



FOREVERWELL

MAY 2025 | ANDOVER

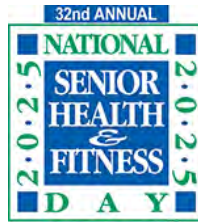


SAVE THE DATE

Outdoor cycle club
information meeting
Thurs. May 22nd 10:00 am
in the YMCA Community Room



SENIOR HEALTH & FITNESS EXPO !



"Move Today for a Better Tomorrow!"

WEDNESDAY MAY 28TH

10:00 - 2:00

DETAILS INSIDE!



5/26 YMCA IS CLOSED

Andover YMCA North Metro Ukulele Club



SUMMER CONCERT!
FREE and open to the Public

Wednesday June 4th
11:00-12:00

Questions about the NEW Y App? find answers **HERE!**

<https://www.ymcanorth.org/wellness/app>



YMCA GYM

Adult Pickleball

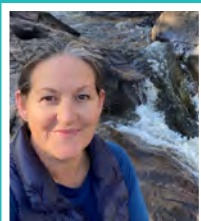
M-W-F 8:00-12:00

Beginner Pickleball

Tuesday 8:00-12:00

Thursday 8:00-9:30

Forever Well
Orientation May 8
9:00 am



FOREVERWELL COORDINATOR
REWA GIROUX-DUMAS

What is ForeverWELL?



the YMCA, we're here to support you on your journey
to a healthier, more fulfilling life.

Discover everlasting wellness with YMCA programs tailored for individuals
ages 55+! Experience invigorating group exercise classes, rejuvenating
aquatic exercises, and engaging social events. Benefit from specialized
wellness programs and connect with your community.

BRANCH HOURS

Weekdays 5am-9pm

Saturdays 7am-8pm

Sundays 7am-8pm

ANDOVER YMCA

15200 Hanson Blvd, Andover, MN

Customer Service: 763 230-9622

Rewa Giroux-Dumas 612 465-0515

ForeverWell Coordinator

Rewa.Giroux-Dumas@ymcamn.org



ANDOVER FOREVERWELL MAY 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 1-4p 500 Cards</p>	<p>2 7-9a Coffee 745 WIF TR 930 HFT 12-2 Writers Club TR 1 pm Cribbage 1 pm Cards; Dimes</p>	<p>3 7-9 coffee HFT 1 pm</p>
<p>4 NEW! Guitar JAM Club 3-6PM</p>	<p>5 7-9a coffee 9:30 & 1:00 HFT 1200-1245 Movement & Balnce TR 1-3 Art class CR Gardeners club 6:30pm</p>	<p>6 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 lunch bunch 1:30 Mahjong</p>	<p>7 7-9 coffee 9:00 - 10:30 Ukulele CR 10:00-11:30a TR Dementia Support 1200 Farkle 1200 Samba 4:30 FNO</p>	<p>8 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 1-4 500 cards</p>	<p>9 7-9a Coffee 745 WIF TR 930 HFT 12-2 Writers Club TR 1 pm Cribbage 1pm learn HFT</p>	<p>10 7-9 coffee HFT 1 pm</p>
<p>11 NEW! Guitar JAM Club 3-6PM</p>	<p>12 7-9a coffe 9:30 & 1:00 - 4:00 HFT Tournament 1200-1245 Movement & balance TR NO Art Class CR</p>	<p>13 7-9a coffee 9:30 Dimes Bingo 11:00 Sevens 1200 unch bunch 12:15 - 1:00 Power of Thought - Dulce 1:30 Mahjong</p>	<p>14 7-9 coffee 9-10:30 Ukulele CR 1200 Farkle 1200 Samba 4:30 FNO</p>	<p>15 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo</p>	<p>16 7-9a Coffee 745a WIF 930 HFT 12-2 Writers Club TR 1 pm Cribbage 1 pm Cards; Dimes</p>	<p>17 7-9 coffee 1:00p HFT</p>
<p>18 Guitar JAM Club 3-6PM</p>	<p>19 7-9a coffee 9:30 & 1:00 HFT 1200-1245 Movement & balance TR NO Art Class CR</p>	<p>20 7-9a coffee 9:30 Dimes Bingo 11am Sevens POTLUCK! 12-1 1:30 Mahjong</p>	<p>21 7-9 coffee 9-10:30 Ukulele CR 10:00-11:30a TR Dementia Support 1200 Farkle 1200 Samba 1 PM Creative Memories cards \$ 4:30 FNO</p>	<p>22 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo Cycle club meeting 10AM CR 1-4 500 cards 4:30 HH at Beefs</p>	<p>23 7-9am Coffee 745a WIF 930 HFT 12-2 Writers Club TR 1pm Cribbage 1pm learn HFT</p>	<p>24 7-9 coffee 1:00p HFT</p>
<p>25 NEW! Guitar JAM Club 3-6PM</p>	<p>26 YMCA Closed  MEMORIAL DAY</p>	<p>27 7-9a coffee 9:30 Dimes Bingo AARP Driving class 9-1 CR 11am Sevens 1200 lunch bunch 1:30 Mahjong</p>	<p>28 7-9 coffee 9-10:30 Ukulele CR 10:30-1130 bookclub Pam TR NSHF Expo No Samba or Farkle today 4:30 FNO</p>	<p>29 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo Presenter: Modern Estate Planning 1-2 1-3 Art Class TODAY CR</p>	<p>30 7-9a Coffee 745a WIF 930 HFT 12-2 Writers Club TR 1 pm Cribbage 1 pm Cards; Dimes</p>	<p>31 7-9 coffee 1:00p HFT </p>



