November 2019
ForeverWell Newsletter
Woodbury YMCA (651-731-9507)
2175 Radio Drive, Woodbury MN 55125
ForeverWell Coordinator:
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Treasure Island Casino
10:15am—4pm
Wednesday, November 13
Cost $15 mbrs, $20 non-mbrs
Ride a coach bus to the Casino.
($15 cost covers the cost of the bus.)
Treasure Island will provide:
$15 of free slot play and
$3 discount food coupon

Arrive at the YMCA: 10:15am
Depart: 10:30am
At the Casino: 11am-3pm
Back to the YMCA: 4pm

Sign up and Pay at the Front Desk

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Facility Hours
Mon-Thu 5am -10pm
Fri 5am - 9pm
Sat-Sun 6am - 8pm

This Newsletter and the
ForeverWell Class Schedule are
produced monthly and are
available to you in paper form at
the Y under the ForeverWell
Bulletin Board across from
the gymnasium.

You can also find these items
on our website. Just google
Woodbury YMCA and go to
our website.

Click “Schedules”. You will find
this newsletter and the
ForeverWell Class Schedule
under “Printable Schedules”
on the bottom right.
**Feed My Starving Children (No Bus/We’ll Carpool)**  
**Wednesday, November 6, 8:45am-12pm**  
At Feed My Starving Children volunteers pack meals assembly line style at the Eagan Warehouse. On average, each volunteer packs enough to feed a child for seven months! There are some duties that do not require you to stand if that is a problem. We will take a bus to the Warehouse. No need to drive. Meet at the YMCA at 8:45am. Leave at 9am. LIMIT 14.  
**Sign up on the ForeverWell Board.**

**Bake and Book Sale**  
**Monday, November 4 and 18, 8-11am**  
Bring a baked goods or books. Books can be dropped off anytime at the front desk. There will be many holiday crafts which make great Christmas gifts. If you would like to bring baked goods please sign up on the ForeverWell Board. Proceeds provide financial assistance for YMCA memberships & programs.  
**Sign up to bring baked goods on ForeverWell Board.**

**Memory Screenings**  
**Monday, Nov 4, 1–3pm**  
Is your forgetfulness something to worry about? Family Means social worker Sarah Gavin will be at the Woodbury YMCA to conduct memory screenings which include a discussion of the results and tips to help maintain your best memory. The result of the screening is not a diagnosis, but it can help you determine whether you need to see a physician for a full evaluation. Call Sarah Gavin at 651-789-4004 to schedule your 15 minute appointment which will be at the Y.

**Stay Sharp Workshop**  
**Tuesday, Nov 12, 1-2:15pm**  
Stay sharp and active as you age! No need to simply accept the belief that your mental skills need to decline over time. Gain an understanding of the critical nature cognitive skills – visual and auditory processing, working and long-term memory, attention skills, processing speed, among others – have on our quality of life. Many individuals struggle with tasks like remembering grocery lists, phone numbers, names as well as staying on task, processing quickly, etc. We will discuss the latest theories in brain fitness, provide strategies for strengthening mental skills and have fun together while doing some cognitive exercises. The workshop is fun and interactive and includes information about new brain research, the implications as we age and practical strategies for staying mentally sharp.  
**Sign up on the ForeverWell Board.**

**Pilates Reformer Class Demonstration**  
**Tuesday, Nov 12 1-1:45pm**  
Pilates Reformer classes are offered in seven week sessions throughout the year here at the YMCA. All kinds of exercises are done on this machine to promote length, strength, flexibility, and balance. Personal Trainer Toni Primack will show you what to expect if you sign up for this class. Investing in a session class is a great way to get guidance from a personal trainer at a low cost. Held in Studio 2.  
**Sign up on the ForeverWell Board.**
Brain Games  
Thursday, November 21, 11am-12pm  
Come and join the fun. We will play games that help improve memory, enable faster thinking, increase concentration levels and more. Coffee, water and snacks are provided. **Sign up on the ForeverWell Board.**

Beginning Watercolor  
Friday, Nov 15, 9:30am-12:30pm  
Paint watercolors with Julie Schroeder. Class includes, a basic introduction of watercolor tools and learning to create, blend and shape colors. This step by step guided course will take you through each technique to create your own watercolor paintings. **Sign up and pay at the front desk. $20**

