



FOREVERWELL

APRIL 2024 | ANDOVER
FOREVERWELL COORDINATOR: REWA GIROUX-DUMAS

SAVE THE DATE



DOUG OHMAN

PRESENTS: APRIL 18TH
1:30 - 2:30

NAME THAT TOWN

Fabulous story teller,
historian and photographer!

Sign up at Members Services
Registration required.

Open to ALL ages
Families welcome!

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 Thursday
10:00-10:45

APRIL: CELEBRATE EARTH DAY!

PROTECTING OUR PLANET STARTS WITH YOU



**BIKE MORE
DRIVE LESS**



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.



Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



**reduce
REUSE
recycle**

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.

choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.



Buy less plastic and bring a reusable shopping bag.



Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



**PLANT
A TREE**



Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.



oceanservice.noaa.gov

TUESDAY APRIL 2ND

12:15-1:15

Herbal Tea 101



**Taste Learn Grow
w/ Elsa Oliveri**

UNDERSTANDING VEIN

DISEASE

FRIDAY APRIL 19TH

9:00-10:00 AM

Presented by Dana S. Johnson, MS



COFFEE & PASTRIES SERVED!

BRANCH HOURS

Weekdays 5am-9pm
Saturdays 7am-8pm
Sundays 7am-8pm

ANDOVER YMCA

15200 Hanson Blvd, Andover, MN
Customer Service: 736 230-9622
Rewa Giroux-Dumas 612 465-0515
ForeverWell Coordinator
Rewa.Giroux-Dumas@ymcamn.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OUTDOOR CYCLING CLUB SUMMER 2024 !



BIKE RIDES AGAIN!

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 April, 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 Y in mid to late May 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 (04/03) 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@twsl.com



credit: Lola Rugula
sample only

CRAFT FOR APRIL: DECOPAGE GLASS

Wednesday April 3, 10, 17 1:00 - 2:00 ForeverWell Room
April 24th - bring your project to finish on your own

FOREVERWELL POTLUCK! 3RD TUESDAY OF THE MONTH

APRIL 16TH 12:00 - 1:00 PM



THEME: SOUP & SALADS

NEXT MONTH'S POTLUCK MAY 21 2024

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



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

WOMEN IN FAITH - TEEN ROOM

FRIDAYS AT 7:45 - 9:00 AM
Come to sit and share. Hosted by Bonnie

YMCA BOOK CLUB WITH PAM – TEEN ROOM

4TH WEDNESDAY OF THE MONTH (04/24) AT 10:30AM

April's Book: Title: Seven Days in June by Tia Williams

Please come and share in our discussions. Everyone is welcome.
Reach out to Pam with any questions at pamequinox41@yahoo.com.



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

BOOK CLUB W/JO – TEEN ROOM

3RD MONDAY OF THE MONTH (04/15) AT 9:30 – 10:30 AM

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 :)

HAPPY HOUR

3RD THURSDAY OF THE MONTH (04/18) 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





APRIL 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	1 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR 6:30 pm Master Gardeners	2 7-9a coffee 9:30 Dimes Bingo 10:00a Dementia Support TR 11am Sevens WORKSHOP herbal Tea 101 12:15 -1:15 1:30 Mahjogg	3 7-9a coffee 9-1030a Ukulele 1200 Farkle 1:00 craft 4:30 Friends night out	4 7-9a Cofee NO Bible study w/Mary cancelled 1045a Dimes Bingo 1-4p 500 YMCA	5 7-9a Coffee 745 WIF TR 9:30 HFT 1:00p Cribbigge 1:00 Cards; Dimes	6 Spring Fling YMCA & BAKE SALE FW room 10:00- 1:00 NO HFT today
7	8 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR HFT Tournament 1-4pm	9 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1:30 Mahjogg	10 7-9a coffee 9-1030a Ukulele 1200 Farkle 1:00p on your own CRAFT 4:30 Friends night out	11 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 1-4p 500 YMCA	12 7-9a Coffee 745a WIF 9:30 HFT 1:00p Cribbigge	13 1:00p HFT
14 Open Sewing Club 8:00 - 5:00 bring your own project and materials	15 7-9a coffe 9:30 & 1p no HFT 930a Jo Book Club TR 1200-1245 Movement & Balnce TR 1-3 pm Oil Painting Bird \$	16 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 POTLUCK ! 1:30 Mahjogg	17 7-9a coffee 9-1030a Ukulele 1200 Farkle 1:00p CRAFT 4:30 Friends night out	18 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 1:30-2:30 Doug Ohman ! \$	19 7-8:30 Coffee 745a WIF 9:00- 10:00 Medtronic VEIN health NO 9:30 HFT 1:00p Cribbigge 1:00 Cards; Dimes	20 1:00p HFT
21	22 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR	23 7-9a coffee 9:30 Dimes Bingo 11am Sevens 12:15-1:00 mindful eating	24 7-9a coffee 9-1030a Ukulele 10-1130 YMCA bookclub Pam 1200 Farkle 1:00 open craft table 4:30 Friends night out	25 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 1-4pm YMCA 500	26 7-9a Coffee 745 WIF 9:30 HFT 1:00p Cribbigge	27 1:00p HFT
28	29 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR	30 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 Lunch Bunch 1:30 Mahjogg		ForeverWell Orientations Every Thursday 10:00 am		



IT'S ALL FUN & GAMES! ANDOVER FOREVERWELL

HANDS, FOOT & TOE CARDS

MONDAYS AT 9:30AM & 1PM **NO HFT 4/15**
FRIDAYS AT 9:30AM **NO HFT 4/19**
SATURDAYS AT 1PM **NO HFT 4/6**

APRIL 8TH HFT TOURNAMENT!
REGISTRATION REQUIRED BY APRIL 5TH
SEE CONNIE, GWEN, LORI OR REWA

FARKLE!