IT'S ALL FUN & GAMES! ANDOVER FOREVERWELL



HFT Tournaments! 1 - 4 pm

* May 12th *Sept. 8th *Nov.10th

FARKLE!

WEDNESDAYS AT
12PM

HANDS, FOOT & TOE CARDS

MONDAYS 9:30 & 1 PM
FRIDAYS 9:30
SATURDAYS 1PM *



SEVENS

FUN & EASY CARD GAME
TUESDAYS 11AM-12PM

Want to LEARN how to play
HAND FOOT & TOE ?
2nd and 4th Fridays
1:00 pm

CRIBBAGE

FRIDAYS 1PM

MAHJONGG

TUESDAYS 1:30PM

* MUST KNOW HOW TO PLAY



SAMBA CARD GAME

WEDNESDAYS 12:00-4:00

* Open to new players!

Come and learn!

DIME BINGO

TUESDAYS AT 9:30AM
THURSDAYS AT 10:45AM

DIMES CARD GAME

1ST AND 3RD FRIDAY
1:00 PM

YMCA 500

1ST, 2ND AND 4TH THURSDAYS 1-4PM

Please show up early so we can figure out seating and start on time

DON'T SEE WHAT YOU'RE LOOKING FOR? DO YOU HAVE IDEAS FOR A NEW ACTIVITY?
REACH OUT AND WE'LL WORK TO GET IT STARTED!

CONTACT REWA, FOREVERWELL COORDINATOR

REWA.GIROUX-DUMAS@YMCAMN.ORG

BIBLE STUDY W/MARY THURSDAYS AT 9:15AM TEEN ROOM

All are welcome to this thoughtful and welcoming discussion.



FRIENDS NIGHT OUT WEDNESDAYS AT 4:30PM

Come to the YMCA ForeverWell Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

WOMEN IN FAITH – TEEN ROOM

FRIDAYS AT 7:45 – 9:00 AM

Come to sit and share. Hosted by Bonnie

Lunch Bunch *bring your lunch and visit Tuesdays at 12:00

* When presentations are scheduled,
Stay and Enjoy!

YMCA BOOK CLUB WITH PAM – TEEN ROOM

4TH WEDNESDAY OF THE MONTH AT 10:30AM 5/28

May Book: Title: "The Last Thing He Told Me" by Laura Dave

Please come and share in our discussions. Everyone is welcome.

Reach out to Pam with any questions at pamequinox41@yahoo.com.



CHAIR MOVEMENT & BALANCE WITH REWA

MONDAYS TEEN ROOM 12:00-12:45

WE WILL EXPLORE BALANCE BASED FUNCTIONAL MOVEMENT, YOGA AND MEDITATION. THIS CLASS WILL IMPROVE RANGE OF MOTION, STRENGTH, BODY AWARENESS, BONE HEALTH AND BALANCE



NO CLASS: 5/26

TEEN ROOM IS LOCATED DOWN THE HALL FROM THE FOREVERWELL ROOM
HAVE QUESTIONS? PLEASE CONTACT FOREVERWELL COORDINATOR, REWA GIROUX-DUMAS AT:
REWA.GIROUX-DUMAS@YMCAMN.ORG 612 465-0515

HAPPY HOUR

3RD THURSDAY OF THE MONTH 5/15) AT 4:30PM

Ready for a night out? Meet at Beef O' Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.