Lunch and Learn - Your DNA & What It Means for Your Health  
Tue, Nov 19, 11:30am-12:30pm  
Dr. Kriva from Parkview Chiropractic will talk about the new genetic testing that is available and what we can do to change the expression of our DNA to improve our overall health. Potato bacon soup, crackers, apples, water and coffee provided. **Sign up on the ForeverWell Board.**

Book Club  
Thursday, November 21, 9:30-10:30am  
Anyone can participate. The book club meets on the last Thursday of the month. The book for November is “Population: 485” by Michael Perry. Read the book and discuss it with others. **Just drop in.**

Group Exercise and Balance  
Tuesday, November 26, 1-1:45pm  
Many of our group exercise classes help improve balance, even if the word “balance” isn’t in the name. Come and see how our classes can help you improve your balance through better strength, agility, flexibility, etc. Led by Becky King. **Sign up on the ForeverWell Board.**

Other News:  
The 35W bridge in Minneapolis will be lit up orange on November 4 to raise awareness for Complex Regional Pain Syndrome. CPRS/RSD is a chronic condition characterized by continuous, intense pain, often described as burning, that is out of proportion to the severity of the initial injury.  
(Pictured: Kristi Danielson YMCA Member)
Events to Come

Bake and Book Sale - Mon, Dec 2 and 16, 8-11am - Bring a baked good or books. Books can be dropped off anytime. Tell the front desk staff to put them in Becky’s office. There will be many holiday crafts which make great Christmas gifts. All proceeds go toward scholarships for YMCA memberships and programs. Sign up on the ForeverWell Board to bring baked goods soon.

There’s Still my Joy - Tue, Dec 3, 1-2pm
Are you searching for a place of peace in the midst of grief. Grief can be a lonely journey and especially difficult during the holiday season. Some of the sights, smells and traditions of the festive season may trigger powerful memories. It can be hard to join in any celebration when our hearts feel as if they are breaking. You are invited to a gentle gathering where you will learn more about how to be present with your grief during the holiday season. Together, we will consider how moments of joy and peace might still be discovered--- even in the midst of grief. If you would like, you can bring along a photo, or some other possession that reminds you of your loved one. Sign up on the ForeverWell Board soon.

Feed My Starving Children in Eagan WITH BUS - Wed, Dec 4, 8:45am-12pm
Meet at the Y at 8:45am. Leave at 9am to pack meals specifically formulated to feed malnourished children all over the world. We’ll carpool to the Eagan Warehouse. Or you can meet us there. Sign up on the ForeverWell Board soon.

Celebrate the Season - Thu, Dec 5, 11:30am
This is the party of the year at the Woodbury YMCA. Come and enjoy a catered lunch with other YMCA members. Lunch will be served by the staff. Entertainment provided. Due to the rising costs of this event we will need your assistance so that we can continue offering it. We will be charging $7 for members and $10 for non-members. Non members can only come as a guest of a member. We appreciate your help and understanding. Sign up at the front desk starting November 15.

Sandwich Making for the Homeless - Tue, Dec 10, 11-11:30am
You can donate supplies and/or assemble the sandwiches. Bring supplies in that day or a couple days before. Tell the front desk staff to put it in the freezer. The sandwich assembly will be done here at the YMCA. This is a project run by Minneapolis Recreation Development which serves the homeless, vulnerable individuals and disadvantaged youth in the Twin Cities. When you sign up you’ll see that we need 15 loaves of WHITE bread, 19 meat packages (srvg size 8). (The meat must be TURKEY, CHICKEN OR BOLOGNA) and 3 cheese slice packages (72ct). If you bring more than one package/loaf sign your name again. (ex: If you bring 3, sign 3 times). These directions are on the sign-up sheet. Sign up on the ForeverWell Board.

Brain Games - Thu, Dec 12, 11am -12pm
Come and join the fun. We will play games that help to improve memory, enable faster thinking, increase concentration levels and more. Coffee, water and snacks provided. Sign up on the ForeverWell Board soon.

Mat Pilates Class Demonstration - Tue, Dec 17, 1-1:45pm
Mat Pilates is a class that focuses on working the core muscles of the body including the abdominals, lower back, shoulders, thighs and gluteals. Most of it is done on the floor. Becky, our ForeverWell Coordinator, will show you what to expect if you try a class. You can try some of the moves or just observe. Sign up on the ForeverWell Board soon.
More Events to Come

Holiday Lights Evening Tour - Thu, Dec 19, 6:30pm-9:30pm
Enjoy the magical experience of Christmas on Wheels! Take a chauffeured tour in a limousine to view some of the most elaborate light displays in the Twin Cities. We’ll meet at the YMCA at 6:30pm. The limousine will pick us up at the Woodbury YMCA at 7pm and drop us off again at 9:30pm. $32 mbrs, $37 non-mbrs. Sign up and pay at the front desk starting Nov 21.

