



# FOREVERWELL

APRIL 2024 BURNSVILLE

## SAVE THE DATE

COFFEE - WEDNESDAYS

HAND & FOOT - THURSDAYS

COLORING & COFFEE

T, April 9<sup>th</sup> & 23<sup>rd</sup>

CARDCRAFTING

Th, April 11<sup>th</sup>

FILM DISCUSSION

M, April 15<sup>th</sup>

FOREVERWELL CONNECTION

T, April 16<sup>th</sup>

MEDTRONIC COFFEE

TH, April 18<sup>th</sup>

MEDITATION

Th, April 18<sup>th</sup>

APRIL SHOWERS BINGO

F, April 19<sup>th</sup>

WALKING POKER

W, April 24<sup>th</sup>

BRUNCH BUNCH

F, April 26<sup>th</sup>

CARE A PARENT

T, April 30<sup>th</sup>

**Kathi Eilers, FW Coordinator**



## RENEW, REFRESH, RESTORE ...

### SPRING IT ON!

Spring is in the air! What a great time to renew, refresh and restore. This time of year we acknowledge our connection to our environment. The weather, seasons and environment impact our behavior, circadian rhythm and feelings. I encourage you to bring the hope and intention of Spring to your activities. We again feature self-care opportunities for learning and practice. See page 2 for more about the YMCA's commitment to you and your wellbeing. I hope to see you enjoying a class, training in the fitness center and /or especially taking part in our self-care learning opportunities with your friends here at the Y.

### SCHOOL SUPPLIES NEEDED!

Kid Stuff is collecting much need school supplies for ISD#191. #2 pencils, wide rule spiral notebooks, 24 count crayons, full list is posted on the Kids Stuff Door.

### VOLUNTEER!

### GROUP ACTIVITY LEADERS:

### ARE YOU INTERESTED IN LEADING A YMCA ACTIVITY GROUP?

I am looking for volunteers to lead activity groups at the YMCA. It can be once a month or once a week. Group ideas: Nordic Walking Group, Prayer Group, Games, to name a few. I would also like to offer a buddy-system for folks who are new to the Y. Send Kathi an email [kathleen.eilers@ymcamn.org](mailto:kathleen.eilers@ymcamn.org) or leave a voice message at 952- 230-9061 with your idea or interests!

Thank you!

### BRANCH HOURS

Monday-Friday: 5am-9pm  
Saturday-Sunday: 7am-5pm

### BURNSVILLE

13850 Portland Avenue  
Burnsville, MN 55337  
**Coordinator: Kathi Eilers**  
[Kathleen.Eilers@ymcanorth.org](mailto:Kathleen.Eilers@ymcanorth.org)  
952-230-9061  
[www.ymcamn.org](http://www.ymcamn.org)

# WE BELIEVE IN WHOLE-PERSON WELLBEING

At YMCA of the North, we are here to support you on your journey to a healthier, more fulfilling life and want to ensure everyone can achieve their full potential.

We believe wellbeing is personalized, nonlinear, communal, equitable, and interconnected. There is no one-size-fits-all approach to wellbeing. Our circumstances and experiences are ever-changing. And the health and wellbeing of individuals and communities are interwoven.



## Five Dimensions of Wellbeing

The Five Dimensions of Wellbeing is an interdisciplinary and interactional framework grounded by the human need for self-love, community, and purpose. These dimensions offer guidance for self and community care.



**Nourish**

Food is fundamental for physical and mental health.



**Move**

Moving matters for a strong spirit, mind, and body.



**Reflect**

Pausing to reflect helps us to connect with ourselves and our values.



**Connect**

Connection with others is essential for our wellbeing.



**Restore**

Creating balance in our lives helps us to recharge and thrive.

## Whole people. Whole lives. Whole communities.

YMCA of the North is committed to addressing social determinants of health, bridging the gap between clinical healthcare and community whole-person care, and cultivating an equitable health ecosystem to eliminate disparities.

YMCA OF THE NORTH

[ymcanorth.org/wellbeing](https://ymcanorth.org/wellbeing)

612-330-9622



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVES  
FOR SOCIAL RESPONSIBILITY

## HAND & FOOT

THURSDAYS

1:00PM – 3:30PM

Come play cards with friends. Easy to learn. A fun way to get know new friends and old. You are welcome to bring a snack to share.



## COLORING & COFFEE

TUE, APRIL 9<sup>TH</sup> & 23<sup>RD</sup>

11:30AM – 12:30PM

Come and create a colorful mandala or season inspired piece of creativity. Supplies are provided. Coloring provides an outlet for self-expression, helps to maintain motor function, improves dexterity (grip control), improves hand-eye coordination, encourages cooperation, promotes mindfulness because full attention and concentration is required.



