



FOREVERWELL

MAY 2024 | ANDOVER
FOREVERWELL COORDINATOR: REWA GIROUX-DUMAS

***MEMORIAL DAY HOURS
7AM-NOON**

SAVE THE DATE



YMCA BIKE RIDERS

The **first ride** this summer will be on :

Thursday, June 4, at 10 a.m.

We will start from the Andover Y. The ride will be in northwest Andover. The distance will be about 16 miles. Bring a lunch and water.

**Informational meeting:
Friday, May 17, 9 a.m.**

**NO Balance Class 5/27
YMCA hours 7am-Noon**

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
Orientations every Thursdays
10:00-10:45

MAY: WHOLE BODY WELLNESS

Celebrate National Senior Health & Fitness Day May 29th

Healthy Breakfast Options 8:00am
ForeverWell Room



Line Dancing w/ GINGER! 1200
studio 3

Pilates Reformer Demos TBA

Meditation & Sound 3:00pm
ForeverWell Room



Saturday, May 11th 9am-2pm

Contact Rewa, YMCA Foreverwell
Coordinator
612-465-0515
Rewa.giroux-dumas@ymcamn.org

Saturday May 11th 9:00- 2:00

Red Cross Blood Drive **Friday June 21st**



**American
Red Cross**

11:00-5:00 in the ForeverWell Space

BRANCH HOURS

MAY 27TH 7AM-12

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

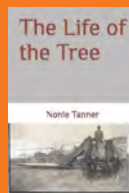
UPCOMING FREE EVENTS

AUTHOR TALK! LIFE OF THE TREE



WEDNESDAY MAY 15, 2024
12:15-1:15

Presented by Nonie Tanner
Andover YMCA Chaplain



Power of Thought

Presented by Dulce Vida

Law of Attraction, Present Moment, and Gratitude

Tuesday, May 7th 12:15 - 1:15

"Believing in the power of thought and the boundless capabilities we each possess, I am dedicated to empowering individuals to cultivate unwavering self-belief."



MARIA BOILEAU
CUSTOMIZED ASSISTED TRAVEL
FRIDAY MAY 10TH
12:00-1:00



Come learn all that Maria has to offer! Travel, medical appointments, relocation, celebrations and more!



Jeanie's Journeys

Come hear about their AMAZING Tours!



Friday May 31st 12:15-2:00



Flower Arranging Activity
Thursday May 30th 12:15-1:15

Hospice Information and Discussion
with Patty Zenz



TAKE your flowers home with you!

Mediterranean Bean Salad

By: Cookie & Kate

INGREDIENTS

- 2 cans red kidney beans (15 ounces each), rinsed and drained, or 3 cups cooked kidney beans
- 1 can chickpeas (15 ounces), rinsed and drained, or 1 ½ cups cooked chickpeas
- 1 small red onion, diced (about 1 cup)
- 2 stalks celery, sliced in half or thirds lengthwise and chopped (about ¾ cup)
- 1 medium cucumber, peeled, seeded and diced
- ¾ cup chopped fresh parsley
- 2 tablespoons chopped fresh dill or mint
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice (about 1 ½ lemons)
- 3 cloves garlic, pressed or minced
- ¾ teaspoon salt
- Small pinch red pepper flakes

INSTRUCTIONS

1. In a serving bowl, combine the prepared kidney beans, chickpeas, onion, celery, cucumber, parsley and dill.
2. Make the lemon dressing: In a small bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper flakes until well blended. Pour the dressing over the salad and stir until combined.
3. Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours or longer. Leftovers will keep well, covered and refrigerated, for up to 4 days. If necessary, wake up leftovers with a little sprinkle of salt or drizzle of lemon juice.

NOTES

Recipe adapted from [Ethnic Cuisine: How to Create the Authentic Flavors of Over 30 International Cuisines](#) by

YMCA OUTDOOR CYCLING CLUB SUMMER 2024 !



Even if you can't make the meeting, don't let that keep you from riding. The ride schedule will be posted at the Y in the Forever Well Room after May 17. If you find a ride you'd like to do, just show up at the start with a bike, lunch and water. You will be welcome.

