

GROUPS & CLUBS

YMCA WALKING CLUB

Start and end your week on the *right foot!* Walking Club meets on Mondays and Fridays from 9:00-10:00 am in the Red/Blue gyms. Wear comfortable shoes and bring your water! No registration required—Free!

QUILT CLUB— QUILT SISTERS @ THE Y

Quilt Club will meet in the President's Room on Tuesday, October 15 at 10:30 am.

PICKLE BALL

Pickle ball is a cross between badminton, tennis and ping pong. Come and join in! Pickle ball is in the South Gym Monday— Saturday from 8:30 am-10:00 am. Pick up racquets at the Welcome Center.

MOUNTAIN DULCIMER

Do you love music? Do you play the dulcimer? Or, are you interested in learning how to play the dulcimer? If so, this group is for you! This group meets Mondays from 10:30-11:30 am in the Activities Room. De Cansler will be there to answer any questions you may have!

FOREVERWELL LUCKY 13

Pick up your card from Member Services and have them mark it each time you visit in October. At the end of the month, turn in your completed card to Member Services and have your name entered into the monthly prize drawing! A *free guest pass* will be added to your account when you turn your completed card in!

NEW FOREVERWELL COORDINATOR

ABOUT ME

Name: Lauren Larson

Hometown: Winona, MN

Hobbies: Spending time with family & friends, cooking, hiking, reading and playing & watching sports (Go Gophers!)

Favorite Quote: "We'll become in our lives what we do with our love." - Bob Goff

Favorite Y Activity: Using the Fitness Center

FOREVERWELL NEWSLETTER



OCTOBER 2019
ROCHESTER YMCA
507-287-2260

FOREVERWELL MEMBER SURVEY

Pick up a ForeverWell Member Survey at Member Services during the month of October and *tell us how you really feel!* The purpose of this survey is to gather feedback about our ForeverWell program from YOU— our ForeverWell members! The results from this survey will help us better support your health and wellness goals. Return completed surveys to Member Services by Thursday, October 31 and receive a free guest pass. Your feedback is greatly appreciated!

NEW FITNESS CLASSES STARTING IN OCTOBER

MEDITATION

DESCRIPTION

Meditation is often one of the aspects of Yoga that many struggle with. These classes will vary in style, but will support you through guided meditation technique and community support.

OFFERINGS

Mondays— 11:30 am-12:00 pm— Maureen

Tuesdays— 6:30-7:00 pm— Jessica

Thursdays— 6:30-7:00 pm— Sunny

Sundays— 1:30-1:55 pm— Sunny

RESTORATIVE YOGA

DESCRIPTION

Achieve physical, mental and emotional relaxation with the aid of props. Settle into deep healing poses using props to assist with flexibility and balance while providing support to stretch and relax your body.

OFFERINGS

Fridays— 5:00-6:00 pm— Chris

Sundays— 2:00-3:00 pm— Sunny

LUCKY 13 SEPTEMBER WINNER: JAN HEADLEY

OCTOBER EVENTS

WEDNESDAY, OCTOBER 2

The Gathering T-Shirt Pick Up– 9:00-10:00 am– Pool Lobby

SATURDAY, OCTOBER 5

Fall Fest – 10:00 am-2:00 pm– Downtown Rochester

MONDAY, OCTOBER 7

The Gathering– 10:00 am-2:00 pm– Minneapolis Convention Center– Bus leaves at 7:30 am

MONDAY, OCTOBER 7

MedExpress Blood Pressure Checks– 11:30 am-12:30 pm– Balfour Lobby

WEDNESDAY, OCTOBER 16

Coffee & Conversation– 9:00-11:00 am– Pool Lobby

WEDNESDAY, OCTOBER 16

ForeverWell Member Orientation– 11:00 am-12:00 pm– Pool Lobby

MONDAY, OCTOBER 28

One Discovery Square Tour– 11:30 am-12:00 pm– Meet in Welcome Center at 11:15 am if you plan to walk with the group

THURSDAY, OCTOBER 31

ForeverWell Member Surveys Due- Turn in completed surveys at Member Services to earn a free guest pass!

INFORMATION ON THE GATHERING

BUS DEPARTURE

The bus for The Gathering will arrive at the YMCA at 7:15 am and depart no later than 7:30 am on Monday, October 7. If you have any questions or concerns, please contact Lauren at 507-215-8202.

T-SHIRT PICK UP

Stop by the Pool Lobby on Wednesday, October 2 from 9:00-10:00 am and pick up your Gathering T-Shirt! Not able to make it? No problem! We will have your shirt for you on the day of the event.

“I’m so glad I live in a world where there are Octobers.” -Anne of Green Gables

COFFEE & CONVERSATION



Join us for Coffee & Conversation in the Pool Lobby on Wednesday, October 16 from 9:00-11:00 am. Tiffany from TerraLoco will be presenting on Gait Analysis and Footwear. She will be available to answer questions and offer recommendations on the best footwear for you! ***Please bring a treat to pass!***

ONE DISCOVERY SQUARE TOUR

Join us on Monday, October 28 at 11:30 am for a tour of One Discovery Square! One Discovery Square is a unique entrepreneurial environment of businesses of all sizes. Vibrant, agile startups bring their unique energy to Discovery Square, while some of the largest and best-respected companies from around the world bring deep expertise to the community. All of this happens in an ecosystem designed to encourage and equip entrepreneurs. Meet in the Welcome Center at 11:15 am to walk with fellow ForeverWell members OR meet us there! The tour will begin at the 2nd Avenue and 4th Street Entrance and last approximately 30 minutes. ***Sign up at Member Services.***

COMMUNITY EVENT: FALL FEST

WHEN: SATURDAY, OCTOBER 5 | 10:00 AM-2:00 PM

WHERE: PEACE PLAZA, DOWNTOWN ROCHESTER

COST: FREE!

As summer turns to autumn, bright pumpkins, changing leaves, and crisp weather are the stars of the season! Fall Fest in downtown Rochester, presented by Altra Federal Credit Union, features all of them in a free, fun-for-all-ages event! Delight in the sights, sounds, and smells associated with fall.

Fun idea: Plan to meet in the Y Lobby on Saturday, October 5 at 9:30 am and walk to Fall Fest with your fellow ForeverWell members!

Rochester YMCA
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507-287-2260

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