

FOREVERWELL NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

St PAUL DOWNTOWN YMCA

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

May 2018

ymcamn.org

DEDICATED TO AGES 55 AND BETTER

May 5th

Cinco De Mayo YMCA Event

Parade 10-12

Activities 12:30-6pm

Location: West Side of St. Paul

May 10th

Coffee Hour

10:30-11:30

May 23rd

Foreverwell Como Trip

\$15 a person

11-3pm

May 30th

U of M Raptor Center

10-11am

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
- Volunteer

CONTACT

Kara Hirdman, Program Manager
Group Fitness/ForeverWell
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May 10th

Coffee Hour

10:30-11:30

Detoxing?

Let's first take a look at the current health within our community. As a country, we spend more on health care than the next 9 countries combined. Yet we are consistently near the bottom in terms of life expectancy and quality of life. So why do we need to detox? As we come into contact with various toxins throughout our day - makeup, food, drinks, air, etc. - they become stored in our body. Eventually these toxin-laden cells can no longer function and regulate themselves. This leads to chronic diseases like heart disease, cancer, stroke, diabetes, fibromyalgia and many more.

Join Dr. Spencer and Dr. Ashley as they dig further into this topic and the solution of a proper detoxification.

May 23rd

Foreverwell Como Trip

\$15 a person

11-3pm

Includes lunch and bus trip.

May 30th

U of M Raptor Center

10-11am

Presentation with 4 Raptors

Established in 1974 as part of the University of Minnesota College of Veterinary Medicine, The Raptor Center rehabilitates around 1,000 sick and injured raptors each year, while helping to identify emerging environmental issues related to raptor health and populations.

An internationally renowned education facility, The Raptor Center trains veterinary students and veterinarians from around the world to become future leaders in raptor medicine and conservation.

In addition, The Raptor Center reaches approximately 150,000 people annually through its unique public education programs and events.





ForeverWell Group Exercise Class Schedule

ST PAUL DOWNTOWN YMCA | 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------|--------------|--------------|--------------|--------------------------|
| SilverSneakers® Yoga STUDIO A | | 9:30-10:15am | | 9:30-10:15am | |
| Meditation- STUDIO A | | | | | 9-9:25am |
| Tai Chi- STUDIO A/B | 8:45-9:15am 5:15-5:45pm | 9:30-10am | 8:45-9:15am | | 9:30-10am |
| ForeverWell Stretch STUDIO A | | | | | 10:15-10:45am |
| ForeverWell Cardio Dance STUDIO B | | 8:45-9:25am | | 8:45-9:25am | 9:30-10:15 Zumba Gold |
| ForeverWell Strength STUDIO B | 9:30-10:15am | | 9:30-10:15am | | |
| ForeverWell Aqua POOL | | 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 | 04 Foreverwell Tour (new members) 9:00am |
| 07 | 08 | 09 | 10 Coffee Hour 10:30-11:30 | 11 |
| 14 | 15 | 16 | 17 | 18 Foreverwell Tour (new members) 9:00am |
| 21 | 22 Book Club 1pm 5th Floor | 23 Como Zoo Trip 11-3 | 24 | 25 |
| 28 | 29 | 30 Raptor Center 10-11am | | |