



FOREVERWELL

JULY | WOODBURY

CELEBRATE THE OUTDOORS

JULY HIGHLIGHTS

THE ABC'S OF MEDICARE

When: Tuesday, July 8th 12pm

Where: Multi Purpose Room

Join us for an informative session where an expert will answer your questions and provide insights about medicare. The following topics will be discussed: supplements compared to advantage plans, when to enroll in parts A,B,C and D, \$0 plan, Dental, Eyecare, Hearing Aids, Fitness plans and Equipment. Sponsored by Pat Markfort 651-428-8871 Licensed Agent

Please Sign Up at Member Services

BALANCE ASSESSMENTS

Are you at risk for a fall? A 30 minute balance assessment can measure where you are at physically and what you can work on to improve your balance. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks follow. Please contact Scarlett to make an appointment.

Nature's Not Just Nice, It's Necessary

Studies show that spending time outdoors improves memory, reduces stress, and increases feelings of happiness. So let's step outside together!



Spend Time With Family and Friends Outdoors

Try gardening for a boost in mood and mobility



This Month in ForeverWell

We're bringing thoughtful conversation, meaningful connection, and a little summertime fun to the Y this month.

Join us for special events including a healing grief talk, a potluck honoring immigrant stories, a festive pre-Fourth picnic, and engaging wellness presentations.

Get Outside and Enjoy the Sunshine!



BRANCH HOURS

Mon.- Fri: 5AM-9PM
Sat: 7AM-5PM
Sun: 7AM-5PM

TO CONTACT:

Scarlett Johnson
Phone: 651-229-6423

Email:

scarlett.johnson@ymcanorth.org

WOODBURY

2175 Radio Drive,
Woodbury, MN
55125

YOUR FOREVERWELL COMMUNITY

SOCIAL BUNCH

When: Every Monday at 9:30-11am **Where:** Community Room

Join others as they gather for fun conversation, community, and making new memories with friends every week! If you are new to the Y, this can be a great way to meet others in your community and foster new friendships with welcoming ForeverWell members.

GRIEF AMONG FRIENDS: SOCIAL GROUP

When: Every **Tuesday** at 11:30AM **Where:** Multi Purpose Room

A welcoming, peer-led group where people come to talk, listen, and connect during a time that can feel isolating. Some are new, others long-time participants—but all gather for mutual support and friendship, sharing both good days and hard ones. This is not a professionally facilitated group, but a caring community built on shared experience.

BOOK CLUB

When: The **Second** Tuesday of the month @ 1:30-2:30pm **Where:** Community Room

This month, we're reading *The Lost and Found Bookshop* by Susan Wiggs. Set in San Francisco, this novel follows Natalie Harper as she inherits her family's struggling bookshop—and the unexpected journey of healing, love, and self-discovery that unfolds between its shelves. It's a touching story about second chances, the power of community, and the magic of books.

60+ & SOLO GROUP

When: Every 3rd Friday of the month, 2:30-3:30pm **Where:** Multi Purpose Room

60+ and Solo will not be meeting in July, and will start again in August. Specifically for individuals who are 60+ and live solo or far away from family. Whether you're looking to explore new hobbies, share in lively discussions, or simply enjoy the company of like-minded individuals, 60 & Solo is the group for you! Join us and start creating unforgettable memories with new friends.

CARD GAMES GROUP

When: Every W//Fri Mornings 10am **Where:** Community Room

Join in on the fun of playing cards, both Hand and Foot as well as Cribbage is popular games played. Even if you are unfamiliar with the card games, the members will gladly teach it to you so you can join in on the fun!

WATER BALL

When: Every Wednesday, 7:20am-8:05am **Where:** The pool Waterball is a fantastic way to stay active, improve hand-eye coordination, and enjoy the pool with friends. Whether you're looking to break the ice with new acquaintances or just want to have a good time.

MEDITATION

When: Every Monday at 9AM **Where:** Multi Purpose Room

Come for a relaxing and invigorating lesson on slowing the body down and being in the moment. Meditation is often the aspect of yoga that many struggle to sit through. They will teach you many techniques with this calming class and, in turn, give you tools to regulate your nervous system.

