

FOREVERWELL NEWSLETTER



YMCA IN WEST SAINT PAUL

150 Thompson Ave E, St. Paul MN 55118

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Weststpaulymca.org

SEPTEMBER 2019



*West St. Paul members visiting Vermillion Park in Hastings
as part of a ForeverWell day trip.*

Check inside newsletter for upcoming news & events!

FACILITY HOURS

Monday-Thursday

5:00AM-10:00PM

Friday 5:00AM—9:00PM

Saturday & Sunday

6:00AM-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.

GET INVOLVED

- Join. Become a member of the YMCA in West St. Paul and get access to Y's throughout the state.
- Donate to the Annual Giving Program online or in person ymcamn.org/give
- Volunteer

CONTACT

Diana Wright
ForeverWell Coordinator
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Y-U Research Study for Health & Wellbeing
Consider being a research volunteer! Opportunities to participate



There is a lot of buzz these days about wellbeing... but what does that mean? And what do you need to achieve it? If you are 50 years of age or older and would like to learn more about how to stay well and active, the Y-U Study may be right for you.

This study is a partnership between the YMCA of the Greater Twin Cities and the University of Minnesota and is testing two new education programs at local YMCAs in the Twin Cities.

Programs consist of 8 weekly group sessions, 1.5 hours long and include workbooks and online materials. There is **no cost** for taking part. YMCA members AND non-members are welcome – so please spread the word!

Interested in learning more?

Website: csh.umn.edu/YUstudy

Email: y-u@umn.edu

Phone: 612-626-2224



September Lunch & Learn:

Women's Health Talk

Monday, Sept. 16 12:30pm

Pelvic health is essential at every **stage of life**. NovaCare's Women's Health Physical Therapists Deb Brooks, PT and Megan Line, PT will be here to share information on this topic.

This workshop will review common issues with pelvic health, including incontinence (urine, gas/stool), urinary urgency and prolapse. Home exercise demonstrations will also be included.

Space is limited, light lunch served.

UPCOMING FOREVERWELL EVENTS:

- Sept. 11: Lunch Bunch @ Cherokee Tavern in West St. Paul 12:30pm
- September 16: Women's Health Talk
- Sept. 23-27: Healthy Aging Week
- September 24: Bus Trip to Pine Tree Apple Orchard + Lunch in White Bear
- Sept. 30: Birthday Potluck + Bingo
- October 7: The Gathering
- Oct. 21: Lunch & Learn: Brain Fitness
- October 28: Birthday Potluck + Bingo
- October 31: Last Day @ WSP YMCA
- November 4: Temporary site opens

FOREVERWELL ORIENTATION

All new members are encouraged to attend the ForeverWell program orientations.

The orientations will be lead by Diana Wright, the ForeverWell Coordinator.

The ForeverWell orientation will include a question-and-answer session with, a tour of the building, explanations of all we offer.

ForeverWell orientations are free and held at different days and times throughout the month. (see schedule posted on newsletter calendar)

Please see Member Services for more information and to schedule an orientation.

September ForeverWell Bus Trip

Tuesday, Sept. 24



Pine Tree Apple Orchard + Lunch in Downtown White Bear Lake.

The bus will leave the YMCA at 9am, returning by 3:30pm.

Wagon Ride through the apple orchard at 10am=\$2/person

Lunch at Rudy's Redeye Grill in WBL

following time at Apple Orchard.

Bring cash for wagon ride, apples, treats and for lunch!

Space is limited! Please sign up at Member Services

Early bird registration = \$3 *sign up by 9/15

Late registration + \$5 *after 9/15

West St. Paul YMCA Announcements:

- **Outdoor Pool Parties:**

9/4 18+ party; 9/7 all ages party; 9/8 Dog Swim

- Last day WSP YMCA open is Thursday, 10/31
- First day at new site is Monday, 11/4 (1426 Mendota Road)
- Water classes will be available at Eastside YMCA and Eagan YMCA beginning Friday, 11/1

Lunch Bunch: Wednesday, Sept 11 Cherokee Tavern @ 12:30pm

886 Smith Avenue South; West St. Paul 55118

Meet at restaurant after Silver Sneakers class!

No transportation provided, lunch on your own.

Join friends for lunch, fun, and socializing!



CHEROKEE
T A V E R N

Healthy Aging Week: September 23-27

YMCA encourages Healthy & Active lifestyles!

Join us for some fun activities to keep you moving and feeling great!

Each day we will have a different event/activity for you to try!



The Gathering: Monday, October 7 10am-2pm

Highlights include:

Vendor Fair, Educational Sessions, Activity Sessions, Lunch, Entertainment by Gary LaRue + ForeverWell Coordinator Skit



SEPTEMBER 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 	2 LABOR DAY YMCA Hours: 7am-4pm	3	4 ForeverWell Orientation 11:00am	5	6	7 National Grandparents Day!
8 	9	10 ForeverWell Orientation 1:00pm	11 Lunch Bunch @ Cherokee Tavern 12:30pm	12 ForeverWell Orientation 11:00am	13	14
15	16 Lunch & Learn: 12:30pm Women's Health	17	18 ForeverWell Orientation 11:00am	19 ForeverWell Orientation 11:00am	20	21
22	23	24 BUS TRIP: Pine Tree Apple Orchard 9am-3:30pm	25 ForeverWell Orientation 1:00pm	26 ForeverWell Orientation 11:00am	27	28
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29 	30 Birthday Potluck + Bingo 12:30					