Tour of the James J Hill House and Lunch – Wed, Jan 15, 10:15am-2pm
On this 75 minute tour we will take a fascinating glimpse into a transformational time in history and hear stories that bring the James J Hill House (built in 1891) to life. Afterwards we will have lunch at the Downtowner Woodfire Grill. We will have a choice of a Ceasar Salad with or without chicken, a Downtowner Burger or a Club House Sandwich. Meet at the YMCA at 10:15, Bus leaves at 10:30, Lunch at 12:30, Back by 2pm. $38 members, $43 non-members. Sign up and pay at the front desk or online starting Dec 10.

Mama Mia at the Chanhassen - Wed, Feb 5, 10am-5pm.
Meet at the YMCA at 10am, bus leaves at 10:15, lunch around 11:30, Show at 1pm, back at the YMCA around 5pm. $70 mbrs, $75 non-members. Sign up and pay at the front desk starting Jan 3. There will be no on-line registration for this trip.

Ongoing Activities

Open Ping-Pong
Wednesdays and Fridays 10:30am in the Scene.
Play ping-pong in the back room of the Scene. Equipment provided. You don’t need to have a partner. No experience necessary. Held in the Scene. Just drop in.

Open Badminton
Fridays 9:15-10:30am in the Gym. (1 court)
Come and join the fun. Equipment provided. You don’t need to have a partner. No experience necessary. Held in the gymnasium. Just drop in.

Open Pickleball
Mon 11:30-1:30pm, Tue 11:45-2pm, Thu 1:30-3:30pm, Fri 7-9:15am
After you have taken the Beginning Pickleball Lessons, (Intermediate Pickleball Lessons optional) and are ready for a little friendly competition, you can drop in and play during the above time slots. Equipment provided (or bring your own). No need to sign up. Just drop in.

Open Recreational Pickleball
Wednesdays 12:30-1:30pm (2 courts) Fridays 9:15-10:30am (1 court)
The Open Recreational time is meant for those who have taken the Beginning Pickleball Lessons but are not ready to join the more seasoned Pickleball players or for those who just enjoy a less competitive atmosphere. Equipment provided (or bring your own). No need to sign up. Just drop in.
More Ongoing Activities

Cards
**Wednesdays at 9am in the Scene**
Come and play Hand and Foot with other YMCA members. All are welcome. Coffee provided. **No need to sign up. Just drop in.**

Beginning Painting Class
**Fridays 11am-1pm**
Learn how to paint using a variety of acrylic paint techniques. The instructor will walk you through the process step by step. There is a $20 fee per month to provide materials. The fee is due on the first day of class. You can try it for a month or continue indefinitely. **To register contact ForeverWell Coordinator Becky King at 651-259-9604 or rebecca.king@ymcamn.org.**

Painting Class All Levels
**Mondays, 10am – 12:30pm**
Come and paint with help from instructor CharLee who has over 40 years experience in painting. She loves teaching art to others and watching their art come alive. All materials provided. There is a $20 monthly fee to provide materials due on the first day of each month. **Contact ForeverWell Coordinator Becky to register, rebecca.king@ymca.org or 651-259-9604.**

Stitch and Chat
**Fridays at 10am in the Scene.**
Bring your knitting, cross stitch or other projects, (coloring included) and enjoy the company of other YMCA members as you work. Coffee provided. If you would like to learn to knit, crochet, cross stitch etc. please come. One of the participants would be happy to teach you. **No need to sign up. Just drop in.**

Bible Study
**Wednesdays at 11am in the Thrivent Tamarack Community Room**
This study is led by Pastor Joseph, chaplain for the Woodbury Police Department. People of all denominations and faiths are encouraged to come regardless of prior knowledge or experience. Learn more about what the Bible can teach us about God, the world and ourselves. You can start with the group anytime. All are welcome. **No need to sign up. Just drop in.**

Book Club
**Last Thursday of the Month at 9:30am.**
Anyone can participate. The book for the month is always posted in the newsletter at the beginning of the month. Read the book and discuss it with others. **No need to sign up. Just drop in.**
Group Training Classes - Winter 2020
Jan 13 - Mar 1
These classes run for seven weeks. Sign up and pay at the front desk.
Early Bird Registration Dec 17-Dec 31 (10% discount).
Regular pricing begins Jan 1
These are small classes (3-4 people) in which you can get lots of individual attention from a trainer for a much lower price than hiring one on your own!