There will be weekly bike rides in June, July and August this coming summer. This will be our 8th year! For those who have participated in the past, the activity will be pretty much as before; some old routes and, hopefully, a couple of new ones. For those haven't ridden with us before, we ride a variety of different routes around the Twin Cities. Most rides are between 20 and 25 miles in length; some less and some more. We travel at moderate speed, usually between 8 and 12 miles per hour.

Our rides are not races. There is no prize for finishing first. We ride together, take breaks as needed, no one is left behind. There is no cost to ride. All you need is a bicycle, electric or pedal only, in good operating condition and the ability to safely operate it.

It's May, time to start thinking about getting yourself ready to ride and preparing your bike for the journeys you will make this summer. Bike shops get busier as biking season gets closer, so if you plan to take your bike in for service, sooner might be better than later.

There will be a **meeting at the Andover YMCA May 17th at 9:00 am** to give details of the plans for this summer. The date, time and exact location of this meeting will be in the May edition of this bulletin. I hope you will consider riding with us this summer. - Tom

These rides are hosted by volunteer: Tom Lammers

Questions? contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcamn.org 612 465-0515

DEMENTIA CAREGIVER SUPPORT GROUP

**1ST WEDNESDAY OF THE MONTH
(05/01) 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@lifesparks1.com

NORTH METRO UKULELE CLUB!

WEDNESDAYS 9:00 – 10:30AM

When was the last time you did something for the first time?

Ukulele could be your next NEW adventure!

All are welcome, beginner through advanced. No pressure, just fun times :)

**Concert with local
Inspire Choir
Sunday, May 19th
6:00pm at**

Faith Lutheran Church
1115 Hanson Blvd NW



FOREVERWELL POTLUCK! 3RD TUESDAY OF THE MONTH

MAY 21ST 12:00 – 1:00 PM

NEXT MONTH'S POTLUCK JUNE 18TH 2024

THEME: PICNIC FAVORITES



CHAIR MOVEMENT & BALANCE WITH REWA

MONDAYS IN THE TEEN ROOM 12:00–12:45

WE WILL EXPLORE FUNCTIONAL, YOGA AND BALANCE BASED MOVEMENT
THIS CLASS WILL IMPROVE RANGE OF MOTION, STRENGTH, BODY
AWARENESS, BONE HEALTH AND BALANCE ***NO CLASS MAY 27TH**

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



Outdoor Walking Club

May 10th & 24th

We start walking at 9:30 am

Meet at ForeverWell Room



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.

BIBLE STUDY W/MARY

THURSDAYS AT 9:15AM TEEN ROOM

All are welcome to this thoughtful and welcoming discussion. Does NOT meet 4/4

WOMEN IN FAITH – TEEN ROOM

FRIDAYS AT 7:45 – 9:00 AM

Come to sit and share. Hosted by Bonnie



Birding with a Naturalist

Dates & Times: Coming SOON!

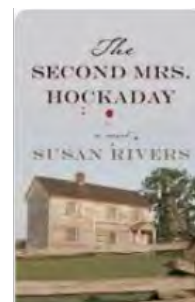
YMCA BOOK CLUB WITH PAM – TEEN ROOM

4TH WEDNESDAY OF THE MONTH (05/22) AT 10:30AM

May's Book: Title: *The Second Mrs. Hockaday* by Susan Rivers

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

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



HAPPY HOUR

3RD THURSDAY OF THE MONTH (05/16) 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

