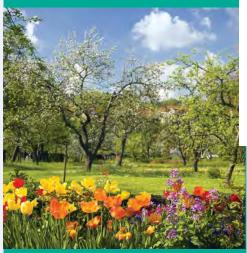


FOREVERWELL

MAY 2025 | EAGAN

HAPPY MAY 2025!



WEX CLASS UPDATE!!

Please check our online schedule for the small changes to Monday and Tuesday morning classes.

Registration NO LONGER required for WEX starting Sept. 3, 2024



MAY IS A WONDERFUL MONTH FULL OF WARMER
TEMPERATURES, HOLIDAYS, AND NATIONAL SENIOR
HEALTH AND WELLNESS DAY!! COME JOIN US WEDNESDAY,
MAY 28 TO SEE OUR LOCAL VENDORS AND TAKE A
CLASS..OR TWO:)

VENDORS

- Home Care with Claire Lundeen!
- Associated Bank with Susanne Dodd!

CLASSES

- Water Exercise with Susan 9 9:45AM
- ForeverWell Combo with Mary 11:50 12:50PM
- Silver Sneakers Classic with Julie 1:30 2:15PM

BRANCH HOURS

Weekdays: 5am - 9pm Saturday: 7am - 5pm Sunday 7am - 5pm

EAGAN YMCA

Coordinator: Tommy Smith 651-319-8020 tommy.smith@ymcamn.org





COFFEE TIME

DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

GAME GROUPS

DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

FREE MOVIE MATINEE!

MONDAY, MAY 12TH @ 10AM | LOCATION: MPR

Join us for a showing of the film <u>The Secret</u> Lif of Pets!

Join us this month with this cartoon classic that is full of laughs! Join Max(a spoiled Terrier)as he navigates having another friend(Duke)living side by side for some funny adventures!!

NOTE: Time has changed for movie matinee to 10AM!





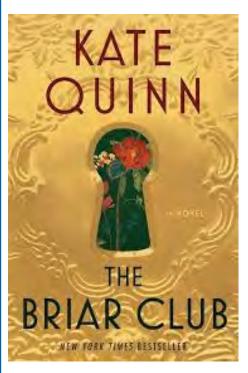
BOOK CLUB

Book Club for March. Our amazing Julie Michelson will be leading the book club!! Come join! Book Club meets at 10:30AM.

Julie.Michelson@ymcamn.org

UPCOMING BOOKS

May 29th @ 10:30AM. The Briar Club by: Kate Quinn



FOREVERWELL GROUP EXERCISE CLASSES

Monday								
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B					
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A					
6:00pm-6:45pm	Water Exercise	Rotating Lori/Deb	Pool					
Tuesday								
8:00am-8:45am	Water Exercise	Vater Exercise Gayle						
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A					
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B					
9:00am-9:45am	Water Tabata	Gayle	Pool					
Wednesday								
9:00am-9:45am	Water Exercise	Susan	Pool					
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A					
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A					
5:10pm-5:55pm	Arthritis Water Exercise	Mara	Leisure Pool					
Thursday								
8:00am-8:45am	SilverSneakers Circuit	erSneakers Circuit Naomi						
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B					
9:00am-9:45am	Shallow Water Exercise	Mary F.	Pool					
9:50am-10:30am	Deep Water Exercise	Mary F.	Pool					
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A					
7:15pm-8:00pm	Water Exercise	Water Exercise Kristi						
Friday								
9:00am-9:45am	Water Exercise	Ginny	Pool					
10:00am-10:45am	Arthritis Water Exercise	Mara	Leisure Pool					
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A					
1:00pm-1:55pm	Line Dancing (beginner)	Deena	Studio A					
2:00pm-3:00pm	Line Dancing (inter/adv)	Deena Studio A						
Saturday								
8:00am-8:45am	Salsa Splash YMCA of the North 3	Mary ymcanorth.org	Pool					





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		COFFEE HOUR 9:30 AM	GAME TIME 10 AM COFFEE HOUR	COFFEE HOUR 9:30 AM	2	3
4	5	6 COFFEE HOUR 9:30 AM	7 GAME TIME 10 AM COFFEE HOUR	8 COFFEE HOUR 9:30 AM	9	10
11	12 MOVIE MATINEE 11 AM	13 COFFEE HOUR 9:30 AM	14 GAME TIME 10 AM COFFEE HOUR	15 COFFEE HOUR 9:30 AM	16	17
18	19	20 COFFEE HOUR 9:30 AM	GAME TIME 10 AM COFFEE HOUR	22 COFFEE HOUR 9:30 AM	23	24
25	26	27 COFFEE HOUR 9:30 AM	28 GAME TIME 10 AM COFFEE HOUR Senior Health and Wellness Day!!!	29 COFFEE HOUR 9:30 AM BOOK CLUB 10:30am	30	31

Hylee, Free AlC Screenings

Hemoglobin A1c is a blood test that helps provide information about an individual's average levels of blood glucose over a 2-3 month period.

**Disclaimer: This screening is not a diagnosis.

When: May 16th from 9am-4pm

Where: Eagan YMCA



Scan here to sign up today!

Questions: rachel.fink@hy-vee.com

Who qualifies: Individuals with low or fixed incomes. No fasting required.

SCREENINGS POWERED BY

Eagan Lions Club



May Word Search

S R R S N E E Z I N G A G C K
S G F G O G M B I K I N G R L
W R I R U R M H Q F U Y O S A
E I T O T E E W C G C H U M K
L L N U D E M S I A A F T O E
L L E P O N O U N L M I D T S
N I S E O G R N C L P S O H W
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S G S E S A A H D R N I R R M
S T U R M S L I E G G N S S M
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Q E R E K P H L O N I E T B X
F L O W E R S P M H N S S I I

Group Exercise Outdoor Sports Memorial Day Bees

Cinco De Mayo Green Grass Mothers Day

Sneezing Wellness SunShine

Outdoors Swimming Flowers

acadoro ownining riowers

Fishing Camping Allergies

Grilling Fitness Summer

Travel Biking Family

Lakes Cabin