Strength Training for Seniors
Pick Up a Group Training Schedule at the Front Desk for Times and Prices
Master the skills necessary to safely and effectively use the strength-training equipment at the Y. Learn about sets, reps, tempo and the proper amount of weight you should lift. Class helps you gain better balance, good posture, a high degree of energy and strong bones. Taught by a certified personal trainer. Held in the Fitness Center upstairs.
Sign up and pay at the front desk.

Pilates Reformer
Pick Up a Pilates Reformer Schedule at the Front Desk for Times and Prices
Condition your entire body with spring-resistance exercises on the Pilates Reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. We ask all new participants to complete a Fitness Solution checkpoint for 30 minutes with a trainer to learn Pilates basics before the first day. Sign up and pay at the front desk.

Lighter U (Emphasis on the Stresses of the Holiday Season)
Pick Up a Group Training Schedule at the Front Desk for Times and Prices
Participants in the Lighter U program will receive individual guidance on reaching specific goals and will be encouraged to join group educational sessions. You’ll be asked to track your exercise, nutrition, sleep, hydration and stress management and then discuss your basic patterns with the group. There are also checkpoint weigh-ins and girth measurements throughout the program. Come prepared to learn and share your journey. The Lighter U program does NOT include a meal plan or specific recipes to follow, however, you will receive guidelines for nutrition and fitness. Sign up and pay at the front desk.

Pickleball Lessons
Thursdays, 7:45am-9:15am, Jan 16 - Feb 27
$70 members/$84 non-members
This sport is similar to tennis or badminton. Learn the rules and strategies of this popular game so you can join the drop in players. Sign up and pay at the front desk.

Intermediate Pickleball Lessons
Thursdays, 9:15-10:15am, Jan 16 - Feb 27
$70 members/$84 non-members
Intended for players who have basic knowledge of the rules, skills and strategies, and can play during open drop-in times but who want to take their game to a higher level, being more consistent, possessing a wider variety of shots, adding finesse, and playing more strategically. Sign up and pay at the front desk.
Senior Boxing (Sports Enhancement Training)

Pick Up a Group Training Schedule at the Front Desk for Times and Prices

Learn the basic punches of boxing and throw combination punches. A mix of shadow boxing (non-contact), hitting the bag, and hitting or holding the mitts will work your arms and legs, test your balance, coordination and mental and physical agility. Class begins with a dynamic warm up that includes range-of-motion movements. May also include basic body-weight strength exercises. This class meets once a week. Boxing gloves provided, or you may bring your own. Sign up and pay at the front desk.

Conversational Spanish for Beginning Beginners

Tuesdays, 8:30-9:30am, Jan 14—Feb 25
$56 members/$84 non-mbrs

In this class we have fun while stimulating the brain, learning useful phrases, names, addresses, numbers, colors, family members, foods, clothing, daily activities, interests, hobbies, weather, games, etc. New people can join any 7-week session and continue throughout the year from September to June. No prior knowledge of Spanish is necessary. A stress-free controlled immersion approach is used, relying heavily on modeling, gestures and visual cues to aid understanding and facilitate learning. Sign up and pay at the front desk.

Conversational Spanish for Continuing Beginners

Tuesdays, 9:45-10:45am, Jan 14—Feb 25
$56 members/$84 non-mbrs

This class is for students who have participated in a year or more of Level 1: Conversational Spanish for Beginning Beginners or who have had prior formal Spanish instruction. In this class you will learn to use the language for more practical purposes, like shopping, traveling, giving directions, describing people and things, etc. We converse about our homes and families, travels, healthcare and more, all in Spanish! Some basic grammar is modeled and explained as we broaden our knowledge and skills in Spanish and Hispanic culture. Sign up and pay at the front desk.

Conversational Spanish Intermediate to Advanced

Tuesdays, 11am-12pm, Jan 14—Feb 25
$56 members/$84 non-mbrs

This class allows experienced students opportunities to be more independent as they broaden and deepen their Spanish language knowledge and skills in practical situations. We converse about our daily lives, families, interests and activities, wants and needs, and present and discuss current events from the media. The instructor acts more as a facilitator, guiding conversations as appropriate, and presents multimedia resources from time to time. As with the lower level classes, emphasis is on active brain engagement in a fun environment, where reliance on English is kept to a minimum.

