



FOREVERWELL

JULY 2025 / EMMA B. HOWE YMCA / 763-785-7882

NEED TO KNOW:

WHAT IS FOREVERWELL-

Discover everlasting wellness with YMCA programs tailored for individuals ages 55 and above! Experience invigorating group exercises classes, rejuvenating aquatic exercises, and engaging social events.

REMINDERS

- No cell phone use in locker room
- Lock up valuables
- No towel service
- Guest passes available check with membership

ForeverWell Coordinator

Kim Gemlo-Bush
763-717-1811
Kim.gemlo-bush@ymcamn.org

GET CONNECTED TO THE YMCA

If you are new or a returning member that need to get information on all the YMCA's programming. List below are ways to get connected, which are free and included with your membership.

FOREVERWELL MEMBER ORIENTATION

These are for new or returning members that want to get information on programming for the active older adult at the branch. Orientations are held on Tuesday 9am-10am & Friday 11am-12pm. Must register to attend the orientation by contact Kim at 763-717-1811.

FITNESS ASSESSMENT

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 wellbeing goals. Register at membership desk. Contact Tiffany with questions at 763-445-3644.

NUTRITION ASSESSMENT

Meet virtually or in-person with one of our certified nutrition specialist to explore your goals and potential next steps to better nourishment. Register at membership or on website.

WELLBEING ASSESSMENT

Meet virtually or in-person with one of our board-certified health coach to explore your key health and wellbeing concerns or goals. Register at membership or on website.

BRANCH HOURS

MONDAY-FRIDAY: 5AM-9PM
SATURDAY: 7AM-5PM
SUNDAY: 7AM-5PM

EMMA B. HOWE YMCA

8950 Springbrook Dr. NW
Coon Rapids, MN 55433
www.emmabhoweymcanorth.org

CLOSED THE 4TH OF JULY

FOREVERWELL CLUBS-NO REGISTRATION REQUIRED

- **Card Club**-Meet every Tuesday at 10:30am-12pm in Senior Lounge.
- **Coloring Club**-Meet every Tuesday at 1pm-3pm in Senior Lounge.
- **Indoor Walking Club**-Meet on EVEN Wednesdays at 11:45am-12:15pm at YMCA Track by fitness studio doors. We will be playing walking poker for fun prizes.
- **Outdoor Walking Club**-Meet on ODD Wednesdays at 11:45am-12:45pm at Springbrook Nature Center. Will not meet if raining or heat index is high.
- **Mahjong Club**-Meet every Wednesday at 1:30pm-3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.
- **Dominos Club**-Meet on the 1st & 3rd Monday at 1pm-3pm in the Senior Lounge. We will be playing Mexican Train Style Dominos.
- **Book Club**-Thursday, July 24th at 12:45pm-1:45pm in Senior Lounge. Come join us for a discussion on the book *The Paris Wife* by Paula McLain. Sign up with Kim to get the discussion questions.
- **Knit & Crochet Club**-Meet every Friday at 10:30am-12:00pm in Senior Lounge.

VIRTUAL EXPERIENCE SCHEDULE

To join any of these virtual experiences register at www.ymcanorth.org/activity_finder. Social from the comfort of your home. Classes use Zoom format.

Monday

- **Coffee Talk**-Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am-10:00am.

Thursday

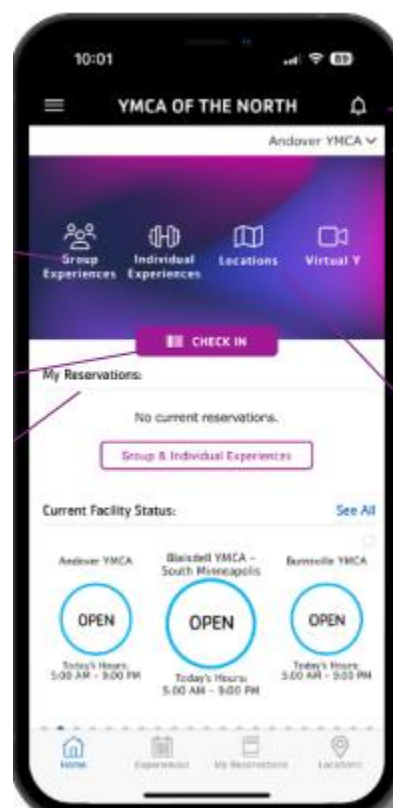
- **Bible Study**-For all people of faith. An opportunity to reflect on what the text might mean for you. *Paused for the summer returning in the September.*

Friday

- **Happy Hour Group**-Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm-5:00pm.