## CARDCRAFTING

TH, APRIL 11<sup>TH</sup>

11:15AM – 12:30PM

Katherine, from the YMCA Fitness Center will help us design and create cards using a variety of paper and stamps. If you have supplies (paper, stamps or stickers) to use or share you are welcome to bring those with you. We will get creative and make cards for any occasion you choose. Free for members.



## AMERICAN FOUNDATIONS

TUESDAYS

APRIL 2<sup>ND</sup> – MAY 7<sup>TH</sup>

1:00–2:30PM

Full page details available at Front Desk or near the ForeverWell Bulletin board. Attend all six sessions for only \$60.00



## SOCIAL AND EDUCATIONAL GROUPS

WEEKLY & BIWEEKLY ACTIVITIES

**Knit & Crochet** – Mondays, 1:30–2:30pm. Work on projects while socializing with others.

**Mindful Coffee & Coloring** – Tuesdays, April 9<sup>th</sup> & 23<sup>rd</sup> 11:30am–12:30pm. Supplies available or bring your own projects. Fun and relaxing time to create, socialize and/or practice mindfulness.

**ForeverWell Connection** – Tuesday, April 16<sup>th</sup> at Noon is back (monthly). Group education and discussion of whole person wellbeing issues.

**Mah Jongg** – Wednesdays, 12:30 – 3:00pm. Join the fun and challenge your skills. You will need to bring your own card. New players are encouraged to join play and learn as they go.

**Hand & Foot** – Thursdays, 1:00 – Come play cards with friends. Easy to learn. A fun way to get know new friends and old.

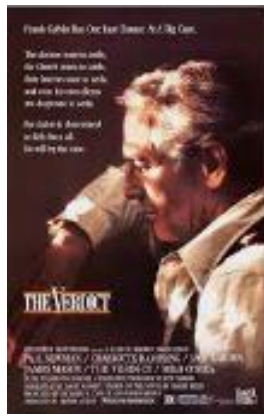
**Book Group** – First Tuesdays of the month, next meeting is April 2<sup>nd</sup> from 12:30–1:30pm. Read and discuss interesting and educational selections. Please contact Kathi or Gabe for details.

**Off-Site Walking** – Fridays, April 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> @ 10:00am.

# All The Boxes

## REEL JUSTICE FILM SERIES

MON, APRIL 15<sup>TH</sup>  
3:00 PM



Discussions include films accurately depicted in the American judicial system. It operates like a movie of the Month Club. Participants view the film on their own and come together for the 75–90 minute facilitated discussion. The next film will be *The Verdict*. Each participant will receive instructions on how to watch the films. Instructions will be distributed by Kathi in print or electronic form. Films in the series are classic productions that you may have seen in the past. The films are available from the library, various streaming and viewing resources and can be purchased online. This is free to members, thanks to the sponsors listed below. Thank you!



## FOREVERWELL CONNECTION

TOPIC: MAXIMIZING SLEEP

LUNCH & LEARN

TUE, APRIL 16<sup>TH</sup>  
12:00PM – 1:30PM



Even though we anticipate ups and downs in our health and well-being, let's explore what can work to help us get through life's challenges. The group will review and discuss factors that affect the aging process and identify measures that can help us age more successfully. Topics for monthly engagement will include best practice in wellbeing as we age and grow from there. Participant interest, need and energy will drive exploration and discussion. Bring your bag lunch! [\(more info next page\)](#)

## REGISTRATION



The sign-up and information binder is kept at the Front Desk. Please use this binder to register for social and educational activities unless the event requires a fee. Please pay your fee with a Member Services staff. Thank you!

## FOREVERWELL ORIENTATIONS

Learn about the benefits of a healthy lifestyle and how to get started. Orientations are offered Tuesdays from 10:00am – 11:00am and Mondays 5:00pm– 6pm or by appointment. Contact ForeverWell Coordinator Kathi Eilers, [Kathleen.Eilers@ymcanorth.org](mailto:Kathleen.Eilers@ymcanorth.org) or (952) 230-9061.

## ARBOR DAY

FRI, APR 26

Pick up your FREE sapling tree courtesy of Dakota County.





(cont'd)

Join Chris Farris, MS, RN, PHN, for ForeverWell Connection -- an interactive discussion group. She is an elder care consultant for ElderNest, Inc., which helps keep seniors living at home and transitioning as needed.

