Bus leaves Club Prior at 8:45am and picks up at River Valley YMCA at 9:00am. Return time approximately 3:00pm. This shared trip with Club Prior is just $69 for members AND non-members. Where you register is where you board the bus. Register now at Member Services!

LUCKY 13
Want to get lucky? Come into the Y any 13 days this month and you’ll win two free guests passes plus get entered into a prize drawing. You could win a Cub Foods gift card! Pick up a game card on the ForeverWell Bulletin Board. Track your visits and turn it in at the end of the month.

If you need help sticking to a fitness routine, this is a great way to get motivated. Try something new and see what works for you. Don’t forget about social and emotional health. Join your fellow ForeverWell members for social activities, meet someone at the Y for coffee, bring your grandkids for some funtime in the pool, or even just stop in to enjoy the hot tub on a cold day! It’s all a part of wellness and counts toward your Lucky 13! See Amy with questions.

COFFEE TALK: Aromatherapy, March 26
Grab a cup of coffee and join us for an informative discussion! This month, we’ll learn about Aromatherapy. JoAnn Swedock, Hospice Massage Therapist with Interim Healthcare, will answer questions such as What is aromatherapy? How is it applied into the body? What symptoms can it be used for? and more!

Join us Thursday, March 26 @ 9:30am in the Conference Room. Bring a friend!

TED TALK – WATCH & DISCUSS, March 19
TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). Join us to watch a TED Talk together, followed by group discussion. This month we’ll watch and discuss the TED Talk, The gift and power of emotional courage. Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness. Be inspired, share ideas, and make new friends!

Join us in the Conference Room at 9:30am on Thursday, March 19. Stick around for SilverSneakers Classic at 10:30 or Arthritis Water Exercise at 11:00!

FACEBOOK GROUP
Join the group to stay connected with your ForeverWell friends and see what’s happening at the Y! Invite your friends & neighbors and help spread the word about all the fun stuff we’re going in ForeverWell.

Visit: https://www.facebook.com/RiverValleyYMCAPriorLake/ and select “Groups” on the left-hand sidebar. Choose the ForeverWell Group and click the “Join Group” button!

BREAKING UP IS HARD TO DO @ THE IVE’S*
Set at a Catskills resort in 1960, this is the sweetly comic story of Lois and Marge, two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. The score showcases 18 Neil Sedaka classics, including "Where the Boys Are", "Sweet Sixteen", "Calendar Girl", "Love Will Keep Us Together" and, of course, the chart-topping title song. Produced by Sidekick Theatre at the Ives Auditorium, part of the Minnesota Masonic Heritage Center campus, just across the river (11411 Masonic Home Drive, Bloomington).

Our trip is April 23. Transportation is on your own for this one. Meet there at 12:30; matinee show at 1:00pm. Tickets are $29. Register by April 8 online or at Member Services.

RESEARCH OPPORTUNITY! EXERCISE & COGNITIVE TRAINING UMN STUDY
Be part of an exercise and virtual reality cognitive training study!

Do you want to improve your memory? Are you 65 years of age or older? You may qualify to participate in an exercise and virtual reality cognitive training study. Participants involved in this 3-month study will:
- work with exercise and/or cognition specialists
- have their fitness, memory and thinking assessed 2 times
- be compensated
- receive gym membership reimbursement (location-dependent)

To learn more about the study or to enroll, please contact: Exergame Trial Study Coordinator Russell Spafford at 612-626-6045 or spaff010@umn.edu

SAVE THE DATE
Breaking Up is Hard to Do @ The Ives
April 23
Dixie Swim Club @ Old Log
May 13
Camp ForeverWell
May 19
Healthy Aging Day
May 20
Please sign up in the ForeverWell Binder!

This month, let’s meet at LUNCH BUNCH Binder outings, so we have an idea of how many will attend. We usually meet on the last Wednesday of the month, at 10:00am in the Conference Room.

NEW! SIGN UP FOR LUNCH BUNCH*

Due to the growing popularity of our monthly Lunch Bunch outings, please sign up in the ForeverWell Binder so we have an idea of how many will attend. Sign up no later than the day before. No worries if you can’t make it that day.

LUNCH BUNCH – March 24*

Connect with your Y friends and enjoy a little lunch! This month, let’s meet at Outback Steakhouse in Burnsville, 2034 County Rd 42 W (NW corner of CR 42 & Hwy S). Lunch and transportation are on your own, no registration required. Meet us there or drive together from the Y. Join us Tuesday March 24 @ 12:30pm. Please sign up in the ForeverWell Binder!

BOOK CLUB – March 25

Chromes of a Radical Hag by Lorna Landvik

A bittersweet, seriously funny novel of a life, a small town, and a key to our troubled times traced through a newspaper columnist’s half-century of taking in, and taking on, the world.

With her customary warmth and wit, Lorna Landvik summons a lifetime at once lost and recovered, a complicated past that speaks with knowing eloquence to the wonder of finding in each other what we never even knew we were missing.

Book Club is open to everyone! We usually meet on the last Wednesday of the month, at 10:00am in the Conference Room.

NEW! SIGN UP FOR LUNCH BUNCH*

GUIDED MEDITATION – March 16

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. We usually meet on the 3rd Monday of the month, after SilverSneakers Yoga, in the Conference Room at 1:10pm.

COME PLAY CARDS WITH US!

Join this fun group to play the trick-taking card game “500” on the 1st and 3rd Wednesdays of the month. Want to play another game? That’s OK, there’s room for all! Don’t know how to play? We’ll teach you! Come check it out – 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 visualization, you will relax and refresh your mind and body. We usually meet on the 3rd Monday of the month, after SilverSneakers Yoga, in the Conference Room at 1:10pm.

* Indicates registration is required for this event.