BEEF O'BRADY'S
★ GOOD FOOD, GOOD SPORTS ★

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TR = teen room HFT Hand foot and Toe CR=community room \$ = charge for activity WIF – Women in Faith ** see front page			1 7-9a coffee 9:30 Dimes Bingo 10:00a Dementia Support TR 11am Sevens 1:30 Mahjogg	2 7-9a Cofee 9:15 Bible study w/ Mary 1045a Dimes Bingo 1-4p 500 YMCA	3 7-9a Coffee 745 WIF TR 9:30 HFT 1:00p Cribbage 1:00 Cards; Dimes	4 1:00p HFT
5	6 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR	7 7-9a coffee 9:30 Dimes Bingo 11am Sevens Presentation: Power of Thought 1:30 Mahjogg	8 7-9a coffee 9-1030a Ukulele 1200 Farkle 4:30 Friends night out	9 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 1-4p 500 YMCA	10 7-9a Coffee 745a WIF 9:30 HFT 9:30 Outdoor WALKING 1:00p Cribbage	11 NO HFT 9:00 -2:00 Craft & Plant Sale 
12 MOTHERS DAY!	13 7-9a coffe 9:30 & 1:00 HFT 1200-1245 Movement & Balnce TR	14 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 Lunch Bunch 1:30 Mahjogg	15 7-9a coffee 9-1030a Ukulele 1200 Farkle 1:15 Author Talk Life of a Tree 4:30 Friends night out	16 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo	17 7-8:30 Coffee 745a WIF 9:30 HFT 9:30 YMCA Bike Club meeting 1:00p Cribbage 1:00 Cards; Dimes	18 1:00p HFT
19 Ukulele concert with : 	20 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR Painting Class Night Landscape \$	21 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 POTLUCK ! Picnic FAVORITES 1:30 Mahjogg	22 7-9a coffee 9-1030a Ukulele 10-1130 YMCA bookclub Pam 1200 Farkle 4:30 Friends night out	23 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 1-4pm YMCA 500	24 7-9a Coffee 745 WIF 9:30 HFT 9:30 Outdoor WALKING 1:00p Cribbage	25 1:00p HFT
26	27 MEMORIAL DAY OPEN 7am-Noon 7-9a coffee 9:30 & 1p HFT NO CLASS TODAY Movement & Balnce TR	28 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 Lunch Bunch 1:30 Mahjogg YMCA of the North 6 ymca	29 NSHW EVENTS** 7-9a coffee 9-1030a Ukulele 1200 Farkle 4:30 Friends night out	30 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 12:15 - 1:15 Flower arranging & hospice talk	31 7-9a Coffee 745 WIF 9:30 HFT 12:15-2:00 Jeanies Journies tour presentation 2:00p Cribbage	ForeverWell Orientations Every Thursday 10:00 am



IT'S ALL FUN & GAMES! ANDOVER FOREVERWELL

HANDS, FOOT & TOE CARDS

MONDAYS AT 9:30AM & 1PM
FRIDAYS AT 9:30AM
SATURDAYS AT 1PM

FARKLE!

WEDNESDAYS AT 12PM

SEVENS

TUESDAYS 11AM-12PM

HAND FOOT & TOE CARD TOURNAMENT!

Monday June 3rd starts at 1:00

Sign up in ForeverWell Room by May 31st

CRIBBAGE

FRIDAYS 1PM

MAHJONGG

TUESDAYS 1:30PM



DIME BINGO

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

DIMES CARD GAME

1ST AND 3RD FRIDAY
MAY 3RD & 17TH
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

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](#) which include classes that are at an increased intensity are on the [Group Exercise page](#) and online.

MONDAY

8:00am - Water Exercise
8:30 am Mat Pilates
9:15am - Gentle Yoga
10:30am - QiGiong **NEW!**
11:00am - Silver Sneakers Circuit
5:00pm - Yoga Flow
5:15pm - Aqua Zumba
7:00pm - Mat Pilates

TUESDAY

6:15am - Yoga (& 8:30am & 6:30pm)
7:00am - Aqua Zumba
8:00-8:45 Silver Sneakers Circuit
9:00am - Water Exercise |
9:30am SHINE dance fitness
10:15 am Foreverwell Cycle
10:30am - Yoga Flow
11:00am - Silver Sneakers Classic
12:00pm -Silver Sneakers Yoga
6:15 pm - SHINE dance fitness
6:30 pm - yoga

WEDNESDAY

8:30 am - SHINE dance fitness
9:00am - Water Exercise |
9:30am - Yoga
9:45am - Tai Chi Move For Better Balance
10:20-10:50 - Foreverwell Cycle
10:45am - Restorative Yoga
11:00am - ForeverWell Stretch
12:00pm - Zumba Gold **NEW!**

THURSDAY

6:15am - Yoga & 6:35pm
7:00am - Aqua Zumba
8:00-8:45 Silver Sneakers Circuit
8:30am - Mat Pilates
9:00 am - water exercise
9:30am - SHINE dance fitness
10:45am - Gentle Yoga |
11:00am - SilverSneakers Circuit
12:00pm - Chair Yoga
6:45 pm - Cardio dance

FRIDAY

9:00am - Water Exercise
9:30am - Yoga
9:45am - Thai Chi-Move for better balance
10:45am -Restorative yoga
11:00am - SilverSneakers Classic
12:00pm - Zumba Gold **NEW!**

SATURDAY

8:00am - Water In Motion
9:30 am - Cardio dance

SUNDAY

10:00am - SHINE dance fitness
10:45am - Yoga

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!

