



FOREVERWELL

MAY 2025 / EMMA B. HOWE YMCA / 763-785-7882

NEED TO KNOW:

WHAT IS FOREVERWELL-

Discover everlasting wellness with YMCA programs tailored for individuals ages 55 and above! Experience invigorating group exercises classes, rejuvenating aquatic exercises, and engaging social events.

REMINDERS

- No cell phone use in locker room
- Lock up valuables
- No towel service
- Guest passes available check with membership

ForeverWell Coordinator

Kim Gemlo-Bush
763-717-1811
Kim.gemlo-bush@ymcamn.org

GET CONNECTED TO THE YMCA

If you are new or a returning member that need to get information on all the YMCA's programming. List below are ways to get connected, which are free and included with your membership.

FOREVERWELL MEMBER ORIENTATION

These are for new or returning members that want to get information on programming for the active older adult at the branch. Orientations are held on Tuesday 9am-10am & Friday 11am-12pm. Must register to attend the orientation by contact Kim at 763-717-1811.

FITNESS ASSESSMENT

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register at membership desk. Contact Tiffany with questions at 763-445-3644.

NUTRITION ASSESSMENT

Meet virtually or in-person with one of our certified nutrition specialist to explore your goals and potential next steps to better nourishment. Register at membership or on website.

WELLBEING ASSESSMENT

Meet virtually or in-person with one of our board-certified health coach to explore your key health and wellbeing concerns or goals. Register at membership or on website.

BRANCH HOURS

MONDAY-FRIDAY: 5AM-9PM
SATURDAY: 7AM-5PM
SUNDAY: 7AM-5PM

EMMA B. HOWE YMCA

8950 Springbrook Dr. NW
Coon Rapids, MN 55433
www.emmabhoweymcanorth.org

Memorial Day (5/26/25)-
CLOSED

FOREVERWELL CLUBS—NO REGISTRATION REQUIRED

- **Card Club**—Meet every Tuesday at 10:30am–12pm in Senior Lounge.
- **Coloring Club**—Meet every Tuesday at 1pm–3pm in Senior Lounge.
- **Indoor Walking Club**—Meet on Wednesdays at 11:45am–12:15pm at YMCA Track by fitness studio doors. We will be playing walking poker for fun prizes.
- **Mahjong Club**—Meet every Wednesday at 1:30pm–3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.
- **Dominos Club**—Meet on the 1st & 3rd Monday at 1pm–3pm in the Senior Lounge. We will be playing Mexican Train Style Dominos.
- **Book Club**—Thursday, May 22nd at 12:45pm–1:45pm in Senior Lounge. Come join us for a discussion on the book *We Were Never Here* by Andrea Bartz. Sign up with Kim to get the discussion questions.
- **Knit & Crochet Club**—Meet every Friday at 10:30am–12:00pm in Senior Lounge.

VIRTUAL EXPERIENCE SCHEDULE

To join any of these virtual experiences register at www.ymcanorth.org/activity_finder. Social from the comfort of your home. Classes use Zoom format.

Monday

- **Coffee Talk**—Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am–10:00am.

Thursday

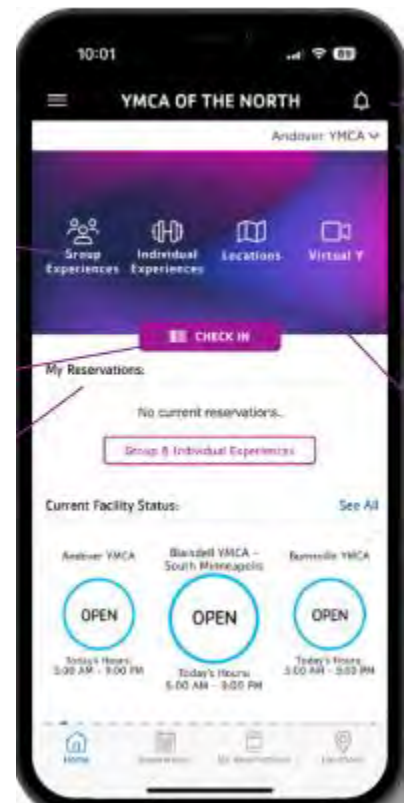
- **Bible Study**—For all people of faith. An opportunity to reflect on what the text might mean for you. Meet every Thursday at 10:30am–11:30am.

Friday

- **Happy Hour Group**—Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm–5:00pm.

NEW YMCA APP

The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code or go to app store and search *YMCA of the North* to download it.



Apple & Android QR



FOREVERWELL EVENTS & ACTIVITIES—NO SIGN UP REQUIRED. JUST DROP IN!

SOCIAL COFFEE TIME

Meet every Tuesday & Wednesday & Thursday at 8:30am-12:00pm in Senior Lounge.
Come, socialize, and drink coffee with other ForeverWell adults.