## VEIN DISEASE COFFEE

TH, APRIL 18<sup>TH</sup>  
9:00AM-10:00PM

Chronic vein inefficiency (CVI) and varicose veins are more common than you think. Dana Johnson, Medtronic will bring a breakfast treat and the Y will make coffee. The slide presentation will include information about vein disease. You will have an opportunity to ask questions. Dana can share personal experience and share information about where to go to find professional medical opinions about your possible disease state.

# Medtronic

## FOREVERWELL MEDITATION

THU, APRIL 18<sup>TH</sup>  
12:15PM – 1:00PM

Stephanie Siddiqui, YMCA Tai Chi instructor and mindfulness practitioner will lead a special ForeverWell meditation session. Take this time to be intentional about self-care and quieting your mind. Meditation is a tool you can use to train your awareness for better perspective in stressful situations and reduce negative emotions. Join to focus on the present and leave with a sense of mental clarity and calm. Free to members, please register at the Front Desk. Dress in layers, option to bring your pillow, blanket, yoga mat or use a YMCA provided chair or mat.



## SPRINGO BINGO

FRI, APRIL 19<sup>TH</sup>  
11:30 – 12:30PM

A ForeverWell favorite. A quarter a card. You can play multiple cards. Great prizes. Join the fun!



## KEEPING KIDS SAFE AT THE YMCA

At the Y, we believe ALL children deserve the opportunity to discover who they are, and what they can achieve. Every day, we are proud and respectful of the trust parents and communities around the country place in the Y. From youth sports to day and overnight summer camp; from out-of-school time to preschool; our Y's work to ensure all children have a safe, fun filled experience.

At the Y, child protection is our number one priority year-round. During April—Child Abuse Prevention Month—we participate in a week-long campaign called **Five Days of Action** to increase awareness of child sexual abuse and empower and equip our communities to prevent it. By taking part in this important campaign and through implementing abuse prevention practices year-round, we can all commit to the safety of all children in our care.

During these **Five Days of Action**, we introduce the foundational habits of child sexual abuse prevention—**Know. See. Respond.** When put into practice, they help us create safer environments for children to grow and learn.



## WALKING POKER

WED, APRIL 24<sup>TH</sup>

8:30AM - 11:30AM

Participants walk 5 laps around the track. After each lap, players receive one card for their hand. Start when you like and go at your own pace. Winning hand (best throughout the day) will receive a \$15.00 gift card to Valley Natural Foods our local Co-Op. Thank you Valley Natural Foods!



## BRUNCH BUNCH

FRI, APRIL 26<sup>TH</sup>

11:00AM

Meet friends from the Walking group for brunch (or an early lunch) following the walk on the last Friday of each month. This month we will go to Lucky 13's, in the Burnsville Center. Individuals pay for their own meal and tip. Please sign up at the Front Desk or email Kathi so we can reserve a spot for you.



## CAREAPARENT COFFEE AND DONUTS

TUE, APRIL 30<sup>TH</sup>

11:30 - 12:30

Join Grace Deboer, Client Services Specialist of CareAparent for lots of helpful information, coffee and donuts. The CareAparent organization specializes in In-Home care for Independent Living. Services provided by CareAparent include personal care, skilled care, hospice support C'Me telemedicine and Veteran Services.



## REASONS TO STRENGTH TRAIN AT THE Y!

- 🏋️ Rebuilding muscles
- 🏋️ Recharging metabolism
- 🏋️ Reducing fat
- 🏋️ Reducing resting blood pressure
- 🏋️ Improving blood lipid profiles
- 🏋️ Enhancing postcoronary performance
- 🏋️ Resisting diabetes
- 🏋️ Increasing bone density
- 🏋️ Decreasing physical discomfort
- 🏋️ Enhancing mental health
- 🏋️ Revitalizing muscle cells
- 🏋️ Reversing physical frailty
- 🏋️ Combating cancer

Schedule your Fitness Assessment, it's free!

# APRIL 2024

◀ March

May ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 1:30 Knit & Crochet	<b>2</b> 12:30 Book Group	<b>3</b> 9:30 Coffee  12:30 MahJongg	<b>4</b> 1:00 Hand & Foot	<b>5</b> 10:00** Off-Site Walking	<b>6</b>
<b>7</b>	<b>8</b> 1:30 Knit & Crochet	<b>9</b> 11:30 Coloring and Coffee	<b>10</b> 9:30 Coffee  12:30 MahJongg	<b>11</b> 11:15 Cardmaking  1:00 Hand & Foot	<b>12</b> 10:00** Off-Site Walking	<b>13</b>
<b>14</b>	<b>15</b> 1:30 Knit & Crochet  3:00 Film Group	<b>16</b> 12:00 ForeverWell Connection	<b>17</b> 9:30 Coffee  12:30 MahJongg	<b>18</b> 9:00 Medtronic Coffee  12:15 Meditation  1:00 Hand & Foot	<b>19</b> 10:00** Off-Site Walking  11:30 BINGO	<b>20</b>
<b>21</b>	<b>22</b> 1:30 Knit & Crochet	<b>23</b> 11:30 Coloring and Coffee	<b>24</b> 8:30 Walking Poker  9:30 Coffee  12:30 MahJongg	<b>25</b> 1:00 Hand & Foot	<b>26</b> Arbor Day  10:00** Off-Site Walking  11:00** Brunch Bunch	<b>27</b>
<b>28</b>	<b>29</b> 1:30 Knit & Crochet	<b>30</b> 11:30 CareAparent	<b>** indicates an off-site gathering; please connect directly with Kathi E. for details!</b>			