WOODBURY FOREVERWELL COORDINATOR

WHAT CAN I HELP YOU WITH?

FOREVERWELL ORIENTATIONS

Wednesdays, at 9am

Are you new to the Y? Come learn what the Y has to offer you, get a tour of the facility and ask any questions you may have. Learn how to register for classes/activities, and so much more!

NAVIGATING YOUR Y MEMBERSHIP

Coming back after some time away? Or just not sure where to start? I'm here to help! Whether you need help learning how to use your membership, registering for classes, or deciding what's right for you, I'd be happy to connect with you one-on-one.

INTERESTED IN VOLUNTEERING?

Volunteering at the Y is a great way to stay active, connect with others, and make a difference in your community. Whether you enjoy welcoming members, helping with events, or supporting special programs, there are many ways to get involved.

NEED HELP WITH YOUR PHONE?

If you need assistance with your smartphone, I am here to help. Whether it's sending messages, using apps, or navigating features, you can schedule an appointment with me. Please reach out or stop by between 7am-3pm on a Mon, Wed, or Fri

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EGYM ORIENTATIONS

Curious about our full-body strength training circuit? EGYM is an 11-machine system that automatically adjusts to your height and sets the resistance for you. It's a personalized, efficient way to build strength safely and effectively. Let us show you how it works—contact me for an orientation today!



ABOUT ME

I am currently a college student studying Psychology! Outside of my work at the YMCA, I compete in amateur boxing & Coach Cheerleading. I'm looking forward to connecting with you—please feel free to reach out with any questions or suggestions!

To make appointment contact:

scarlett.johnson@ymcanorth.org

Phone: 651-229-6423

FOREVERWELL EVENTS

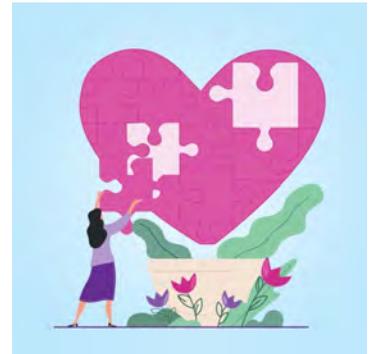
HEALING THE SOUL THROUGH GRIEF & LOSS

When: Wednesday, July 16th, 11:00am-1:00pm

Where: Community Room

This workshop is designed to create a safe, compassionate space where you can explore your unique journey through grief. Together, we'll uncover the many faces of loss and learn gentle, practical tools to support healing and renewal. Whether your pain is recent or rooted in the past, you'll find understanding, encouragement, and connection with others who truly get it.

Sign Up at Member Services Required



HONORING IMMIGRANT STORIES: CULTURAL POTLUCK

When: Friday, July 11th 12:00pm-1:00pm

Where: Community Room

Join us for a cultural potluck celebrating the rich diversity that makes up our community. You're invited to bring a dish that represents your home country, your ancestors' heritage, or a culture you feel connected to. We'll also welcome guest speaker Rezvan Tebyanifard—a ForeverWell member and beloved friend of the Y—who will share her powerful and persevering story of immigrating to the United States.

Sign Up at Member Services Required



THE ABC'S OF MEDICARE

When: Tuesday, July 8th 12:00pm-1:00pm

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FOREVERWELL FIELD TRIP The Chanhassen Theatre Presents:

**ONLY 9
SPOTS LEFT!**

GREASE

Date: Wednesday, August 13th

Time:

Bus Pickup from Woodbury YMCA at 10:50am

Showtime: 1PM

Bus Drop off at Woodbury YMCA around 4PM

Price:

Members \$125 / Non Members \$130

LUNCH INCLUDED

Questions/ Concerns reach out to:

scarlett.johnson@ymcanorth.org 651-229-6423

Registration is now open

Please Sign up at Member Services

FOREVERWELL GROUP FITNESS CLASSES:

MONDAY:

- 8:00am - SilverSneakers Circuit**
w/ Monica STUDIO 3
- 8:15am - Water Exercise**
w/ Cheryl POOL
- 9:00am - ForeverWell Yoga**
w/ Sara F. STUDIO 1
- 9:00am Meditation**
MULTI- ROOM
- 9:15am - Water Exercise**
w/ Debbie POOL
- 9:30am - ForeverWell Combo**
w/ Merilee Gym
- 10:30am - SilverSneakers Circuit**
w/ Merilee STUDIO 1
- 11:30AM SilverSneaker Yoga**
w/Katie STUDIO 1
- 12:30pm - Line Dancing**
w/ Wanda STUDIO 1
- 1:30pm - Line Dancing (Intermediate/Adv.)**
w/ Wanda STUDIO 1
- 1:30pm - SilverSneakers Classic**
w/ Monica STUDIO 3

TUESDAY:

- 8:30am - Water Tabata**
w/ Janine POOL
- 9:15am - Water Exercise Power**
w/ Janine POOL
- 9:30am - SilverSneakers Yoga**
w/ Katie STUDIO 3
- 10:30am - SilverSneakers Classic**
w/ Deb STUDIO 3
- 11:30am - ForeverWell Cardio**
w/ Deb STUDIO 3
- 11:30am - Tai Chi 1- 21 forms of Sun Style**
w/ Kimberley STUDIO 1
- 12:30pm - SilverSneakers Yoga**
w/ Julie STUDIO 3
- 12:40pm - Tai Chi 2- 20 new forms of Sun 41**
w/ Kimberley STUDIO 1

WEDNESDAY:

- 7:30am - WaterBall** in Lap Pool
- 8:00am - SilverSneakers Circuit**
w/ Ann STUDIO 3
- 8:00am - ForeverWell Yoga**
w/ Shelley B. STUDIO 1
- 8:15am - Water Exercise**
w/cheryl POOL
- 9:15am - Salsa Splash**
w/ Kathy POOL
- 10:30am - SilverSneaker Circuit**
w/ Julie STUDIO 1
- 11:40am - ForeverWell Cardio**
w/ Katie STUDIO 3
- 1:30-Silver Sneaker Circuit**
w/ Monica STUDIO 3

THURSDAY:

- 8:00am - Silver Sneakers Circuit**
w/ Ann STUDIO 1
- 8:30am - Water Exercise**
w/ Colleen POOL
- 9:15am - Water Exercise Power**
w/ Colleen POOL
- 9:30-SilverSneaker Yoga**
w/ Katie Studio 3
- 10:45am - Zumba Gold**
w/ Colleen STUDIO 3
- 10:30am - Gentle Yoga**
w/ Tamara STUDIO 1

FRIDAY:

- 8:00am - SilverSneakers Circuit**
w/ Jennifer STUDIO 3
- 8:15am - Water Exercise**
w/ Cheryl POOL
- 9:00am - ForeverWell Yoga**
STUDIO 1
- 9:15am - Water Exercise**
w/ Debbie POOL
- 11:45am - Tai Chi 3**
w/ Kimberley STUDIO 3
- 1:30pm - SilverSneakers Classic**
w/ Monica STUDIO 3



JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meditation @9am the social bunch @9:30am	Grief Group @11:30am	card games @10am		card games @10am Ted Talk 9am WE ARE CLOSED, HAPPY FOURTH
	1	2	3	4
Meditation @9am the social bunch @9:30am	Grief group @11:30am BOOK CLUB 1:30PM THE ABC'S OF MEDICARE 12:00pm-1:00pm	card games @10am BEAM LIGHT SAUNA INFO SESSION 11AM-12PM		card games @10am Ted Talk 9am CULTURAL POTLUCK 12:00PM
7	8	9	10	11
Meditation @9am the social bunch @9:30am	Grief group @11:30am FIVE SECRETS TO VIBRANT HEALTH 11AM-12PM	card games @10am HEALING THE SOUL THROUGH GRIEF & LOSS 11:00AM		card games @10am Ted Talk 9am
14	15	16	17	18
Meditation @9am the social bunch @9:30am	Grief group @11:30am	card games @10am PREPARE TO CARE EDUCATIONAL 11AM-12PM		card games @10am Ted Talk 9am
21	22	23	24	25
Meditation @9am the social bunch @9:30am	Grief group @11:30am	card games @10am		card games @10am Ted Talk 9am
28	29	30	31	