Transitioning Into Retirement Continues...
Topic: The Year of Relaxed Holidays: Share How You Keep the Best Traditions and Let Go of the Rest
Thursday, November 7 at 12:30 — 1:30pm in the Community Room
In October the newly formed Transitioning Into Retirement group met and had a brain-storming session about topics that the group wants to discuss and explore. In November the group will have its first discussion session where people can explore the timely topic of ways to make holidays less stressful and more joyful during a time when family roles and responsibilities are changing.

Disney’s Beauty and the Beast
FREE Preview Night for those 60 years and older
Thursday, November 7 at 7pm at Maplewood Community Center, 2100 White Bear Ave, Maplewood
The YMCA Maplewood Branch and theater company Ashland Productions share a building. Ashland Productions is offering people age 60 and above free admission to the Thursday, November 7 production. Free admission is first come first serve. Reserve your seat at https://www.signupgenius.com/go/5080f4daba829a2ff2-beauty5.

Mandala Rock Painting
Friday, November 8 at 11:30am—1pm in the Community Room
Space is limited; please sign up at the Member Services Desk by Wednesday, November 6
Let your creativity flow as you learn to paint colorful mandalas on smooth lake or river rocks. You’ll learn simple dot painting techniques using provided tools and acrylic paints. No artistic experience required! Creating mandalas is traditionally thought to help relax and heal. Whether you paint with this intention in mind or simply to play, you’re sure to love the meditative quality of mandala dot painting. Plus, you’ll go home with a beautiful rock for your garden, yard or to give as a gift! (FEE: $20, includes all materials.)

FREE Wellness Education Series with Orthology
Topic: Stabilizing & Repairing Your Gait
Monday, November 11 at 11:05—11:40am in the Community Room
Come and learn about how you can stabilize and repair your gait. This workshop will give you exercises to do in the comfort of your home and help you decide if you need to see a medical professional.

Outing to Weisman Art Museum
Exhibit: “Walk Back to Your Body”
Wednesday, November 13 at 10am gather at the lounge across from the Member Services Desk, then take the Green Line at 10:15 to the Weisman Art Museum
Please sign up at the Member Services Desk
Located on the University of Minnesota Campus, the Weisman Art Museum is a free museum that connects visitors with works about place, culture and historical context. Join Midway Branch ForeverWell Coordinator, Maureen, on a light rail ride to the Weisman and visit one of their current exhibits, “Walk Back to Your Body.”

Turkey Bingo
Friday, November 22 at 11:30am in the Community Room.
It's BINGO! Prizes are food items that can be used to prepare a Thanksgiving dinner.

Thankfulness Jars: Mindful Craft Activity
Wednesday, November 27 at 11:30am in the Community Room
Please sign up at the Member Services Desk so that we know how many supplies are needed
Current research on happiness and feelings of wellbeing show that people who regularly practice gratitude experience overall feelings of wellbeing and are able to manage their mind and emotions when confronted with life challenges (“Giving Thanks Can Make You Happier,” Harvard Health Publishing).
Reflect on the things that you are grateful for and “fill your jar with gratitude.” Leave with a jar full of reminders of the things you are grateful for to tap into when you need a reminder.
ON-GOING CLUBS AND ACTIVITIES

CONVERSATION OVER COFFEE
Mondays In The Community Room 11:00AM — 1:00PM
Meet in the Community Room every Monday. Say hello, introduce yourself, and get to know your neighbors in fitness. If you have questions call Gayle at 651-646-5725

POTLUCK
Wednesday, November 20 In Flex B/C 11:30AM -1:00PM
You are invited to a potluck the third Wednesday of every month. Bring your favorite dish to share with your Y friends!

BOOK CLUB
Thursday, November 21 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 every Tuesday from 10-10:45am. If this time doesn’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.

Would you be interested in having a Chess Club at Midway YMCA? If this sounds like something that you would be interested in, please let Maureen know at maureen.peterson@ymcamn.org.

