ForeverWell is programming geared toward all Y members 55 and up, developed to build healthy spirit, mind and body. ForeverWell programming includes group fitness classes, as well as life-long learning, volunteer opportunities, social events, retreats and a wide range of on-going clubs and activities. Our monthly ForeverWell newsletters highlight the programs and events happening at the Midway Branch of the YMCA, as well as opportunities geared toward ForeverWell members available throughout the broader Y community. Our ForeverWell theme for March is Enjoy. We invite you to enjoy all that the Y has to offer.

YOGA AND WELLNESS RETREAT
Friday, March 6-8 at Camp St. Croix
YMCA Yoga and Wellness Retreats engage participants in a multitude of activities that support holistic wellbeing. Options could include physical yoga practice, meditation, arts and crafts, essential oils, herbal tonics. Through designed programming and individual exploration, each yoga and well ness retreat participant will have the opportunity to engage in the splendor of the natural environment of camp. Register at campstcroix.org. (Transportation not included.)

PIZZA IN THE GREEN
Monday, March 9 11:30am in the Healthy Living Learning Kitchen
Looking for ways to add more veggies to your meals? Come to this hands-on cooking demo where we will learn how to make a gluten-free, veggie-packed pizza "crust" that's hearty enough to hold your favorite toppings and is filling and healthy.

GREEN LINE EXCURSION TO MINNESOTA MUSEUM OF AMERICAN ART
Friday, March 13 meet at 10:30am across from the Member Services Desk. Depart for the Green Line at 10:45am.
Have you ridden on the Green Line train? For many, aging can include less driving, or even stopping driving all together. This can lead to feelings of frustration and isolation due to loss of independence. One way to continue enjoying independence is by traveling by public transportation. The Green Line is convenient to use, once you get the hang of it, and there are many fun things to do and go to that are on the Green Line route.

The fare for the Green Line is $1 for people 65 and up. Your $1 ticket allows you to return for no extra charge if your return travel is within 2-1/2 hours, making riding the train more economical than driving. Going on a ForeverWell Green Line Excursion is an excellent way to learn more about the logistics of riding the Green Line while doing something fun and getting to know other ForeverWell members. This month’s Green Line Excursion is to the Minnesota Museum of American Art, which is in Lower Town at the end of the east bound Green Line route. Entry into the museum is free. A photography exhibit, “A Choice of Weapons — Honor and Dignity,” featuring photographs by the late Minnesota photographer Gordon Parks and contemporary photographer Jamel Shabazz, whose work has been greatly influenced by Parks, is currently on view. Please sign up at the Member Services Desk if you plan to attend.

SHAMROCK CUPCAKE BINGO
Tuesday, March 17 11:00am in the Community Room
David Dominick’s famous cupcakes are the prize for this fun bingo game. Stop by for bingo and cake. No need to RSVP, just show up.

TECH HELP: SMART PHONES & SOCIAL MEDIA HOW TOs
Monday, March 23 at 11:30am—1:00pm in the Healthy Living Learning Kitchen
Have you found yourself frustrated by your smart phone, or wondered how to get started using social media to stay in touch with friends and family? If you answered YES to these questions then this meet-up may be for you. Come get some of your questions answered in a supportive environment. No RSVP needed.

CRAFT, HOBBY & FIX-IT MEET-UP
Friday, March 27 at 11:00am in the Community Room
Neuroscientists are talking a lot lately about the positive impact that crafting and hobbies have on the brain, and crafting with a friend can be even better. For example, according to neuroscientist Sarah McKay in her article, "Why Crafting is Great for Your Brain: A Neuroscientist Explains," (Mind-Body-Green ), crafting in general, and in particular crafting with friends, can have the following benefits that can improve or protect brain health:
* mental challenge and problem solving * social connection * development of hand-eye coordination, special awareness and fine motor dexterity... and more. Gather with other Y members for crafting and socializing. It just might even help your brain health! Just show up. No RSVP needed.
ON-GOING CLUBS AND ACTIVITIES

CONVERSATION OVER COFFEE
MONDAYS IN THE COMMUNITY ROOM 11:00AM — 1:00PM
Meet in the Community Room (most) every Monday. Say hello, introduce yourself, and get to know your neighbors in fitness. If you have questions call Gayle at 651-646-5725.

CHESS CLUB
WEDNESDAYS IN THE HEALTHY LIVING LEARNING KITCHEN 11:15AM-12:45PM
Whether you are an expert or new to the game, come play chess at the Y. Just show up. We have game boards available, or you can bring your own. Chess Club will meet (most) Wednesdays at 11:15 am in the Healthy Living Learning Kitchen. Contact Dick Jones at ttjonescorp@aol.com if you have questions.

NEXT CHAPTER
THURSDAY, MARCH 5 IN THE HEALTHY LIVING LEARNING KITCHEN
12:30-2:00PM
All are welcome to join this group of people gathering together and connecting with others who are going through the various stages of retirement. This month’s meeting will begin by watching the TED Talk, “Why Buses Represent Democracy in Action,” by Enrique Penalosa.