Address: 15190 Bluebird St. NW Andover, MN 55304



ANDOVER YMCA FOREVERWELL

Andover YMCA North Metro Ukulele Club

SUMMER CONCERT!

FREE and open to the Public

Wednesday June 4th

11:00-12:00



Andover YMCA - YMCA Gymnasium

Reception to follow in YMCA community room



DEMENTIA CAREGIVER SUPPORT GROUP

1ST & 3RD WEDNESDAY OF THE MONTH

10:00 - 11:30AM

MEET IN THE TEEN ROOM

The purpose: to provide caregivers with updated information, emotional support, and problem-solving tools related to the challenges of giving care to those living with Alzheimer's disease.

Contact is kathy.besst@lifesparksl.com



Take the AARP Smart Driver™ course and you may save money on your car insurance!* Drive smart. Save smart. • Refresh your driving skills and know the new rules of the road. • Learn research-based driving strategies to help you stay safe behind the wheel. • Discover proven driving methods to help keep you and your loved ones safe on the road.

New dates coming up! Location: YMCA Community Room

Sat. June 14th 9am - 1pm

Register in ForeverWell Room or Contact :

Doug Haertzen
218 398-2585

Tues. May 27th 9am - 1pm FULL

Register in ForeverWell Room or Contact:

Tues. Sept. 30th 9am - 1pm

Dick Holden
763 772-5827

CLASSROOM COURSE **\$20 for AARP members | \$25 for non-members**

Checks & Cash only

No Credit Cards

Pay at the class.



Dulce Vida presents:

Tuesday May 13th 12:15 - 1:00

**Building Unshakable Confidence: Embracing the Confidence That's
Already Inside**

"Confidence is not built; it is remembered."

Tuesday June 10th 12:15 - 1:00

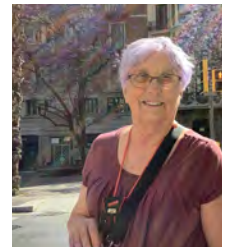
The Science of Happiness: Embracing the Joy You Were Born With

"Happiness is your natural state. It's time to return to it."

NEW!



CREATIVE WRITING GROUP
Every Friday 12-2 PM
Community Center Teen Room



Calling all writers, would-be-writers, and people interested in writing.

Andover YMCA will be hosting a weekly Writers Group, Fridays 12-2 PM.

Thank you June A.

We will meet in the Teen Room. Please join us to get acquainted and find out more about the group. And, if you wish, bring a story to share.

ForeverWell Potluck: 3rd Wednesday of the Month

TUES. MAY 20TH 12:00 - 1:00PM

THEME:

AROUND THE WORLD

DRAW FROM YOUR FAVORITE INTERNATIONAL FOOD

OR FROM YOUR FAMILY HISTORY



FOREVERWELL GROUP EXERCISE CLASSES

Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership.

COMPLETE group exercise schedule is available online.

MONDAY

<u>Class</u>	<u>Location</u>
8:00am Water Ex	Lap pool
9:15am Studio strength & cardio	Mindbody
11:00am Silver Sneakers Circuit	Studio 3
5:15pm Auqua Zumba	Lap Pool
6:00pm Oula	Studio 2

TUESDAY

7:00am Auqua Zumba	Pool
9:00am Water Ex	Lap Pool
9:30am Shine Dance Fitness	Studio
9:30am Chair Yoga	Studio 1
11:00am ForeverWell Strength	Studio 3
11:20:00pm Restorative Yoga	Mindbody Studio
6:30pm Yoga	Studio 3

WEDNESDAY

9:00am Water Ex	Lap Pool
9:30am Yoga	Mindbody
10:45 am Tai Chi	NEW! Mindbody
11:45 am ForeverWell Yoga	NEW! Mindbody
11:00am ForeverWell Stretch	Studio 3
11:00am Zumba	Studio 2
5:00pm Yoga Flow	Mindbody