NEW YMCA APP

The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code or go to app store and search *YMCA of the North* to download it.



Apple & Android QR



FOREVERWELL ACTIVITIES-REGISTRATION MAYBE REQUIRED

SOCIAL COFFEE TIME

Meet every Tuesday & Wednesday & Thursday at 8:30am-12:00pm in Senior Lounge.

Come, socialize, and drink coffee with other ForeverWell adults.

PICKLEBALL

M/W/F at 8:00am-12:00pm & T/Th at 12:00pm-3:30pm & Sa/Sun at 7am-9am

Competitive Adult-Thursday at 6pm-8:45pm (half of gym)

Beginner pickleball is on one of the courts on M/W/F at 11am-12pm or T/Th 12pm-1pm. Beginner pickleball is managed by member volunteers ask for Scott, Sonny or Dean. Intermediate and Advanced level players come on M/W/F at 8am-12pm & T/Th at 12-3:30pm. Subject to change due to summer programming.

PRAYER MEETING

Every Monday at 9:15am-9:45am in Senior Lounge

The YMCA of the North, Christian Mission Network, would love to pray with you. Please join us for a weekly prayer meeting on Mondays. All are welcome. A prayer request box is in the lobby. Prayer meeting led by Velma Harris. Any question contact noah.gulley@ymcanorth.org.

BLOOD DRIVE

Wednesday, July 2nd at 9am-3pm in Gym (South side)

The YMCA will be hosting a blood drive. Register at 1-800-733-2767 or visit RedCrossBlood.org and enter YMCA Coon Rapids to schedule an appointment. Contact Kim for further questions.

BLANKSLATE GAME

Wednesday, July 2nd at 12:45pm-1:15pm in Senior Lounge.

Join us for this clever board game and try to predict what others are thinking. Winner gets a prize.

MEDICARE QUESTIONS

Wednesday, July 9th at 9:00am-11:00am in Hallway

A representative will have a table in the hallway for you to ask questions about Medicare. What it all may mean for you or for your family members. Learn more about the A, B, C, and Ds of Medicare.

LUNCH OUTING

Thursday, July 10th at 12:30pm

We will be meeting at Red Lobster. 8500 State Hwy 47 in Coon Rapids. Must have own transportation and meal is on your dime. Register with Kim by July 8th.

4 ACTS OF KINDNESS

Friday, July 25th at 9am-11am & 4pm-6pm

Uniting our local community in support of various non-profit organizations. All are welcome! Looking for members to facilitate an activity, see Erica at membership. We are collecting non-perishable items.

Activities include making dog/cat toys, blanket, tie-dye socks and card for senior communities.

KIDS IN NEED FOUNDATION

Monday, July 28th at 1:30pm-3:30pm

You may be participating in activities ranging from organizing school supplies to packing backpacks. Own transportation to new location 200 South Owasso Blvd. E in Little Canada. Register with Kim by July 25th.

FEED MY STARVING CHILDREN

Thursday, July 31st at 2:30pm-4:15pm

Bring your family and grandchildren to volunteer! FMSC is a nonprofit organization that feeds starving children in body and spirit. Own transportation to 401-93rd Ave. in Coon Rapids. Register with Kim by July 29th.