POTLUCK
WEDNESDAY, MARCH 18 IN FLEX B 11:30AM - 1:00PM
You are invited to a pot luck the third Wednesday of every month. Bring your favorite dish to share with your Y friends! February theme: FLAVORS OF SPRING! Salads with colorful vegetables, fruit salads, light desserts...

BOOK CLUB
THURSDAY, MARCH 19 IN THE HEALTHY LIVING LEARNING KITCHEN
10:30AM—12:00PM

NEW MEMBER INFORMATION
Welcome to the Midway YMCA! ForeverWell is a program geared to all Y members 55+. We have all kinds of classes, programs and events designed to help you improve your mind, body and spirit. All new members are encouraged to attend a ForeverWell Orientation where you’ll learn more about our facility, our classes and all of our ForeverWell programming.

ForeverWell Orientations are held Tuesday at 10 am and Thursday at 2:30 pm and 5:15 pm. If these times don’t work for your schedule, please contact ForeverWell Coordinator, Maureen Peterson, at Maureen.Peterson@ymcamn.org to schedule a tour at a different time.

Another great resource for those new to the Y is scheduling a Fitness Solution appointment. This consultation with one of our trainers is a great way to set goals and make a plan. This appointment is free and can be scheduled at the Member Services Desk.

Do you have a special skill or talent that you would be willing to share with others? The ForeverWell program is looking for volunteers to lead workshops. Some ideas are arts, crafts, small building (as in small tools that can fit in the community room), fix-it clinics, how to play...

If you are interested in sharing your skills and talents in a workshop, contact Maureen Peterson, ForeverWell Coordinator at maureen.peterson@ymcamn.org.

QUESTIONS, COMMENTS, IDEAS?
Contact Maureen Peterson,
Midway Branch
ForeverWell Coordinator
651-747-0927
maureen.peterson@ymcamn.org

SAVE THE DATE

Baking the World a Better Place
Part II April 7 & 8
8:00am—8:00pm
Join us for part two of our annual bake sale! There are many ways to be involved and proceeds from the bake sale support the YMCA Annual Fund.

• Volunteer — volunteers make the bake sale a success. We couldn’t do it without you! Volunteer your baking talents by donating some delicious items, or volunteer your time to help sell items.

• Purchase — who hasn’t looked at a recipe and thought, “I’d like to try that someday?” There will be a variety of items to purchase, and this could be your chance to try something new. Classics are sure to be available as well.

Additional ways to support the YMCA Fund:
See Member Services for further information on ways to support the program.

• Donate on-line
• Become a sustaining partner

Mark your calendar to come shop for some baked goods and watch the upcoming newsletter for more details about how to sign up to volunteer.
Coming in February

**EXPLORE**

- Learn new to you dance moves at our ForeverWell Valentine’s Day Ball
- Explore the area via the Greenline on an excursion to the Textile Center on University Avenue

**GROUP EXERCISE CLASSES**

- **Pink** = Cardio/Strength
- **Purple** = Strength
- **Green** = Mind/Body
- **Red** = Cardio
- **Blue** = Water

- **Barre Fusion**... Thursday at 1:30pm, Flex B/C
- ***ForeverWell Combo (NEW CLASS)**... Wednesday at 1:30pm, Studio A
- **SilverSneakers Classic**... Monday, Wednesday and Friday at 10:15am, Flex B/C Tuesday at 1:30pm, Flex B/C
- **ForeverWell Strength**... Tuesday and Thursday at 11:15am, Flex B/C
- **SilverSneakers Yoga**... Tuesday and Thursday at 10:15am, Flex B/C Monday and Wednesday 1:30pm, Flex B/C
- **ForeverWell Stretch**... Friday at 1:30pm, Flex B/C
- **Meditation**... Tuesday and Thursday 9:30am, Flex B/C
- **Tai Chi**... Monday 11:15am, Flex B/C Thursday 10:30am, Studio B Saturday at 10:00am, Studio B
- **Cycle-30**... Tuesday 1:00pm, Studio B
- **ForeverWell Cardio**... Monday, Wednesday and Friday 8:30am, Studio A
- **Zumba Gold**... Monday and Thursday 6:15pm, Studio B
- **Water Exercise**... Monday, Wednesday and Friday 6:45am, Pool Monday, Tuesday, Wednesday, Thursday and Friday at 9:00am, Pool Monday at 6:30pm, Pool Saturday at 8:00am, Pool
- **Water Walking**... Tuesday and Thursday at 10:00am, Pool

**UPCOMING EVENTS AND OPPORTUNITIES**

Watch for notices and upcoming newsletters for the following events and opportunities

**Adventure Awaits at the YMCA Camp St. Croix ForeverWell Retreat.** Join your ForeverWell friends and guests for a day at the Camp St. Croix ForeverWell Retreat. Spend your time outdoors in the beauty and comfort of Camp St. Croix, located on the beautiful St. Croix River in Hudson, WI, less than 30 minutes from the Twin Cities. **May 18, 9am—4pm.**

**Registration fee: $50, transportation additional $5.**

To register visit campstcroix.org/foreverwellretreat or call 715-386-4380.

