

# FOREVERWELL NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

St PAUL DOWNTOWN YMCA

194 6TH St E, St. Paul, MN 55101

November 2018

[ymcamn.org](http://ymcamn.org)

DEDICATED TO AGES 55 AND BETTER

## Trivia Hour and Holiday Cookie Decorating!

November 29th  
10:30-11:30  
Conference Room

**Bring your favorite  
holiday treats to share!**

Food and beverages will be provided.

### FACILITY HOURS

#### Monday-Friday

5:30AM-10:00PM

#### Saturday & Sunday

7:00AM-8:00PM

### OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



### OUR VISION

#### WAYS TO GET INVOLVED

- Join. Become a member of the St. Paul Downtown YMCA and get access to Y's throughout the state.
- Donate to the Annual Giving Program online or in person [ymcamn.org/give](http://ymcamn.org/give)
- Volunteer

### CONTACT

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Group Fitness/ForeverWell  
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## WELLNESS MESSAGE

Here is a list of nine ways to cultivate gratitude from “Unstuck”, a website that provides advice and strategies for getting unstuck in life.

Notice your day-to-day world from a point of gratitude and be amazed at all the goodness we take for granted.

Keep a gratitude journal. All it requires is noting one or more things you are grateful for on a daily basis. No fancy notebook, no computer program required.

If you identify something or someone with a negative trait (the cold conference room), switch it in your mind to a positive trait (the conference room with a great view).

Gratitude requires humility, which the dictionary defines as being "modest and respectful." Explore where it fits in your life.

Give at least one compliment daily, whether directly to a person or by sharing your appreciation of something ("I love how quiet it is in the morning, don't you?").

When you find yourself in a bad situation, ask: What can I learn? When I look back on this, without emotion, what will I be grateful for?

Vow to not complain, criticize or gossip for a week. If you slip, rally your willpower and keep going. Notice how much energy you were spending on negative thoughts.

Sound genuinely happy to hear from the people who call you on the phone. Whether they respond with surprise or delight, they'll feel valued.

Join a cause that's important to you. Donate money, time or talent. By getting involved, you'll better appreciate the organization — and it will appreciate you more, too.

The article states, “in a stuck moment, it's hard to see positive forces when obstacles are blaring and fears are looming. This is a good time to be grateful. Not grateful for what has us stuck, but appreciating what doesn't. Gratitude helps us see our situation in a way that can lessen panic and open up our thinking to new solutions.

Thing is, people aren't hardwired to be grateful. And, like any skill worth having, gratitude requires practice. There are three stages: recognizing what we're grateful for, acknowledging it and appreciating it. Simple, right? And the benefits of practicing gratitude can be life altering.”

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## **Book Club**

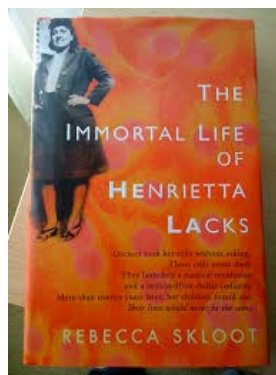
Tuesday Nov. 20th

1-2:30

5th Floor

### **The Immortal Life of Henrietta Lacks**

Books available at front desk.

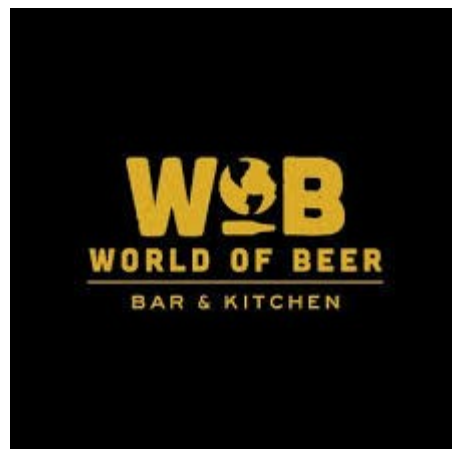


## **Happy Hour**

Thursday Nov. 15th

4pm-7pm

World of Beer!





# ForeverWell Group Exercise Class Schedule

ST PAUL DOWNTOWN YMCA | 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>SilverSneakers® Yoga</b> STUDIO A		9:30-10:15am		9:30-10:15am	
<b>Meditation-</b> STUDIO A		9-9:25am			9-9:25am
<b>Tai Chi-</b> STUDIO A					9:30-10am
<b>ForeverWell Stretch</b> STUDIO A					10:15-10:45am
<b>ForeverWell Cardio Dance</b> STUDIO A	8:45-9:25am			8:45-9:25am	9:30-10:15 Zumba Gold
<b>ForeverWell Strength</b> STUDIO B	9:30-10:15am		9:30-10:15am		
<b>ForeverWell Aqua</b> POOL	11:15-12-Tabata	11:15-12-Tabata		10:15-11am	11:15-12-Deep Water

## ForeverWell Activities 2018

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
04	05	06	07	08 Foreverwell Tour (new members) 9:00am
12	13	14	15 Happy Hour at 4pm	16
19	20 Book Club 1pm 5th Floor	21	22	23 Foreverwell Tour (new members) 9:00am
26	27	28	29 Trivia and Cookie Decorating! 10:30-11:30	30