ACTIVE OLDER ADULT GROUP EXERCISE CLASSES

Monday	Class	Location	Instructor
6:45am-7:30am	FW Cycle	FA	Chuck H
8:15am-9:00am	Water Tabata	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Angie O
10:45am-11:30am	SS Yoga	FS	Kim GB
12:00pm-1:00pm	SS Classic	FS	Kim GB
<u>Tuesday</u>			
8:15am-9:00am	FW Combo	FS	Stephanie E
9:30am-10:15am	SS Circuit	MP	Stephanie E
10:00am-11:00am	FW Cycle	FA	Tiffany K
10:30am-11:30am	Gentle Yoga	MP	Dale K
11:15am-12:00pm	Water Exercise	Pool	Julia
11:45am-12:45pm	Tai Chi for Health	MP	Dale K
<u>Wednesday</u>			
8:15am-9:00am	Water Tabata	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	Water X	Pool	Kim GB
9:30am-10:15am	SS Circuit	MP	Chandra
10:30am-11:15am	FW Stretch	MP	Lumiko O
5:30pm-6:30pm	Gentle Yoga	MP	Dale
<u>Thursday</u>			
6:45am-7:30am	FW Cycle	FA	Chuck H
9:30am-10:15am	SS Circuit	MP	Kim GB
10:00am-11:00am	FW Cycle	FA	Tiffany K
11:15am-12:00pm	Arthritis Water X	Pool	Karri S
11:45am-12:30am	SS Yoga	FS	Kim GB
<u>Friday</u>			
8:15am-9:00am	Water Exercise	Pool	Rachel L
9:00am-10:00am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Angie O
9:30am-10:15am	SS Classic	MP	Kim GB
10:30am-11:15am	FW Stretch	MP	Lumiko O
11:30am-12:30pm	Tai Chi 1	MP	Lumiko O
1:00pm-2:00pm	Line Dance	FS	Kim GB
<u>Saturday</u>			
8:00am-8:45am	Aqua Zumba®	Pool	Darcy F
10:20am-11:20am	Intermediate Line Dance	MP	Kayla M

MP=Multipurpose Studio (1st floor)
SS=SilverSneakers™

FS=Fitness Studio (2nd floor)
FW=ForeverWell

FA=Fitness Alcove (2nd floor)

CHRISTIAN MISSION NETWORK

"It is an exciting time here at the Y as our Christian Mission Network comes to fruition, reimagining what it means to put Christian principles into practice through programs. Join our quarterly newsletter list to receive the latest programmatic updates, events invitations, volunteer opportunities and stories of lives changed. [Subscribe here](#)

You can also learn more about our John 17:21 program on our web page [Christian Mission Network | YMCA of the North](#). Reach out to Noah directly if you have further question at Noah.Gulley@ymcamn.org.

OUTDOOR SPLASH RENTAL

Weekday and Weekends!

Celebrate any occasion with your own private splash pad party! Includes: 90 minutes of fun, locker rooms, tables/canopy/seating. Cost: \$150(+tax). Book now by contacting Parastoo at 651-259-1486.

JULY SAFETY TOPIC – COMMUNITY CARE THROUGH OUR CODE OF CONDUCT

The YMCA of the North Code of Conduct helps us keep ourselves and others safe by reminding us of the impact our words and actions can have on our environment. By keeping our core values of caring, equity, honesty, respect and responsibility in mind, we can ensure that YMCA programs and spaces feel safe for all.

Each of us has a responsibility to keep ourselves and our possessions safe at the Y by limiting the valuables with bring with us and by always using a lock on our lockers. Keys and phones can be locked in small lockers or should be kept with us at all times. Never leave your keys or phone in your jacket or outside your line of sight.

These tips from the NHTSA regarding protecting ourselves from vehicle theft are great reminders for us in all public spaces including at the Y:

- PARK in well-lit areas.
- STOW away valuables.
- LOCK cars and windows.
- DO NOT leave keys in car.
- NEVER leave your vehicle while it is running.

PERSONAL TRAINER OF THE MONTH

Meet Joseph Goette a personal trainer at the YMCA. I am retired from the military and pursuing my passion for fitness and healthy living. I specialize in functional fitness, weight management and mobility. I believe movement and mobility equates to a happy life. I myself have lost weight and rehabbed from a knee injury. I create workout routines that allow individuals, including myself, to have mobility without pain. I look forward to working with you!



Certification: Personal Trainer, Group Exercise Instructor & Small Group Training.