**Alive & Kickin Theater presents, “Coming of Age.”**

Alive & Kickin is a theater troupe of Rockin Seniors 60-87 years young, who bring together a powerful vibe of live music, popular song & story-telling. “Coming of Age,” is a musical journey that smashess the stereotypes around aging. It honors and celebrates “seniors’ golden years” with all-new stories and songs that redefine what it means to age. We have a block of tickets reserved for a weekday matinee on **Wednesday, June 10 at 2:00pm.** There will be transportation provided, which includes a stop for lunch as we trek out to Bloomington for this fun and lively show. Watch upcoming newsletters for details about how to sign up to go on this day trip.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conversation Over Coffee 11-1</td>
<td>ForeverWell Orientation 10</td>
<td>Pickle Ball 10-1</td>
<td>Badminton 12-2</td>
<td>Badminton 11-1</td>
</tr>
<tr>
<td>Pickle Ball 10-1</td>
<td>Chess Club 11:15-12:45</td>
<td>Next Chapter Group 12:30-2</td>
<td>ForeverWell Orientation 2:30 &amp; 5:15</td>
<td>Badminton 7-9PM</td>
</tr>
<tr>
<td></td>
<td>PICKUP IN THE GREEN 11:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conversation Over Coffee 11-1</td>
<td>ForeverWell Orientation 10</td>
<td>Pickle Ball 10-1</td>
<td>Badminton 12-2</td>
<td>Badminton 10-1</td>
</tr>
<tr>
<td>Pickle Ball 10-1</td>
<td>Chess Club 11:15-12:45</td>
<td>ForeverWell Orientation 2:30 &amp; 5:15</td>
<td>Badminton 7-9PM</td>
<td>GREEN LINE EXCURSION TO MINNESOTA MUSEUM OF AMERICAN ART 10:30</td>
</tr>
<tr>
<td></td>
<td>PIZZA IN THE GREEN 11:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conversation Over Coffee 11-1</td>
<td>ForeverWell Orientation 10</td>
<td>Pickle Ball 10-1</td>
<td>Badminton 12-2</td>
<td>Pickle Ball 10-1</td>
</tr>
<tr>
<td>Pickle Ball 10-1</td>
<td>Chess Club 11:15-12:45</td>
<td>ForeverWell Orientation 2:30 &amp; 5:15</td>
<td>Badminton 7-9PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SHAMROCK CUPCAKE BINGO 11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conversation Over Coffee 11-1</td>
<td>ForeverWell Orientation 10</td>
<td>Pickle Ball 10-1</td>
<td>Badminton 12-2</td>
<td>Pickle Ball 10-1</td>
</tr>
<tr>
<td>Pickle Ball 10-1</td>
<td>Chess Club 11:15-12:45</td>
<td>Book Club 10:30</td>
<td>ForeverWell Orientation 2:30 &amp; 5:15</td>
<td>Badminton 7-9PM</td>
</tr>
<tr>
<td></td>
<td>TECH HELP: SMART PHONES &amp; SOCIAL MEDIA HOW TOs 11:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conversation Over Coffee 11-1</td>
<td>ForeverWell Orientation 10</td>
<td>Pickle Ball 10-1</td>
<td>Badminton 12-2</td>
<td>Pickle Ball 10-1</td>
</tr>
<tr>
<td>Pickle Ball 10-1</td>
<td>Chess Club 11:15-12:45</td>
<td>ForeverWell Orientation 2:30 &amp; 5:15</td>
<td>Badminton 7-9PM</td>
<td>CRAFT, HOBBY &amp; FIX-IT MEET-UP 11:30</td>
</tr>
<tr>
<td></td>
<td>TECH HELP: SMART PHONES &amp; SOCIAL MEDIA HOW TOs 11:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SCHOOL RELEASE DAY</td>
<td>ForeverWell Orientation 10</td>
<td>Pickle Ball 10-1</td>
<td>Badminton 12-2</td>
<td>Pickle Ball 10-1</td>
</tr>
<tr>
<td>Conversation Over Coffee 11-1</td>
<td>Chess Club 11:15-12:45</td>
<td>ForeverWell Orientation 2:30 &amp; 5:15</td>
<td>Badminton 7-9PM</td>
<td></td>
</tr>
<tr>
<td>Pickle Ball 9-11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SCHOOL RELEASE DAY</td>
<td>ForeverWell Orientation 10</td>
<td>Pickle Ball 10-1</td>
<td>Badminton 12-2</td>
<td>Pickle Ball 10-1</td>
</tr>
<tr>
<td>Conversation Over Coffee 11-1</td>
<td>Chess Club 11:15-12:45</td>
<td>ForeverWell Orientation 2:30 &amp; 5:15</td>
<td>Badminton 7-9PM</td>
<td></td>
</tr>
<tr>
<td>Pickle Ball 9-11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Enjoy today 😊