

FOREVERWELL NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

1761 University Ave West

Saint Paul, MN 55104

YMCAMN.ORG/MIDWAY

CALENDAR, SCHEDULES AND EVENTS

FEBRUARY 2019

It's time for...

CUPCAKE BINGO!!!!

Monday, February 11

11:30-1:00 pm

Community Room

Doesn't February sometimes just make you want to eat cupcakes??

Let's play some Bingo with guest caller, Midway Y's Executive Director, David Dominick And Eat Cupcakes!!!

(after our grueling workout, of course!)



Please Register at

Member Services

Valentines Making and Snacks

Come relax and enjoy a warm drink and snacks while we flex our creative muscles. Create valentines to share with family and friends. We'll have 3 designs to copy or create your own! Supplies provided. Join us!!

Wednesday, February 6,
11:15-12:45
in the Kitchen

**Please Register at Member Services



See inside for more events and details...

IN THIS ISSUE:

See inside for Details...

Coffee & Conversation:

Meet Mondays at 11:00 in the Community Room or Coffee Lounge

ForeverWell Orientations:

Tuesdays at 10:15 am

Thursdays at 1:30 pm

Check in at Member Services

Valentines Making & Snacks Wed, Feb 6, 11:15-12:45 in Kitchen

Cupcake Bingo! Monday, Feb. 11, 11:30-1:00 pm in the Community Room

Line Dancing! So Popular it's back! Thurs, Feb 21 in Studio B

Be My Valentine! Potluck – Everyone Welcome! Wednesday, Feb 20 at 11:15 in Room Flex B upstairs.

Travelogue: Adventure! Cathy Quinlivan & 500 mile RAGBRAI bike tour across Iowa, Mon, Feb 25, 9:30-10:30 in Kitchen

ForeverWell Members Fitness Machines Orientation, Thursday, February 28, 9:00 am 2nd Floor Fitness Center Desk

Book Club: Thurs, Feb 21st 10:30 in the HL Kitchen

Low Back Pain by Physical Therapist w/Orthology, Thurs, Feb 21, 12:00-1:00 in Community Room

QUESTIONS, Comments, Ideas
Contact Mary Maltese
Mary.Maltese@ymcamn.org

Travelogue: Adventure!!

Cathy Quinlivan & the 7 day, 500 mile
Iowa RAGBRAI Bike Ride
across Iowa



Monday, February 25
9:30-10:30 am
in the Kitchen

Come hear about the
Largest Bike Touring Ride
in the World. Seven days
and over 500 miles across
Iowa, riding from the
western to the eastern
state border. Cathy, our
Director of Healthy Living,
will show slides and tell
stories from this great
summer adventure.

Register at Member Services



RIDE SHARE

We would like to start a Ride Share List
for ForeverWell Members who would
like to get a ride or give a ride to
another member to and from our Y.

Says one member:

"About a year and a half ago my doctor suggested that I enroll in the Silver Sneakers physical fitness program at the Midway YMCA.

Since that time I have felt that the exercise received at the Silver Sneakers program has benefited me both physically and mentally.

(But) My attendance at Silver Sneakers has been very irregular due to both rain and snow...Let me know if you are aware of another way for me to travel between home and the YMCA."

This member walks, buses and uses light rail which is great given our popular Y and tight parking.

Ridesharing would be another way to help out other members to get to the Y for their classes while reducing the number of cars parking in our lots.

If you need a ride, or can give rides to another member, Please add your name to the RIDE SHARE LIST at the Member Services desk and we'll try to match up members who could ride together.



Note: We also encourage all who can to bike, walk or take the bus or light rail to get to the Y.

Thanks everyone!!

It's Cold Outside!



Wintertime can be a tough time to **stay motivated to take care of ourselves**. But taking **simple steps** can make a **big difference** in how we feel through this dark and cold winter season. Try a few of the following to **feel more energized and happier** through these winter wonderland days:

Get enough light - replace the bulb in your reading light and bedside lamp with a full spectrum bulb. Greet the morning sunrise at an eastern window.

Vitamin D - Lower levels of light in the northland can cause our bodies to produce less vitamin D during the winter. Ask your doctor about taking a Vitamin D supplement.

Stay connected - others feel the cold too so reach out, plan an outing, get outside together, have tea or coffee. Being together boosts our mood and energizes us.

Exercise! Come to the Y! Join others in a class or try the fun and free eGym. Studies show that any type of exercise activates dopamine and serotonin, the "feel good" chemicals in the brain.

Try Meditation - which calms our minds, boosts serotonin levels and moves our attention away from anxious or negative thoughts. (Tues and Thurs, 9:30am @ the Y)

Keep Learning - While our bodies want to hibernate, challenge your mind (and body) to grow stronger and learn about something new that you have been curious about.



New for ForeverWell Members:

Fitness Machines Orientation:

Join Cathy Quinlivan, our Director of Healthy Living, for an overview of our Fitness Floor machines and equipment. She will discuss the machines, the area of the body that they focus on and answer your questions. Meet at the Fitness Center Desk on second floor.

Thursday, February 28, 9:00 am

Please Register at Member Services

COFFEE HOUR



MONDAYS IN THE COMMUNITY
ROOM AT 11:00-1:00PM

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 @ 651-646-5725

Line Dancing!