WEDNESDAYS AT 12PM

SEVENS

TUESDAYS 11AM-12PM

CRIBBAGE

FRIDAYS 1PM

MAHJONGG

TUESDAYS 1:30PM



DIME BINGO

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

NEW!!! DIMES CARD GAME

1ST AND 3RD FRIDAY
FEB. 2ND & 16TH
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 - ForeverWell Combo
5:00pm - Yoga Flow
5:15pm - Aqua Zumba
7:00pm - Mat Pilates

TUESDAY

6:15am - Yoga (& 8:30am & 6:30pm)
7:00am - Aqua Zumba
NEW 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 - ForeverWell Strength
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- Silver Sneakers Classic
12:00pm - Zumba Gold **NEW!**

THURSDAY

6:15am - Yoga & 6:35pm
7:00am - Aqua Zumba
NEW 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

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

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

UPCOMING FREE EVENTS

HERBAL TEAS 101

TUESDAY APRIL 2, 2024 12:15-1:15

Presented by Elsa Oliver



HAND FOOT & TOE CARD TOURNAMENT!

Monday April 8th starts at 1:00

Sign up in ForeverWell Room by April 5th

UNDERSTANDING VEIN DISEASE

FRIDAY APRIL 19TH 9:30-10:30

IN THE FOREVERWELL ROOM

Presented by Dana S. Johnson, MS



Medtronic
Further Together

Chronic venous insufficiency (CVI) and varicose veins are more common than you think, affecting more than 30 million people in the United States.

Want to learn more? SIGN UP for this free learning experience at the ForeverWell white board.



Coffee and Pastries provided by
Medtronic



MINDFUL EATING TASTE OF JAPAN JOURNEY INTO MINDFULNESS



LET'S EXPLORE THE CONNECTION WITH FOOD AND OUR HEALTH: LEARN ABOUT NUTRITION, FOOD CHOICES, GATHERING TOGETHER, AND MINDFULNESS.

MAY: MINDFUL EATING HOST: REWA GIROUX-DUMAS
DATE: TUESDAY APRIL 23RD 12:15-1:00 PM

Outdoor Walking Club
Starting May 2024 Days & Times TBD



Birding with a Naturalist
Dates & Times: Coming SOON!

Green Salad with Apples, Cranberries and Pepitas

Author: Cookie & Kate

Ingredients:

Green Salad

- 5 ounces (about 5 cups) spring greens salad blend
- 1 large or 2 small Granny Smith apple(s)
- 1/3 cup dried cranberries
- 1/4 cup pepitas (green pumpkin seeds) or chopped raw pecans
- 2 ounces chilled goat cheese, crumbled (about 1/3 cup)



Apple cider vinaigrette

- 1/4 cup extra-virgin olive oil
- 1 1/2 tablespoons apple cider vinegar
- 1 1/2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon fine sea salt
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. Toast the pepitas: In a medium-sized skillet, toast the pepitas over medium heat, stirring frequently, until they are turning golden on the edges and making little popping noises (if using pecans instead, warm them just until they are fragrant). Transfer the pepitas to a small bowl to cool.
2. Make the dressing: In a cup or jar, whisk together the olive oil, vinegar, honey, mustard and salt until well blended. Season to taste with pepper.
3. Just before serving, chop the apple into thin, bite-sized pieces. Place your greens in a large serving bowl. Top with sliced apple, dried cranberries and toasted pepitas. Use a fork to crumble the goat cheese over the salad.
4. Drizzle the salad with just enough dressing to lightly coat the leaves once tossed (you probably won't need all of it). Gently toss to mix all of the ingredients and serve!

NOTES

Make it vegan: Substitute maple syrup for the honey and omit the cheese.

OIL PASTEL BIRD PAINTING WORKSHOP

Monday, April 15th 1:00pm - 3:00pm

Instructor: MaryLeah Marshall from RumRiver Arts Center

Oil pastels were created for oil painters to easily travel with their paints and we now enjoy this medium as a fluid and fun way to create!

Students will have guidance on sketching their bird followed by learning techniques for creating texture with oil pastels.

Registration required

\$25 members

\$30 non-members

**Sign-up at Memebers service desk
or online**



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

North | 9 | ymcanorth.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DOUG OHMAN PRESENTS:

NAME THAT CITY !

THURSDAY APRIL 18TH

1:30-2:30

FOREVERWELL ROOM

Journey throughout the state of Minnesota with historian, photographer and storyteller Doug Ohman, Pioneer Photograph, as he explores towns and villages. This program focuses on the rich history of various locations and cities with FUN and interesting stories relating to town names. Doug conducts this program in an engaging, fun, creative way that encourages participation for those who enjoy Minnesota history and stories. **Reserve your seat TODAY!**



Sign up TODAY!

Fantastic photography

History & Stories

Games & Laughter

Registration required:

\$15 members

\$20 non-members

Space is limited.

Register at the YMCA member services desk

Open to ALL ages

Families welcome





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.