PICKLEBALL

M/W/F at 8:00am-12:00pm & T/Th at 12:00pm-3:30pm & Sa/Sun at 7am-9am
NEW Time for Competitive Adults—Thursday at 6pm-8:45pm (North half of gym)

Beginner pickleball is on one of the courts on M/W/F at 11am-12pm or T/Th 12pm-1pm. Beginner pickleball is managed by member volunteers ask for Scott, Sonny or Dean. Intermediate and Advanced level players come on M/W/F at 8am-12pm & T/Th at 12-3:30pm.

PRAYER MEETING

Every Monday at 9:00am-9:30am in Senior Lounge

The YMCA of the North, Christian Mission Network, would love to pray with you. Please join us for a weekly prayer meeting on Mondays. All are welcome. A prayer request box is in the lobby. Prayer meeting led by Velma Harris. Any question contact noah.gulley@ymcanorth.org.

MEDICARE QUESTIONS

Wednesday, May 7th at 9:00am-11:00am in Hallway

A representative will have a table in the hallway for you to ask questions about Medicare. What it all may mean for you or for your family members. Learn more about the A, B, C, and Ds of Medicare.

BLANK SLATE GAME

Wednesday, May 7th at 12:45pm-1:15pm in Senior Lounge.

Join us for this clever board game and try to predict what others are thinking. The winner gets a fun prize.

TRIVIA & BRAINTEASER GAME

Tuesday, May 13th at 10:30am-11:30am in Community Room

Do you like trivia and brainteaser? Then come check out the game. You could win a fun prize.

TRAVEL TALK

Monday, May 19th at 1pm-2pm in Community Room

Do you like to travel? Then come checkout this travel talk with Jeanie's Journeys a family owned tour company founded by Jeanie and Dave Johnston in 2010. Their tour company offers amazing, affordable, adventures for 55+ senior travelers. The travel talk will discuss the exciting adventures that they are offering for 2025-2026 including: America 250 Founders Tour; Alaska Cruise; New York City Tour; Branson at Christmas Tour; German Christmas Market River Cruise; African Safari Tour; Antarctica Cruise and much more.

BOOK RECYCLE PROGRAM

Tuesday, May 27th at 9am-1pm in Community Room

Do you love to read? Then come check out all the free books in the community room. Drop off books any time at membership or bring in the day of exchange.

SENIOR HEALTH & FITNESS DAY

Wednesday, May 28th at 9am-1pm in Community & Meeting Rooms

The YMCA will be celebrating seniors! Come check out the variety of demonstrations, speakers and fitness classes. Bring your friends in for free! See flyer for details.

FOREVERWELL ACTIVITIES – SIGN UP WITH KIM AT 763-717-1811. SPACE IS LIMITED.

FISHING FOR LIFE

Thursday, May 15th at 8:00am-4:00pm in Gym

The YMCA will be hosting the Fishing for Life Event. If you have used fishing equipment to donate, bring it in and drop it in the barrel in the lobby. We are looking for volunteers to help clean, sort and re-line fishing poles. Register with Kim by May 13th. Lunch provided to volunteers while supplies last.

LUNCH OUTING

Thursday, May 15th at 12:30pm

We will be meeting at La Casita across from the YMCA. Must have own transportation and meal is on your dime. Deadline May 13th.

FOREVERWELL BINGO

Tuesday, May 20th at 1:30pm-2:30pm in Community Room

Come join other ForeverWell members playing bingo. You could win some prizes! Bring a non-perishable item/canned goods to help us stock the food shelf. Deadline May 19th.

FOREVERWELL POTLUCK

Wednesday, May 21st at 12:00pm-1:00pm in Community Room

Come join other seniors for a potluck. A time to eat and socialize with friends. Registration is required by May 20th, let Kim know what food item you will be bringing. Coffee provided.

THRIVING AT HOME PRESENTATION

Thursday, May 29th at 1pm-3pm in Meeting Room

Expert advice on aging in place by a panel of experts presented by Senior Blue Books. Explore how small adjustments and expert guidance from our panelists can enhance your home environment and help you maintain independence to stay in your home longer. Register with Kim by May 27th.

AARP SMART DRIVER COURSE

Friday, May 30th at 9am-1pm in Meeting Room

Do you need to take the course on defense driving? AARP will be here to host the course. This course is for anyone that needs a refresher course and first timer. Register with Kim at 763-717-1811. Cost: \$20.00 for AARP members & \$25.00 for Non AARP members. Payment needs to be a check made out to AARP. No cash! Bring your AARP card to class. Deadline May 27th. Space is limited.

