



# FOREVERWELL

May 2025 | NEW HOPE YMCA



## New to the Y?

### FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER FOR NEW AND RETURNING MEMBERS

This assessment is a complimentary consultation to discuss your wellness goals, learn how to safely use equipment you are *most* interested in, ask questions about any programs like Personal Training or class offerings, and set up a plan to help you improve your health, fitness, strength, balance, and flexibility. The assessment includes a FREE In-Body Scan to determine your body composition between fat, water, and muscle.

Contact Gary Sandin, Health & Wellness Director to schedule your Fitness Assessment, 952-582-8284 [gary.sandin@ymcanorth.org](mailto:gary.sandin@ymcanorth.org)

### DISCOVER ALL THE BENEFITS OF YOUR FOREVERWELL MEMBERSHIP

Tuesday afternoons 3-4pm or by appointment. Contact Nancy Danielson, ForeverWell Coordinator 763-592-5520 [nancy.danielson@ymcamn.org](mailto:nancy.danielson@ymcamn.org)

## NATIONAL SENIOR HEALTH AND FITNESS DAY

### WEDNESDAY MAY 28<sup>TH</sup>

**8am-4pm Open House - Invite your friends to come to the Y!**  
**Activities Include: Free Balance Assessments, Free Group Exercise Classes, Indoor Pickleball, Water Volleyball, BINGO, and prize drawing for visiting non-members. See Page 3 for activity times and locations.**

## FREE PRESENTATION: Senior Food Insecurity

Thursday May 22nd, 10:30am in the MPR

A presentation provided by Age-Friendly Hennepin County  
Sign-up at the Welcome Desk

According to a resident survey conducted by Hennepin County Public Health, nearly 11% of older adults, 65+ living in Hennepin County, report that they "often" or "sometimes" have worried about food or experienced hunger in the past 12 months. Hennepin County Food Security Coordinator, Kassy Nystrom, will join us to share more data and an update on efforts that are occurring to address food insecurity for all county residents.

## Branch Hours

Monday-Friday: 5am - 9pm  
Saturday-Sunday 7am-5pm  
Customer Service (including reservations)  
612-230-9622

## New Hope Y

7601 42nd Ave N, New Hope  
Nancy Danielson  
ForeverWell Coordinator  
[nancy.danielson@ymcanorth.org](mailto:nancy.danielson@ymcanorth.org)  
Phone: 763-592-5520



# FOREVERWELL IN – BRANCH GROUP EXERCISE CLASSES

## MONDAY:

*8:00am	Water Exercise with Tracy	Pool
8:15am	ForeverWell Combo with Renee	Studio 1
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Ashley	Studio 1
1:00pm	Tai Chi with Tom	Studio 2

## TUESDAY:

*8:00am	Aqua Zumba with Maren	Pool
8:15am	ForeverWell Combo with Angie	Studio 1
9:30am	ForeverWell Balance with Nancy	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
10:30am	ForeverWell Combo with Renee	Studio 1
*11:00am	Arthritis Water Exercise with Carole	Pool
11:30am	Chair Yoga with Shayna	Studio 1

## WEDNESDAY:

*7:15am	Deep Water Exercise with Tracy	Pool
11:00am	Line Dancing with Colette	Studio 2
11:00am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:00pm	ForeverWell Balance with Colette	Studio 2
12:00pm	SilverSneaker® Classic (chair) Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

## THURSDAY:

*7:45am	Aqua Zumba with Amanda	Pool
8:15am	ForeverWell Combo with Renee/Mary	Studio 1
9:30am	Zumba with Yasmin	Studio 2
9:45am	Group Active with Emily	Studio 1
11:00am	ForeverWell Combo - <b>Virtually led</b>	Studio 2
*11:00am	ForeverWell Water Ex with Carole	Pool

## FRIDAY:

*7:15am	Aqua Zumba with Amanda	Pool
9:30am	Gentle Yoga (floor) with Mary	Studio 2
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Nancy	Studio 1

## SATURDAY:

11:00am	ForeverWell Combo - <b>Virtually led</b>	Studio
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### \* THESE ACTIVITIES STILL REQUIRE RESERVATIONS:

Reserve your space using the Y app, this link <https://www.ymcanorth.org/reservations>  
Or call Customer Service 612-230-9622

## FREE MEMBER WELLNESS BENEFITS

Members may participate In each opportunity one-time.

### 30-MINUTE WELLBEING CONSULTATION

(Virtual and In-Person Options\*) (\$45 Value): A wellbeing consultation is a 30-minute conversation to explore what matters most to you on your wellbeing journey and help discover potential next steps. - Register at [YMCAMN.org](http://YMCAMN.org) [Health & Wellbeing Coaching In Twin Cities MN - Mind, Body & Spirit | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/health-wellbeing-coaching-in-twin-cities-mn-mind-body-spirit)

### 30-MINUTE NUTRITION CONSULTATION

(Virtual and In-Person Options\*) (\$45 Value): A nutrition consultation is a 30-minute conversation to discuss your primary concerns or goals, and opportunities to further support your wellbeing through food/nutrition. [YMCA Nutrition Coach In Twin Cities MN - Online Nutrition Consulting | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/nutrition-coach-in-twin-cities-mn-online-nutrition-consulting)

\* In person Consultation Locations vary

### PREFER TO EXERCISE AT HOME?

Live and recorded classes are available at <https://www.ymcanorth.org/virtual-ymca-login>

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



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# NATIONAL SENIOR HEALTH AND FITNESS DAY

NEW HOPE Y | WEDNESDAY MAY 28, 8AM - 4PM

**FREE AND OPEN TO ALL!**

Coffee -8-10am, Free Balance Assessments 9-10am, Pickleball 10:30am-1:30pm, Adult Water Volleyball 11am - 1pm, Cribbage 1-2pm, BINGO/Root Beer Floats/Popcorn 1:30-2:30pm, ForeverWell and New Hope Y Program Orientation 3-3:45pm, Prize Drawing for Visiting Non-members at 4pm.

