



# FOREVERWELL

MAY 2024 BURNSVILLE

## SAVE THE DATE

COFFEE - WEDNESDAYS

HAND & FOOT - THURSDAYS

CARDCRAFTING - TH, MAY 9<sup>TH</sup>

FILM DISCUSSION - M, May 13<sup>th</sup>

COLORING & COFFEE - T, May 14<sup>th</sup>  
& 28<sup>th</sup>

ESSENTIAL OILS - Th, May 16<sup>th</sup>

BINGO - F, May 17<sup>th</sup>

GUT HEALTH & INFLAMMATION -  
M, May 20<sup>th</sup>

FOREVERWELL CONNECTION  
T, May 21<sup>st</sup>

WALKING POKER - W, May 22<sup>nd</sup>

MEDITATION & ROCK PAINTING -  
Th, May 23<sup>rd</sup>

BINGO - F, May 17<sup>th</sup>

WALKING POKER - W, May 22<sup>nd</sup>

WELLBEING FAIR - W, May 29<sup>th</sup>

BRUNCH BUNCH - F, May 31<sup>st</sup>

Kathi Eilers, FW Coordinator



## MAKE FITNESS YOUR FRIEND FOR LIFE!



WELLBEING FAIR - MAY 29<sup>TH</sup>

May is National Senior Health and Fitness Month. As always, we have a multitude of Whole Person Wellbeing options for your involvement, throughout the month of May. Please see more details about our Wellbeing Fair on May 29<sup>th</sup>.

### VOLUNTEER!

#### ARE YOU INTERESTED IN LEADING A YMCA ACTIVITY GROUP OR HELPING TO HOST AND /OR SUPPORT OUR PROGRAMS?

I am looking for volunteers to help with coffee and 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 intersectional 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)

612-230-9622



## COFFEE TIME

WEDNESDAYS

9:30AM-11:00AM

Connect with friends & plan activities to attend. Thank you to our volunteers for hosting your coffee time! FREE!



## CARDCRAFTING

TH, MAY 9<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.



## 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.



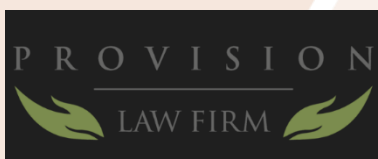
All The Boxes

## REEL JUSTICE FILM SERIES

MON, MAY 13<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 **A Few Good Men**. 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!



**TWO MEN AND A TRUCK®**

## 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, May 14<sup>th</sup> & 28<sup>th</sup> 11:30am-12:30pm. Supplies available or bring your own projects. Fun and relaxing time to create, socialize and/or practice mindfulness.

**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 - 3:30pm. 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 May 7<sup>th</sup> from 12:30-1:30pm. Read and discuss interesting and educational selections. Please contact Kathi or Gabe for details.

**Off-Site Walking** - Fridays, May 3, 17<sup>th</sup>, 24<sup>th</sup> 31<sup>st</sup> @ 9:30am.

## COLORING & COFFEE

TUE, MAY 14<sup>TH</sup> & 28<sup>TH</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.



## RECLAIM YOUR HEALTH WITH ESSENTIAL OILS

TH, MAY 16<sup>TH</sup>

11:30AM – 12:30PM

Join Pat Deitrich to learn about the health benefits of essential oils and how you can improve your wellbeing. Essential oils smell great, reduce stress, treat fungal infections, and help you sleep. They are concentrated extractions from plants. Want to give essential oils a try? Learn what conditions they may help treat and how to find quality essential oils, since not all products are created equal.



## BINGO

FRI, MAY 17<sup>TH</sup>

11:30AM – 12:30PM

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



## GUT HEALTH & INFLAMMATION

MON, MAY 20<sup>TH</sup>

11:30AM – 12:30PM

Science has proven that chronic, low-grade inflammation can turn into a silent killer that contributes to cardiovascular disease, cancer, type 2 diabetes and other conditions. Thankfully, there is plenty you can do to fight back. Marilyn Curran, retired RN is passionate about health and sharing her knowledge. Join her to learn about cell health, gut health and reducing inflammation thus promoting your overall wellbeing and staving off serious conditions.