SAVE THE DATE
1st Annual BAKE SALE
Baking the World a Better Place MIDWAY YMCA
December 10 & 11
8:00am—8:00pm
* Volunteer your baking talents or time
* Purchase baked goods
Proceeds support the Annual Fund

Ymca of the usa
1761 University Ave West
Saint Paul, MN 55104
651-646-4557
Ymcamn.org/Midway

Jumpstart a New You 8-Week Challenge
Join other Y members and staff and challenge yourself to meet a new goal or even maintain your current fitness program throughout the holiday season.
Check in with Member Services to get signed up and pick up your Tracking Card. Set a goal and let the Y support you to meet that goal.

A CALL FOR DONATIONS & VOLUNTEERS
DONATIONS NEEDED
The YMCA’s Youth Intervention Services is requesting donations of yarn for an upcoming workshop for youth to learn about crocheting as a self-care tool. If you are able to donate yarn for this workshop it will be greatly appreciated. Leave your donations in the donation box near the Member Services Desk by Friday, November 15.

VOLUNTEER OPPORTUNITIES
The Tree Lot at the Y has been a tradition for many years, and funds raised by selling trees support the Midway Y’s Men’s Service Club. Email DavidDominick@ymcamn.org to sign up to volunteer at the Y Tree Lot.

Also, check out the board across from the Member Services Desk for information about other volunteer opportunities at the Y, or apply online at ymcamn.org/about/volunteer.

Questions, comments, ideas?
Contact Maureen Peterson, Midway Branch ForeverWell Coordinator 651-747-0927 maureen.peterson@ymcamn.org
GROUP EXERCISE CLASSES

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

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**Barre Fusion**

- Thursday at 1:30pm, Flex B/C

**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 1:30 pm, Flex B/C
- Tuesday and Thursday 9:30am, Flex B/C

**Meditation**

- 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
- Monday and Thursday 6:15pm, Studio B

**Zumba Gold**

- Monday and Thursday and Friday 6:45am, Pool
- Monday at 6:30pm, Pool
- Saturday at 8:00am, Pool

**Water Exercise**

- 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

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**Group Exercise Classes Descriptions**

- **Barre Fusion** - Enhance muscle tone, posture, flexibility and confidence in this free class that blends ballet, dance, functional strength and mind-body inspired movement.

- **Cycle-30** - Cycle 30 is your 30-minute cardio workout. Music will make the time fly, and you will feel great working up a sweat! It’s only 30 minutes and the format is easy to follow. Since the bike is completely adjustable, you are in control.

- **ForeverWell Cardio** - This class is designed to improve cardiovascular efficiency and endurance. Class begins with 5 minutes of warm-up of the joints and large muscles. Class ends with a cool down and stretch.

- **ForeverWell Strength** - This studio workout uses a variety of strength and resistance equipment to increase your metabolism, improve bone density, and strengthen muscles.

- **ForeverWell Stretch** - Class begins with preliminary stretches that vary according to your level. Stretches advance to intermediate which is more intense and involve every body part. Advanced students are taught complicated stretches. A cool-down period follows.

- **Meditation** - 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.

- **Silver Sneakers Yoga** - Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

- **Silver Sneakers Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

- **Tai Chi** - Tai... big or great. Chi... ultimate energy. Tai chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.

- **Water Exercise** - This class is designed with the active older adult in mind and combines a light to moderate aerobic workout with exercises in the shallow and/or deep water to help increase endurance, core strength and flexibility.

- **Water Walking** - This is a low-impact, light-intensity workout using the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility. Water Walking is appropriate for those just starting an exercise program or those interested in water exercise.

- **Zumba Gold** - Zumba Gold is guaranteed to provide you with a safe and effective total body workout. The focus is on individuals with very little exercise experience, individuals that have physical limitations or inactive older adults.
### NOVEMBER CALENDAR AT A GLANCE

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<tr>
<th>MONDAY</th>
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<td>Conversation Over Coffee 11-1</td>
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<td>Master my Kitchen (Part Two) 6-8pm</td>
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<td>Beauty &amp; the Beast 7:00pm</td>
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<td>SCHOOL RELEASE DAY</td>
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<td>Green Line to Weisman Art Museum Leave Y at 10:15</td>
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