

# FOREVERWELL NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

St PAUL DOWNTOWN YMCA

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

August 2018

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

DEDICATED TO AGES 55 AND BETTER

August 23rd  
10:30-11:30  
Conference Room  
**Coffee Hour**

Bring your favorite  
Coffee cake, Pie, Crisp  
or whatever to share.  
There will be prizes!



## 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.

**We**  
SERVE relentlessly  
WITH our community  
until ALL can THRIVE  
in each stage of life.

## 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

Kara Hirdman, Program Manager  
Group Fitness/ForeverWell  
[Kara.hirdman@ymcamn.org](mailto:Kara.hirdman@ymcamn.org)  
651 259 1486

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## **Field Trip to Villa Bellezza!**

Thursday, August 16th

It's a one hour drive (carpool)

Leaving at 9:30am-Returning around 4pm

\$20 per person for

Private Tasting and Private Tour!

Sign up at the front desk.

Lunch is on your dime off the menu at the Villa!



Wisconsin, Lake Pepin area

# GATHERING 2018

## Save the Date!

Monday, September 17, 10:00am–2:00pm

Minneapolis Convention Center

Registration begins Monday, July 30.

\$18 Members | \$30 Non-Members

T-shirt, Lunch and Transportation included.

18-FW05

I hope we can fill at least one table this year!  
Kara will be going and hopefully you will too!

### **Book Club**

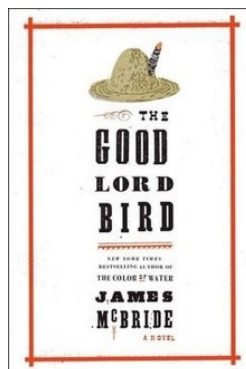
Tuesday August 21st 1-2:30

5th Floor

The Good Lord Bird

By

James McBride





# ForeverWell Group Exercise Class Schedule

ST PAUL DOWNTOWN YMCA | 2018

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

## ForeverWell Activities 2018

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		01	02	03
				Foreverwell Tour (new members) 9:00am
06	07	08	09	10
13	14	15	16	17
			Trip to Villa Bellezza	Foreverwell Tour (new members) 9:00am
20	21	22	23	24
	Book Club 1pm 5th Floor		Coffee Hour 10:30-11:30	
27	28	29	30	31