So Popular, It's back!
Thurs, Feb 21, 6:15 pm in
Studio B

Be My Valentine!

Potluck

Everyone Welcome!

Wednesday, Feb 20th
in Flex B, 11:15-12:30PM

Join other ForeverWell Members for
good food and great conversation.
Please bring a main dish, salad or
dessert to share. See you there!

Book Club

Thursday Feb, 21th, 10:30 - 12
in the Healthy Living Kitchen

Join us every 3rd Thursday for Book
Club! This month's books are Lilac
Girls by Martha Hall Kelly & Small
Steps: The Year I Got Polio by Peg
Kehret. For more information and
to get a copy of the book, contact
Pam Nelson 651-699-4555 or
Gayle Mangan 651-646-5725.

Notes:

~ **AARP BeWell** members can now sign up
for a **50% off YMCA membership** with no
enrollment fee. Tell your friends and check
with Member Services for details.

~ Do you want to regularly bring a grand-
child or other youth ages 0-9 to the Y?
Members can get an optional add-on to
Silver Sneakers and Silver & Fit member-
ships—**Silver Plus One Youth** for \$20/
month. This is for Silver members who are
caregivers of youth between the ages 0-9
years old.

Purple=Strength/Cardio Blue=Water Green=Mind/Body Navy=Cardio

Silver Sneakers Classic Mon, Wed, Fri @ 10:15am

Tues @ 1:30pm

Silver Sneakers Yoga Tue, Thurs @ 10:15am

Mon, Wed @ 1:30pm

Silver Sneakers Circuit Thurs @ 1:30pm

ForeverWell Cardio Mon, Wed, Fri @ 8:30am

Sat @ 11:30am

ForeverWell Strength Tues, Thurs @ 11:15am

ForeverWell Cycle Tues @ 12:15pm

Meditation Tues & Thurs @ 9:30am

Zumba Gold Mon, Thurs @ 5:15pm

Tai Chi Thurs @ 10:30am

Sat @ 10am

Water Exercise Mon, Wed, Fri @ 6:45am

Mon, Tues, Wed, Thurs, Fri @ 9:00am

Mon, Wed @ 6:30pm

Sat @ 8:00am

Water Walking Tues, Thurs @ 10am

See the YMCA app or check on-line for class descriptions

Upcoming FREE Community Class presented
by

ORTHOLOGY

Come meet Jake Kremer, our new in house Physi-
cal Therapist with Orthology. He will be present-
ing an

Educational Session on Low Back Pain

Thursday, February 21, 12:00-1:00 pm
Community Room

Other Upcoming Topics:

March: Running Injury Prevention

April: General Injury Prevention/Muscle Maintenance

May: Improving your Golf Game

ORTHOLOGY
proven alternatives to surgery

FEBRUARY CALENDAR AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pickle Ball 10- 1
4 Pickle Ball 10- 1 Coffee Hour 11:00	5 Badminton 12-2 Meditation @ 9:30 ForeverWell Orientation 10:15am	6 Pickle Ball 10- 1 <div style="border: 2px solid purple; padding: 5px; text-align: center;">Valentines Making and Snacks 11:15-12:45 in Kitchen</div>	7 Badminton 12-2 Meditation @ 9:30 ForeverWell Orientation 1:30 pm <div style="border: 2px solid purple; padding: 5px; text-align: center;">Line Dancing! 12:15 in Flex B Sorry CANCELLED</div>	8 Pickle Ball 10- 1
11 Pickle Ball 10- 1 Coffee Hour 11:00 <div style="border: 2px solid blue; padding: 5px; text-align: center;">Cupcake Bingo!! Come Play! 11:30-1:00 Community Room</div>	12 Badminton 12-2 Meditation @9:30	13 Pickle Ball 10- 1	14 Badminton 12-2 Meditation @ 9:30 ForeverWell Orientation 1:30 pm <div style="border: 2px solid pink; padding: 5px; text-align: center;">Happy Valentines Day! Show your love to someone who needs a little today!!</div>	15 Pickle Ball 10-1
18 Presidents Day NO Pickle Ball Today (School's Out Basketball Camp) Coffee Hour 11:00 in Coffee Lounge Today	19 Badminton 12-2 Meditation @9:30 ForeverWell Orientation 10:15am	20 Pickle Ball 10-1 Be My Valentine! Potluck Everyone Welcome! 11:15 in Flex B	21 Badminton 12-2 Meditation @ 9:30 Book Club 10:30 Kitchen <div style="border: 2px solid red; height: 80px; width: 100%;"></div>	22 Pickle Ball 9- 11
25 Pickle Ball 10-1 Coffee Hour 11:00 <div style="border: 2px solid green; padding: 5px;">Travelogue: Adventure! Cathy Quinlivan & the 500 mile RAGBRAI bike tour across Iowa Kitchen </div>	26 Badminton 12-2 Meditation @9:30 ForeverWell Orientation 10:15am	27 Pickle Ball 10- 1	28 Badminton 12-2 Meditation @ 9:30 ForeverWell Orientation 1:30 pm <div style="border: 2px solid brown; padding: 5px; text-align: center;">New!! Fitness Machines Orientation 9:00 am Meet at Fitness Desk 2nd Floor</div>	

**Low Back Pain
by Orthology
12:00-1:00
Community Room**

**Line Dancing!
6:15 in Studio B**

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9:30 am

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