Participate in a Free Group Exercise Class:

11-11:45am SilverSneaker Yoga OR Line Dancing

12-12:45pm SilverSneaker Classic OR ForeverWell Balance

Want a **FREE** Membership?

Your Medicare Advantage plan may cover it!!

Bring your ID & Insurance Card to verify your eligibility today!

**FOR MORE INFORMATION:**

**NANCY.DANIELSON@YMCAMN.ORG**

**763-592-5520**

# WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

**MONDAYS: PICKLEBALL IN THE GYM** - 10:30am - 1:30pm Full Gym

**MONDAYS: ADULT WATER VOLLEYBALL** - 11am - 1pm Shallow end of Pool

**MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS** - 2:00-4:00pm Pool Lobby

**TUESDAYS: COFFEE CHAT** - 8am-10am Lobby

**TUESDAYS: NEW MEMBER WELCOME AND ORIENTATION** - 3-4pm. Meet at Welcome Desk

**TUESDAYS: MAH JONGG** - 12:30pm-2:30pm Pool Lobby

**WEDNESDAYS: COFFEE CHAT** - 8am-10am Lobby

**WEDNESDAYS: PICKLEBALL IN THE GYM** - 10:30am - 1:30pm Full Gym

**WEDNESDAYS: ADULT WATER VOLLEYBALL** - 11am - 1pm Shallow end of Pool

**WEDNESDAYS: CRIBBAGE** 1:00pm Pool lobby. Cribbage board and cards available at Welcome Desk.

**FRIDAYS: PICKLEBALL IN THE GYM** - 10:30am - 1:30pm Full Gym

**FRIDAYS: ADULT WATER VOLLEYBALL** - 11am - 1pm Shallow end of Pool

## **BOOK DISCUSSION GROUP MEETS THIRD THURSDAY OF THE MONTH AT 2PM**

May 15th Educated - by Tara Westover

June 19th Tom Lake - by Ann Patchett

July 17th Horse - by Geraldine Brooks

**LOOK FOR MORE FOREVERWELL PROGRAMMING AND COMMUNITY OPTIONS ON THE FOREVERWELL BULLETIN BOARD NEAR THE VENDING AREA IN THE POOL LOBBY.**



# WELCOME TO NEW HOPE Y!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Chelsea Kellum

**ACSM Certified Personal Trainer**  
**B.S. Kinesiology/Physical Therapy Assistant**

## Specialties:

**Corrective Exercise**  
**Post Rehabilitation**  
**Balance & Fall Prevention**  
**Strength & Conditioning**

## Philosophy:

**“I believe that it’s never too late to improve your health and reach your goals”**



# WELCOME TO NEW HOPE Y!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Rob

# Finlayson

**NETA Certified Personal Trainer**  
**Certified Precision Nutrition Level 1 Coach**  
**Certified Kettlebell Coach**

## Specialties:

- Martial Arts
- Kettlebell
- Weight Management
- Functional Strength Training
- Fitness for Parents

## Philosophy:

**"My job is to make sure your workouts condition you for the rigors of life without taking over your life"**





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# OLDER ADULT FOOD INSECURITY

ACCORDING TO A RESIDENT SURVEY CONDUCTED BY HENNEPIN COUNTY PUBLIC HEALTH, NEARLY 11% OF OLDER ADULTS, 65+ LIVING IN HENNEPIN COUNTY, REPORT THAT THEY "OFTEN" OR "SOMETIMES" HAVE WORRIED ABOUT FOOD OR EXPERIENCED HUNGER IN THE PAST 12 MONTHS.

HENNEPIN COUNTY FOOD SECURITY COORDINATOR, KASSY NYSTROM, WILL JOIN US TO SHARE MORE DATA AND AN UPDATE ON EFFORTS THAT ARE OCCURRING TO ADDRESS FOOD INSECURITY FOR ALL COUNTY RESIDENTS

**SPONSORED BY AGE-FRIENDLY - HENNEPIN COUNTY**

Thursday May 22nd  
10:30am in the Multi-purpose Room

Sign up at Member Welcome Desk

22-GE01

## **Books for all ages needed for the Lobby Lending Library.**

Please return previously borrowed books or donate unwanted books. (No magazines or reference books).

Drop off at Welcome Desk. THANK YOU !



## ForeverWell Event Calendar - May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	3 Pilates demonstrations 9:30-10:30am Lobby Sign-up at Welcome Desk
4	5 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby <b>Red Cross Blood Drive</b>	6 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby <b>ForeverWell Orientation 3-4pm</b>	7 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby <b>Pilates demonstrations 10:45-11:45am Lobby Sign-up at Welcome Desk</b>	8	9 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	10
11	12 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	13 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby <b>ForeverWell Orientation 3-4pm</b>	14 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	15 Book Group 2-3pm Multi-purpose Room	16 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	17
18	19 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	20 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby <b>ForeverWell Orientation 3-4pm</b>	21 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	22 <b>Senior Food Insecurity Presentation 10:30am MPR Sign-up at Welcome Desk</b>	23 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	24
25	26 <b>Closed for Memorial Day Holiday</b>	27 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby <b>ForeverWell Orientation 3-4pm</b>	28 <b>Senior Health and Fitness Day</b> Open House 8am-4pm Coffee Chat 8-10am Lobby Balance Assessments 9-10am Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby BINGO and Root Beer Floats 1:30-2:30pm MPR ForeverWell Orientation 3pm	29	30 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	31