THURSDAY

7:00am Aqua Zumba	Lap Pool
8:30am Mat Pilates	Mindbody
8:50am Silver Sneakers Yoga	Studio 2
9:00am Water Ex	Lap Pool
9:30am SHINE fitness	Studio 2
9:45am Chair Yoga	Studio 1
10:45am Gentle Yoga	Mindbody
11:00am Silver Sneakers Circuit	Studio 3
12:00pm Restorative Yoga	Mindbody

FRIDAY

8:30am Studio Combo	Studio 2
9:00am Water Ex	Lap Pool
9:30am Yoga	Mindbody
10:45am Restorative Yoga	Mindbody
11:00am Silver Sneaker Classic	Studio 3
12:00pm ForeverWell Cardio Dance	Studio 2
4:45pm Yoga	Mindbody
6:00pm Oula	Studio 2

SATURDAY

9:30am Cardio Dance	Studio 2
---------------------	----------

SUNDAY

9:00am Uplift	Studio 2
10:00am Shine Dance Fitness	Studio 2
10:45am Yoga	Mindbody
4:00 pm Salsa Splash	Pool NEW
6:00pm Sound Bath	Mind body NEW

JOIN THE YMCA! INQUIRE ABOUT YOUR INSURANCE

BENEFITS

Our YMCA of the North offers memberships to those who have SilverSneakers, One Pass, Renew Active, and Silver & Fit.

Stop in with your photo ID and insurance card to sign up today. Share with your friends!

EXERCISE WITH THE YMCA FROM HOME

Live and recorded classes are available through our website at www.ymcanorth.org/live-fitness-and-wellbeing.

If you would like assistance activating your account, contact Customer Service at 612-230-9622

NEW! All member can enjoy Sound Baths

Every Sunday 6:00 – 6:45 pm
in Mindbody Room



Line dancing w/ Ginger! These Wednesdays @ 1200

Studio 2

May 14th & 28th





Wednesday May 21st
1:00-2:00
ForeverWell Room



ONLY \$ 7.00
 pay at class

CREATIVE MEMORIES™ Card Making Class
 with **Meredith Wiens**

Lets have some FUN! Grab your friends or come make some new ones!

What will we do?

Create 3 greeting cards using a fun and easy kit! At the end, use your imagination to create a bonus card using some fun tools!

HFT Tournament 1 - 4 pm

May 12th

Register in ForeverWell Room by May 8th
 Additional information in ForeverWell Room



Outdoor Cycle Club is back again this year!
Information session Thurs. May 22nd 10:00am
In the YMCA Community Room



SUMMER BICYCLE RIDES

If you're interested in participating in group bicycle rides this coming summer, please come to the meeting, Thursday, May 22, 10 a.m., at the Andover YMCA to see what we have to offer. The meeting will be in the YMCA COMMUNITY ROOM.

If you can't make this meeting and yet you do want to ride, not to worry. The schedule of rides for June will be published in this newsletter for June. There is no need sign up earlyfor any ride. Just show up at the published time and place, with your bike, and join in the fun.

The first ride this year will be on Thursday, June 5 at 10 a.m. The ride will begin at the Andover YMCA. The ride distance is about 20 miles. I hope to see you at the meeting. - - Tom Lammers.





**Thursday June
19th
12:30 - 1:30**



Hawaiian Music Concert & Travel Talk

Enjoy a 30 minute mini-concert followed by a travel talk on upcoming offerings!

Dress in your best Hawaiian outfit!



**DOUG OHMAN
PRESENTS....
STATE PARKS OF MN**



Open to the Public
and YMCA members

Monday June 30th 10:00 - 11:00

Members \$12 Guests \$15

Registration opens May 9th

Register and pay at Members service desk



MyArtEscape FREE Art Classes!
Select Mondays 1:00 - 3:00 PM
 Instructor: Christa
 YMCA community room

<u>Date</u>	<u>Project</u>
May 5th	Spring Flower
May 26h	NO class YMCA closed



**** Thursday May 29th**
Boots & Flowers



Mixed media: acrylic and glass. Explore Learn Have FUN
 Sign up is in the ForewverWell Room Create Grow

* sign up not required, but is appreciated

Christa has a BFA from St Cloud State University and dearly loves guiding folks on there own creative journey.

She will host a variety of projects this year! Some will be painting and most will be mixed media. She likes to use a variety of of materials: acrylic paint, glass, buttons, beads, old jewelry and more!