## 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 or by appointment. Contact ForeverWell Coordinator Kathi Eilers (952) 230-9061 or [Kathleen.Eilers@ymcanorth.org](mailto:Kathleen.Eilers@ymcanorth.org).

## PING PONG?

Ping Pong is available for play in the youth room. We are always looking for fun things to do as a ForeverWell community. We would like your input about times to schedule for group drop-in style play. Please stop at the front desk or send an email to Kathi and share what times work for you.



## FOREVERWELL CONNECTION

**TOPIC: Comprehending the Brain and Dementia**

**LUNCH & LEARN**

**TUE, MAY 21<sup>ST</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!

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.



## WALKING POKER

**WED, MAY 22<sup>ND</sup> A WEEK EARLY!!!**

**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!**



## ROCK PAINTING

**THU, MAY 23<sup>RD</sup>**

**1:00PM – 3:00PM**

Have you ever wanted to tap into your creative self? Come and explore how to find peace and relaxation while creating an intricate and original Mandala Rock. Register at the Front Desk; \$25 for members and \$30 non-members includes instruction and materials.



## SEVERE WEATHER SAFETY TIPS

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.



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.



③



### Know how to stay informed.

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

## FOREVERWELL MEDITATION

THU, MAY 23<sup>RD</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.



## BRUNCH BUNCH

FRI, MAY 31<sup>ST</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.



## HEALTH & WELLBING FAIR

WED, MAY 29<sup>TH</sup>

9:30 – 11:30AM

Discover everlasting wellness with the YMCA programs tailored for individuals aged 55 and above! Experience invigorating group exercise classes, rejuvenating aquatic exercises and engaging social and educational events. Benefit from specialized wellness programs and connect with your community. All are invited. All participants (members & non-Y members) receive a free guest pass and a chance to win prizes! Members completing the passport card will receive a guest pass. All Are Welcome!



## 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!**

MAY 2024						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9:30 Coffee  12:30 MahJongg	<b>2</b> 1:00 Hand & Foot	<b>3</b> 9:30** Off-Site Walking	<b>4</b>
<b>5</b> Cinco De Mayo	<b>6</b> 1:30 Knit & Crochet	<b>7</b> 12:30 Book Group	<b>8</b> 9:30 Coffee  12:30 MahJongg	<b>9</b> 11:15 Card-making  1:00 Hand & Foot	<b>10</b>	<b>11</b>
<b>12</b> Mother's Day	<b>13</b> 1:30 Knit & Crochet  3:00 Film Discussion	<b>14</b> 11:30 Coloring and Coffee	<b>15</b> 9:30 Coffee  12:30 MahJongg	<b>16</b> 11:30 Essential Oils  1:00 Hand & Foot	<b>17</b> 9:30** Off-Site Walking  11:30 BINGO	<b>18</b> Armed Forces Day
<b>19</b>	<b>20</b> 11:30 Gut Health & Inflammation  1:30 Knit & Crochet	<b>21</b> 12:00 ForeverWell Connection	<b>22</b> 8:30 Walking Poker  9:30 Coffee  12:30 MahJongg	<b>23</b> 12:15 Meditation  1:00 Rock Painting 1:00 Hand & Foot	<b>24</b> 9:30** Off-Site Walking	<b>25</b>
<b>26</b>	<b>27</b> Memorial Day 1:30 Knit & Crochet	<b>28</b> 11:30 Coloring and Coffee	<b>29</b> 9:30 Coffee  9:30 Wellbeing Fair  12:30 MahJongg	<b>30</b> 1:00 Hand & Foot	<b>31</b> 9:30** Off-Site Walking  11:00 Brunch Bunch	



# 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	
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		12:45-1:45pm 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.eithers@ymcanorth.org](mailto:kathleen.eithers@ymcanorth.org)  
(952) 230-9061



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