Please note: We have an Early Fall, Late Fall, Winter, Early Spring, Late Spring and Summer Sessions. Most of the classes above will be available again. If you can’t fit a class into your schedule now, please check the next session for possibilities.
Free Drop In Fitness Classes

Pick up a ForeverWell Class Schedule and a Class Description Sheet under the ForeverWell Board across from the gymnasium. These group exercise classes are designed for people 55 and older and are part of your YMCA membership. There is no additional cost. They run all year long. The schedule rarely changes. All equipment is provided.

Come join us!

No need to sign up. Just drop in.

Orientation Opportunities

Whether you are new to the YMCA or just need to renew your motivation please sign up for any of the opportunities below.

General Orientations
Mondays from 12-1pm and Tuesdays from 10:30-11:30am
Learn about all the fitness, educational, recreational, and social activities included with your membership. This one hour meeting includes a detailed tour of the building.
Sign up at the front desk or leave a message with Becky at (651) 259-9604.

Fitness Solutions—Free of Charge!!
By Appointment
A Fitness Solution is a one on one 60 minute session with a certified personal trainer to assess your goals, address areas you want to improve and to design a custom path to achieve your health and fitness goals. It is free of charge!
Sign up at the front desk or call (651) 731-9507 to make an appointment.

Personal Training Introductory Package
New to training? Find out if it’s the right path for you to reach your goals with a special rate for new training clients. Four 60 minute sessions for $239 ($59.75 per session/regularly $70). You can choose a specific trainer if you like.
Sign up and pay at the front desk.
<table>
<thead>
<tr>
<th>Mon.</th>
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| 4 | Waterball 7:45-8:15am  
Bake and Book Sale 8-11am  
Painting Class 10am-12:30pm  
Pickleball 11:30-1:30pm  
New Mbr Orientation 12-1pm  
Memory Screen 1-3pm | 5 | School is out. The Scene opens at 9:30am not 9am.  
New Member Orientation 10:30am  
No Pickleball School is Out | 6 | Waterball 7:45-8:15am  
Feed My Starving Children 8:45am-12pm  
Cards- 9am  
Ping Pong 10:30am  
Bible Study 11am  
Recreational Pickleball 12:30-1:30 (2 Courts) | 7 | Pickleball 1:30-3:30pm |
| 8 | Waterball 7:45-8:15am  
Painting Class 10am-12:30pm  
Pickleball 11:30-1:30pm  
New Mbr Orientation 12-1pm | 12 | New Member Orientation 10:30am  
Pickleball 11:45-2pm  
Stay Sharp Workshop 1-2:15pm  
Pilates Reformer Demo 1-1:45pm | 13 | Waterball 7:45-8:15am  
Cards- 9am  
Treasure Island Casino 10:15-4pm  
Ping Pong 10:30am  
Bible Study 11am  
Recreational Pickleball 12:30-1:30 (2 Courts) | 14 | Mandela Rock Painting 10am-12pm |
| 18 | Waterball 7:45-8:15am  
Bake and Book Sale 8-11am  
Painting Class 10am-12:30pm  
Pickleball 11:30-1:30pm  
New Mbr Orientation 12-1pm | 19 | New Member Orientation 10:30am  
Lunch and Learn—Your DNA 11:30-12:30  
Pickleball 11:45-2pm | 20 | Waterball 7:45-8:15am  
Cards- 9am  
Ping Pong 10:30am  
Bible Study 11am  
Recreational Pickleball 12:30-1:30 (2 Courts) | 21 | Book Club 9:30-10:30am  
Brain Games 11am-12pm |
| 25 | Waterball 7:45-8:15am  
Painting Class 10am-12:30pm  
Pickleball 11:30-1:30pm  
New Mbr Orientation 12-1pm | 26 | New Member Orientation 10:30am  
Pickleball 11:45-2pm  
Group Exercise and Balance Demo 1-1:45pm | 27 | Waterball 7:45-8:15am  
School is out. The Scene opens at 9:30am not 9am.  
Cards- 9:30am  
Ping Pong 10:30am  
Bible Study 11am  
No Recreational Pickleball School is Out | 28 | Happy Thanksgiving |
| 29 | Waterball 7:45-8:15am  
No Recreational Pickleball & Badminton. No School  
Stitch and Chat 10am  
Ping Pong 10:30am  
Beginning Acrylic Painting 11am-1pm |