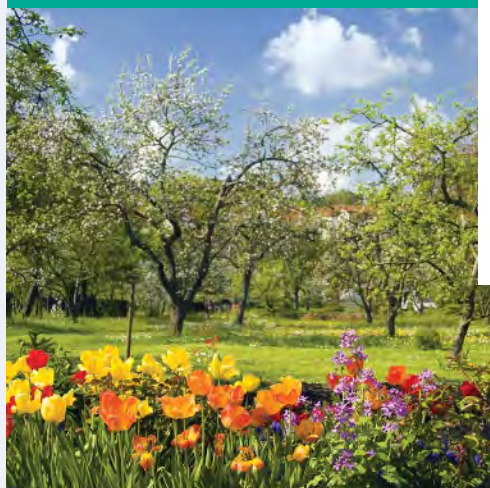




# FOREVERWELL

MAY 2025 | EAGAN

**HAPPY MAY  
2025!**



## Senior Health & Fitness Day



**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 :)**

### **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

### **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





# FOREVERWELL GROUP EXERCISE CLASSES

<b>Monday</b>			
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
<b>Tuesday</b>			
8:00am-8:45am	Water Exercise	Gayle	Pool
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
<b>Wednesday</b>			
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
<b>Thursday</b>			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
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	Kristi	Pool
<b>Friday</b>			
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
<b>Saturday</b>			
8:00am-8:45am	Salsa Splash	Mary	Pool



# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		29 <b>COFFEE HOUR</b> 9:30 AM	30 <b>GAME TIME</b> 10 AM <b>COFFEE HOUR</b>	1 <b>COFFEE HOUR</b> 9:30 AM	2	3
4	5	6 <b>COFFEE HOUR</b> 9:30 AM	7 <b>GAME TIME</b> 10 AM <b>COFFEE HOUR</b>	8 <b>COFFEE HOUR</b> 9:30 AM	9	10
11	12 <b>MOVIE MATINEE</b> 11 AM	13 <b>COFFEE HOUR</b> 9:30 AM	14 <b>GAME TIME</b> 10 AM <b>COFFEE HOUR</b>	15 <b>COFFEE HOUR</b> 9:30 AM	16	17
18	19	20 <b>COFFEE HOUR</b> 9:30 AM	21 <b>GAME TIME</b> 10 AM <b>COFFEE HOUR</b>	22 <b>COFFEE HOUR</b> 9:30 AM	23	24
25	26	27 <b>COFFEE HOUR</b> 9:30 AM	28 <b>GAME TIME</b> 10 AM <b>COFFEE HOUR</b> <b>Senior Health and Wellness Day!!!</b>	29 <b>COFFEE HOUR</b> 9:30 AM <b>BOOK CLUB</b> 10:30am	30	31

**HyVee**<sup>®</sup>

# Free A1C 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](mailto: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  
E N S X R R I S O E I H O E I  
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  
V R M C X S D N M I C G P D I  
F A M I L Y A E A E A B O A N  
E V E S H M Y W Y S B E R Y G  
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

Fishing

Camping

Allergies

Grilling

Fitness

Summer

Travel

Biking

Family

Lakes

Cabin