Sundays

NEW time: 3:00 - 6:00 PM starting May 5th

Calling ALL guitar players ages 15 -99

Andover Guitar Jam is a community of music enthusiasts who come together to share the joy of guitar playing. Our group is open to all skill levels and welcomes anyone who wants to strum, collaborate, and connect in a supportive and non-judgmental environment.

sign up in ForeverWell Room * sign up not required, it is appreciated



Unlocking the Secrets to Designing a Modern Estate Plan

Thursday May 29th
1:00 - 2:00 PM

FREE !

Learn about the fundamentals of creating a comprehensive, **modern estate plan**, and how legal documents like **wills**, **trusts**, **powers of attorney**, **medical directives** and transfer on death deeds can be used as tools to design a personalized estate plan and bring **peace of mind** and security for the future.

Ed Kaiser is an attorney licensed in MN, WI and NV, with over ten years of multi-jurisdictional legal practice. His expertise spans multiple practice areas, including real estate, business law, estates and trusts, litigation and dispute resolution. Ed graduated magna cum laude from both the University of Wisconsin Eau Claire and William Mitchell College of Law. Ed has practiced as in-house counsel for various mid-sized Midwestern companies, and also provides legal consulting services as an attorney of record with the Integrated Trusts Systems digital estate planning platform.

Questions? Contact Rewa Giroux-Dumas ForeverWell Coordinator

Email: rewa.giroux-dumas@ymcamn.org

Phone: 612 465-0515



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Andover YMCA North Metro Ukulele Club



SUMMER CONCERT!
Wednesday June 4th
11:00-12:00

FREE and open to the Public

**donations appreciated day of concert*

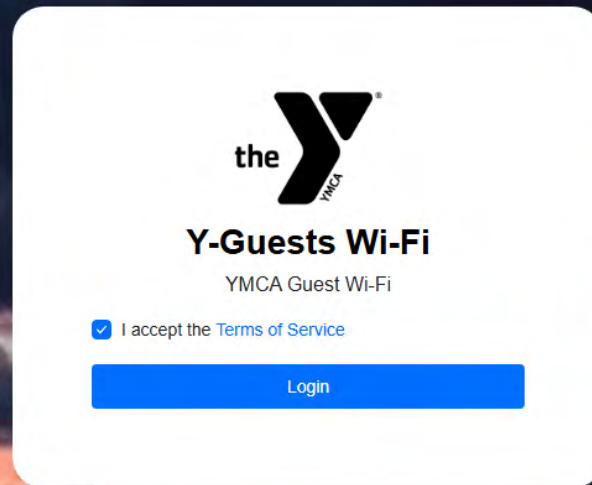
Andover YMCA – YMCA Gymnasium
Reception to follow in YMCA community room



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Y-GUEST WIFI

PLEASE ACCEPT TERMS OF SERVICE

To help maintain the security of our network, we are implementing *acaptive portal* for the **Y-Guests Wi-Fi**. This update ensures that only authorized devices can connect to our guest network.

When connecting, you will be directed to a portal where you must accept our terms and conditions before gaining access. This process is similar to what you might experience at hotels, coffee shops, or other public Wi-Fi locations.

Above is a preview of what the login screen will look like.

Once the terms are accepted and "Login" is clicked, the device will be granted access for **1 day**. After this period, you will need to re-authenticate and accept the terms again to reconnect.

Thank you for helping us keep our network secure.

ymcanorth.org



National Senior Health & Fitness

Expo!



Open to the Public!

Wednesday May 28, 2025

10:00 AM - 2:00 PM

Andover YMCA 15200 Hanson Blvd Andover MN

FREE Screenings & Demos * FREE Refreshments



Food Truck!

Chair Yoga Demo
10:30-10:50 - session 1
11:00-11:20 - session 2
11:30-11:50 - session 3

Tai Chi
10:45 - 11:30
ForeverWell Yoga
11:45 - 12:30
mind body studio

40+ Community Vendors and Resources
10AM - 2PM!



Pilates Reformer Demo
reformer room
12:00 - 12:30 12:40 - 1:10
1:20 - 1:50 2:00 - 2:20

Line Dancing
12:00 in Studio 3



"Move Today for a Better Tomorrow!"

Community Event! Invite your friends & family!
Questions? Contact Rewa.Giroux-Dumas@ymcamn.org