



# FOREVERWELL

APRIL 2024 | EAGAN

## VOLUNTEER OPPORTUNITY!



Friday, April 12th |  
2:30-4:30PM

Join a group from the Eagan YMCA as we pack food together for Feed My Starving Children in Eagan. Must register at the front desk or by contacting Emilia.

Must provide or organize your own transportation. Address: 990 Lone Oak Rd, Eagan, MN

## BINGO WITH THE PRESCHOOL!

Join us on **Monday, April 22nd at 11am** as we play Bingo with the preschoolers. Feel free to play your own game or help out a student while you play!

## PUZZLE AND BOOK EXCHANGE

Bring your gently used puzzles and books to the Y anytime during the week of April 29-May 3 to take part in the exchange! Trade them in for something new to you!



## CHOOSING HEALTH MEALS AS YOU GET OLDER

### HEALTHY EATING TIPS FOR PEOPLE AGE 65+

Making healthy food choices is a smart thing to do - no matter how old you are! Your body changes through your 60s, 70s, 80s and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1. Drink plenty of liquids
2. Make eating a social event
3. Plan healthy meals
4. Know how much to eat
5. Vary your vegetables
6. Eat for your teeth and gums
7. Use herbs and spices

Look for the 'Nutrition as we age' educational series coming in May for more information and tips!

### BRANCH HOURS

Weekdays: 5am - 9pm  
Saturday: 7am - 5pm  
Sunday 7am - 5pm

### EAGAN YMCA

Coordinator: Emilia Bender  
651-292-4142  
emilia.bender@ymcamn.org





## COFFEE TIME

**DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR**

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

## GAME GROUPS

**DAYS: M, T, & W TIME: 10AM LOCATION: MAIN STREET**

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

## MOVIE MATINEE | FREE

**MONDAY, APRIL 8<sup>TH</sup> @ 11AM | LOCATION: MPR**

Join us for a showing of the film It's A Beautiful Day in the Neighborhood "Lloyd Vogel is an investigative journalist who receive an assignment to profile Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature"



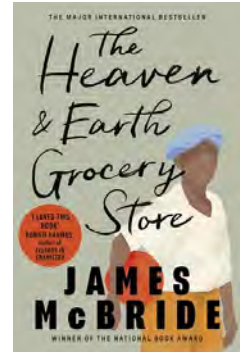
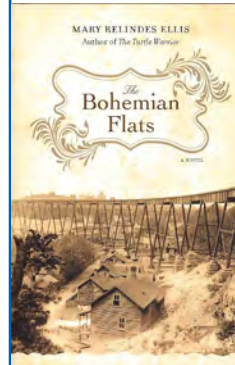
## PUZZLE TIME

**EVERY FRIDAY STARTING AT 10AM | MAIN STREET**

Let your mind relax as you join fellow members in working on a communal puzzle. Stay for 5 minutes or 50 minutes! Your progress will be preserved and we will work on the same puzzle each week until it is complete.

## BOOK CLUB

Join on the last Wednesday of the month. Discussion begins at 10:30AM in the multipurpose room. Led by Julie Michelson. Coffee is served. Please contact Emilia at [emilia.bender@ymcamn.org](mailto:emilia.bender@ymcamn.org) if you would like to be added to the group email list for reminders.



## UPCOMING BOOKS

April 24th: The Bohemian Flats: A Novel by Mary Relindes Ellis

May 29th: The Heaven and Earth Grocery Store by James McBride

## EDUCATIONAL PRESENTATION

**THURSDAY, APRIL 4TH | 10:30AM | MPR**

Attorneys David Rephan and Tea Baker will be presenting on Medical Assistance/asset protection in order to preserve your assets and income!

## BREAKFAST WITH MEDTRONIC

**WEDNESDAY, APRIL 17TH AT 9AM | MPR**

Join Dana Johnson from Medtronic for a breakfast presentation as she discusses vein disease and signs to be aware of regarding vein health.

Sign up at the front desk or by contacting Emilia.