# FOREVERWELL

## CLASS GUIDE

### JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- SilverSneakers® Classic
- SilverSneakers® Yoga
- Shallow Water Exercise
- ForeverWell Conditioning

### ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- Water Exercise
- Salsa Splash

### EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- Functional Fitness
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- Gentle Yoga
- Deep Water Exercise



# FOREVERWELL CLASSES

Full Schedule online at: [https://www.ymcanorth.org/locations/burnsville\\_ymca/schedules/group-exercise](https://www.ymcanorth.org/locations/burnsville_ymca/schedules/group-exercise)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45am Water Exercise Janice Pool	6:15 Water Exercise Michele Pool	6:00-7:00am Yoga Nergis Studio B	6:15 Water Tabata Gayle Pool	8:05-8:50am SilverSneakers® Circuit Nicole Studio B	8:00-8:45am Water Exercise Michele Pool
9:00-10:00am Functional Fitness Jane Gym	8:00-8:45am Water Exercise Mary Pool	9:00-10:00am Functional Fitness Jane Gym	8:00-8:45am Water Exercise Mary Pool	9:00-9:45am SilverSneakers® Circuit Nicole Studio B	10:05-11:20am Yoga Susan Studio B
10:00-10:45am MS Water Exercise Kathi Pool	8:15-9:00am SilverSneakers® Classic Gabriela Studio B	9:00-9:45am Water Exercise Pool	8:15-9:00am SilverSneakers® Classic Barb Studio B	10:00-10:45am Water Exercise Mary Pool	
10:30-11:15am SilverSneakers® Circuit Jane Gym	9:15-10:00am ForeverWell Balance Gabriela Studio	10:30-11:15am SilverSneakers® Circuit Jane Gym	10:30-11:00am MS Water Exercise Becky Pool	11:30-12:15pm SilverSneakers® Yoga Gabriela Studio B	<b>SUNDAY</b> 9:15-10:15am Yoga Dawn Studio A
10:45 – 11:45 ForeverWell Cycle Becky Warehouse	10:30 -11:30pm Gentle Yoga Gabe Studio B	10:45 – 11:45 ForeverWell Cycle Becky Warehouse	11:05-11:50am Salsa Splash Mary Pool	12:30-1:30pm QiGong Karen Studio A	
11:30-12:30pm ForeverWell Yoga Jane Studio A	11:45 – 12:30 pm SilverSneakers® Classic Naseema Studio B	11:30-12:30pm ForeverWell Yoga Jane Studio A	11:30 – 12:00 ForeverWell Cardio Dance Blanka	5:30-6:30pm Yoga Dave Studio B	
5:30-6:45pm Yoga David Studio B		1:00-2:00pm Tai Chi 1 Stephanie Studio A			
		6:20-7:20pm Yoga David Studio B			
		7:20-7:50pm Meditation David Studio B			

**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



# WELCOME TO THE YMCA

## FITNESS ASSESSMENT

### SCHEDULE YOUR COMPLIMENTARY FITNESS ASSESSMENT

Stop by the Welcome Desk or get started using the information below to schedule a free meeting with a Personal Trainer. In a fitness assessment you will:

- Learn about setting and tracking goals
- Get familiar with the Fitness Center Equipment
- Get answers to your health and fitness questions

Visit: [https://www.ymcanorth.org/health\\_fitness/personal\\_training/fitness\\_assessment](https://www.ymcanorth.org/health_fitness/personal_training/fitness_assessment)

OR scan QR Code for direct link to schedule your assessment

## FOREVERWELL ORIENTATIONS

Learn the benefits of a healthy lifestyle and getting started. Orientations are offered Tuesdays 10am-11am or by appointment. Contact ForeverWell Coordinator Kathi Eithers: [kathleen.eilers@ymcanorth.org](mailto:kathleen.eilers@ymcanorth.org)  
(952) 230-9061



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