VOLUNTEER OPPORTUNITIES

EVERY MEAL-Thursday, May 8th at 1pm-3pm

You may be participating in the packing of food bags for local communities in need. Own transportation to 2723 Patton Rd. in Roseville. Deadline by May 6th.

KIDS IN NEED FOUNDATION-Monday, May 12th at 1:00pm-3:00pm (NEW TIME & LOCATION)

You may be participating in activities ranging from organizing school supplies to packing backpacks. Own transportation to new location 200 South Owasso Blvd. E in Little Canada. Deadline May 9th.

FEED MY STARVING CHILDREN-Thursday, May 29th at 2:30pm-4:15pm

Bring your family and grandchildren to volunteer! FMSC is a nonprofit organization that feeds starving children in body and spirit. Own transportation to 401-93rd Ave. in Coon Rapids. Deadline May 27th.

ACTIVE OLDER ADULT GROUP EXERCISE CLASSES

<u>Monday</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
6:45am-7:30am	FW Cycle	FA	Chuck H
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Angie O
10:30am-11:15am	Group Cycle	FA	Tiffany
10:20am-11:20am	FW Cardio	MP	Velma
10:45am-11:30am	SS Yoga	FS	Kim GB
12:00pm-1:00pm	SS Classic	FS	Kim GB
<u>Tuesday</u>			
8:15am-9:00am	FW Combo	FS	Stephanie E
9:30am-10:15am	SS Circuit	MP	Stephanie E
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
10:30am-11:30am	Gentle Yoga	MP	Ann
10:45am-11:30am	FW Strength	FS	Angie O
11:00am-11:45am	Water Exercise	Pool	Julia
11:45am-12:45pm	Tai Chi for Health	MP	Dale K
<u>Wednesday</u>			
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	Water X	Pool	Kim GB
9:30am-10:15am	SS Circuit	MP	Chandra
10:30am-11:15am	FW Stretch	MP	Lumiko O
5:30pm-6:30pm	Gentle Yoga	MP	Dale
<u>Thursday</u>			
6:45am-7:30am	FW Cycle	FA	Chuck H
9:30am-10:15am	SS Circuit	MP	Kim GB
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
11:00am-11:45am	Arthritis Water X	Pool	Karri S
11:45am-12:30am	SS Yoga	FS	Kim GB
<u>Friday</u>			
8:15am-9:00am	Water Exercise	Pool	Rachel L
9:00am-10:00am	FW Combo	FS	Velma
9:15am-10:00am	FW Water X	Pool	Angie O
9:30am-10:15am	SS Classic	MP	Kim GB
10:30am-11:15am	FW Stretch	MP	Lumiko O
11:30am-12:30pm	Tai Chi for Health	MP	Lumiko O
1:00pm-2:00pm	Line Dance	FS	Kim GB
5:15pm-6:00pm	Aqua Zumba®	Pool	Natalie K
<u>Saturday</u>			
8am-8:45am	Aqua Zumba®	Pool	Darcy F
10:20am-11:20am	Intermediate Line Dance	MP	Kayla M

MP=Multipurpose Studio (1st floor) FS=Fitness Studio (2nd floor) FA=Fitness Alcove (2nd floor)
 SS=SilverSneakers™ FW=ForeverWell

MAY SAFETY TOPIC – SEVERE WEATHER CRISIS RESPONSE AT THE Y

This month we lift up the MN Dept. of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it is essential to plan ahead for Minnesota's severe spring and summer weather. An informed, involved community is more resilient to disaster. Being prepared helps reduce the risks and costs of hazardous weather events. Here are some great ways to help you, your friends and family prepare for Severe Weather:

- Create or update emergency plans with your entire family so everyone knows what to do in an emergency. Ensure everyone has up-to-date contact info and knows what to do.
- Practice your family plan during the tornado drills. Have everyone build a family emergency kit together.
- Check with places your family spends time, such as schools, workplaces, churches, markets, or sports facilities to learn what their emergency plans are.
- Share the plans for these areas with your entire family and talk about what you would do if your family was not together during a disaster.
- Plan with your neighborhood. Ask your homeowners association, your tenants group or neighborhood association to make emergency preparedness an agenda item during your next meeting. Make sure there is an evacuation plan for your neighborhood.
- Ask the front desk or your ForeverWell Coordinator what you should do in the case of severe weather during your visit to the Y.



1

Build an emergency kit.

What to pack:
Water, food, flashlight, battery-powered radio, first aid kit, medications, phone charger, copies of important papers, blankets.

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American Red Cross



2

Plan what you'll do.

- Decide **where you'll go** if you have to evacuate.
- Know how to **contact your kids**.
- Plan to **bring any pets** with you.

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American Red Cross



3

Know how to stay informed.

- **Download** the free Red Cross Emergency app.
- **Follow reputable local accounts** on social media for updates.

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American Red Cross