# FOREVERWELL GROUP EXERCISE CLASSES

## MONDAY

8:10 - 8:55AM ForeverWell Cardio with Naomi Studio B

10:00 - 10:45AM Salsa Splash with Bethany Lap Pool

1:30 - 2:15PM SilverSneakers Classic™ with Julie Studio A

6:30 - 7:30PM Water Exercise with Lori Lap Pool

## TUESDAY

8:00 - 8:55AM Shallow Water Exercise with Erin Lap Pool

8:00 - 8:45AM SilverSneakers Circuit™ with Naomi Studio A

8:55 - 9:40AM SilverSneakers Yoga™ with Naomi Studio B

9:45 - 10:30AM SilverSneakers Yoga™ with Mary Studio B

10:30 - 11:15AM ForeverWell Tai Chi with Emilia Studio A

1:30 - 3:00PM Line Dancing with Wanda Studio A

## WEDNESDAY

9:00 - 9:45AM Water Exercise with Susan Lap Pool

11:45 - 12:30PM ForeverWell Combo with Mary Studio A

1:30 - 2:15PM SilverSneakers Classic™ with Julie Studio A

5:10 - 5:55PM Arthritis Water Exercise with Mara Leisure Pool

## THURSDAY

8:00 - 8:45AM SilverSneakers Circuit™ with Naomi Studio A

8:55 - 9:40AM ForeverWell Yoga with Naomi Studio B

11:30-12:15PM SilverSneakers Yoga™ with Julie Studio B

7:15 - 8:00PM Water Exercise with Kristi Lap Pool

## FRIDAY

9:00 - 9:45AM Water Exercise with Ginny Lap Pool

10:30-11:15AM ForeverWell Conditioning with Emilia Studio B

11:45 - 12:45PM ForeverWell Combo with Mary Studio A

## SATURDAY

8 AM Salsa Splash with Mary Pool

## FITNESS

### ASSESSMENTS

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your well being goals. Also included in the assessment:

- 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.

### FULL CLASS SCHEDULE & RESERVATIONS

See the website [www.ymcanorth.org](http://www.ymcanorth.org) for a complete class listing. Water classes require reservation. You may register up to 73 hours in advance for classes requiring a reservation on the YMCA of the North website, by downloading and using the YMCA of the North app on your phone or tablet, or by calling Customer Service at 612-230-9622. Full schedule online at: [www.ymcanorth.org/locations/eaqan\\_ymca/schedules](http://www.ymcanorth.org/locations/eaqan_ymca/schedules)

### PREFER TO EXERCISE AT HOME?

Live and recorded classes are available through our website at [www.ymcanorth.org/live-fitness-and-wellbeing](http://www.ymcanorth.org/live-fitness-and-wellbeing). If you would like assistance activating your account, contact Customer Service at 612-230-9622



# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>COFFEE HOUR</b> 9:30 AM	3 <b>COFFEE HOUR</b> <b>GAME TIME</b> 10 AM	4 <b>COFFEE HOUR</b> <b>Educational Presentation</b> 10:30am	5 <b>PUZZLE TIME</b> 10 AM	6
7	8 <b>MOVIE MATINEE</b> 11 AM	9 <b>COFFEE HOUR</b> 9:30 AM	10 <b>COFFEE HOUR</b> <b>GAME TIME</b> 10 AM	11 <b>COFFEE HOUR</b> 9:30 AM	12 <b>FEED MY STARVING CHILDREN</b> 2:30PM REGISTRATION REQUIRED	13
14	15	16 <b>COFFEE HOUR</b> 9:30 AM	17 <b>GAME TIME</b> 10 AM <b>BREAKFAST WITH MEDTRONIC</b> 9 AM	18 <b>COFFEE HOUR</b> 9:30 AM	19 <b>PUZZLE TIME</b> 10 AM	20
21	22 <b>BINGO WITH THE PRESCHOOL!</b> 11 AM	23 <b>COFFEE HOUR</b> 9:30 AM	24 <b>COFFEE HOUR</b> <b>GAME TIME</b> 10 AM <b>BOOK CLUB</b> 10:30 AM	25 <b>COFFEE HOUR</b> 9:30 AM	26 <b>PUZZLE TIME</b> 10 AM	27
28	29 <b>PUZZLE AND BOOK EXCHANGE!</b> LASTS ALL WEEK!	30 <b>COFFEE HOUR</b> 9:30 AM	May 1 <b>COFFEE HOUR</b> <b>GAME TIME</b> 10 AM	2 <b>COFFEE HOUR</b> 9:30 AM	3 <b>PUZZLE TIME</b> 10 AM	*Register for the FMSC and/or Medtronic Breakfast at the front desk or by contacting Emilia