FITNESS ASSESSMENTS

Want to schedule a one-on-one 60-minute session with a certified personal trainer? Appointment will include:

- Conduct a fitness assessment
- Identify areas of strength
- Identify areas that need improvement
- Goal setting
- Develop a custom path to help you achieve your well being goals. * with package
- Tour of fitness center and equipment
- Awareness of all Y well-being modalities
- Some locations also offer an InBody Assessment to quickly and accurately measure your body fat percentage and basal metabolic rate at no charge to the member.

Stop by our member service desk today to sign up for a fitness assessment. [One FREE assessment per membership.](#)

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

*Check our app or website for the most up-to-date

Acrylic Nighttime Landscape Painting Class

Monday, May 20th 3:00–5:00pm

Instructor: Britt

Are you curious about painting or just looking for a fun afternoon to try something new?

Join Britt as she takes us through a guided process; how to compose and render a nighttime landscape inspired by northern Minnesota on a canvas. Focusing on line, color, and shape, students will learn how to create a painting to reflect real-life scenes in a painterly way.



Registration required

\$27 members \$30 non-members

Sign-up at Members Service desk or online

Questions? Contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcsmn.org 612-465-0515 | 9 | ymcanorth.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Watercolor Class!

Monday, June 3rd

1:00 – 3:00 pm

Instructor: MaryLeah

Curious about WATERCOLOR?

Take time for YOU!

Using watercolor paint, students will make their own unique composition of flowers of their choice. We will bring a few books and magazines as references or individuals may work from a photo they have on their personal devices.

Bring friends and family! Enjoy an afternoon painting wild flowers.



Registration required

\$25 members \$30 non-members

ages 15+

Sign-up at Members Service desk or online

Questions? Contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcsmn.org 612 465-0515



ANDOVER YMCA CHAMPLAIN

NONIE



In our Andover YMCA, we have a Chaplain and, a prayer box, where we welcome members and staff to share their requests. The prayer box is located in the waiting area just under the TV.

NONIE'S SCHEDULE:

Nonie is available in person on
Mondays and Fridays from
2:00-4:00 pm.

When you see her, feel free to
approach and have a conversation.

We all need prayer! Often, there are
things that we place in our life
where we need others to pray for us.
Share your requests with Chaplain
Nonie. Your requests go directly to
Nonie. If you would like to connect
with her directly, you may place that
request in the box as well.

Note: All requests are kept confidential..

Submit your request for yourself or
others today.

Email:
AndoverYMCAchaplain@gmail.com

May Safety Topic:

SEVERE WEATHER CRISIS RESPONSE

This month we lift up the MN Dept of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it's 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.

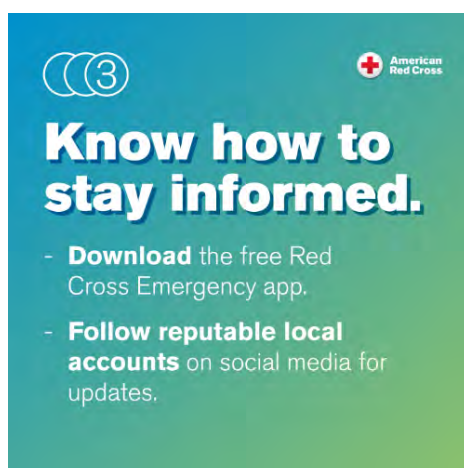
Practice your family plan during the tornado drills. Have everyone build a family emergency kit together.

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.



Infographic 3: Know how to stay informed. American Red Cross logo. (3) Know how to stay informed.

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



Infographic 1: Build an emergency kit. American Red Cross logo. (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.

→



Infographic 2: Plan what you'll do. American Red Cross logo. (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.

→