



# FOREVERWELL

JULY 2025 | HASTINGS YMCA

## NEW MEMBERS:

### FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings, how to register for classes & activities, and a YMCA tour. Register at the Welcome Desk.

### MACHINE ORIENTATION

Would you like to learn how to use the machines in the fitness center? **Tuesday, July 29, 100-2:00pm** is the next machine orientation with DeAnn Nicklay, Personal Trainer. Stop by our Welcome Desk to get registered.



### I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your **Foreverwell Coordinator: Tracy.Spinks@ymcamn.org** or call directly **651-319-8009**.

## CELEBRATE THE OUTDOORS

This summer we are inviting you to explore our outdoor summer adventures including the Nordic Walking Group, Yard Games, Potluck Picnic Lunch and the RIVERTOWN DAYS DUCK RACE. You are also encouraged to join us for weekly outdoor coffee & chat, try a new class like ForeverWell Balance and meet some new friends!

**INDEPENDENCE DAY TRIVIA** The Liberty Bell rings 13 times every Independence Day to honor the original 13 colonies. Descendants of the people who signed the Declaration of Independence tap the bell, located in Philadelphia, Pennsylvania at 2pm Eastern, every 4<sup>th</sup> of July.

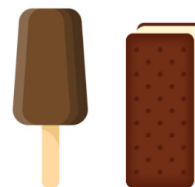
## ICE CREAM SOCIAL

**WEDNESDAY, JULY 2**

**10:15AM-11:15AM**

**INSIDE STUDIO C**

Join us for an ice cream treat! Limited treats; first come first served! Coffee will be available too. We would love to see you! **FREE!**



## ARTS & CRAFTS GROUP

**THURSDAY, JULY 10**

**1:00-2:00PM**

**STUDIO C**

Join us for a Floral Paint by number, one 8x8 canvas per registrant, paint & brush included. Choose from one of 8 Floral designs (there are 2 of each) 15 spots available.

Sign up on ForeverWell Bulletin Board by Wednesday, July 9. **FREE!**



### HASTINGS AREA YMCA

85 PLEASANT DRIVE  
HASTINGS, MN 55033  
PHONE: 651-480-8887

### BRANCH HOURS

Monday-Friday: 5:00am-9:00pm  
Saturday: 7:00am-5:00pm  
Sundays: 7:00am-5:00pm

**HOLIDAY HOURS: July 4th- CLOSED**

## LUNCH BUNCH

TUESDAY, JULY 15

11:30AM-1:00PM

KING'S BAR & GRILL



Enjoy eating a delicious lunch with friends from the YMCA. King's Place Bar and Grill prides itself on using the freshest ingredients in all their food, creating irresistible and memorable burgers. King's Place Bar and Grill has been rated "Best Twin Cities Burger". Address: 14460 240th St E, Miesville, MN-13.5 miles from YMCA. **Cost at your own expense. 20MAX**

Sign up on ForeverWell Bulletin Board by Monday, July 14 to attend.

## POTLUCK/PICNIC

WEDNESDAY, JULY 30

11:00AM-12:00PM

OUTSIDE BY STUDIO C



Bring your favorite summer side dish or dessert to share with others. We will supply hot dogs & buns, plates, silverware, napkins, and coffee. Join us for yard games from 10:00-11:00-Bocce Ball, Ladder Toss, Corn Hole, etc. There will be tables, chairs, and a tent for shade. **FREE!** No registration required, just show up. Will be inside Studio C if it rains.

## FOREVERWELL BALANCE CLASS

MONDAYS & WEDNESDAYS

1:00-1:30PM

STUDIO A

Improve your balance, mobility, and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Conquer your fear of falling, supplement your weekly workouts, and improve your walking gait. **Free!**

## BALANCE ASSESSMENTS

TUESDAY, JULY 22

1:00-2:00PM

STUDIO A

Are you at risk of falling? A balance assessment can measure where you are at and what you can work on to improve your balance and walking gait. Wear supportive shoes and bring water. **8 15-minute spots available. FREE!** Sign up at the Welcome Desk.



## NORDIC WALKING GROUP

THURSDAYS

9:15AM-10:00AM

MISSISSIPPI RIVER WALK,  
HASTINGS

Meet in the YMCA lobby by 9:10am. Our walk begins at 9:15am sharp, we head towards the Lock & Dam and then back. Wear supportive shoes, sunscreen/hat and bring water. **FREE!** No registration needed, just show up and join us. The walk will be cancelled if there is rain or severe weather.

### BENEFITS OF NORDIC WALKING:

- Burn 47% more calories
- Improves upper body strength & posture
- Increases core strength & Gentle on joints
- Reduces risk of falls
- Boosts cardiovascular health

# FOREVERWELL GROUP EXERCISE CLASSES

## MONDAY:

8:00am – Water Exercise with Tracy, Pool  
9:15am – SilverSneakers® Circuit with Tracy, Gymnasium  
10:15am – SilverSneakers® Classic with DeAnn, Gymnasium  
10:15am – ForeverWell Water X with Tracy, Pool  
10:15am – Line dancing with Deena, Studio B  
10:30am – Gentle Yoga with Corrie, Studio A  
1:00pm – ForeverWell Balance with Tracy, Studio A  
5:45pm – Water Exercise, Yvonne, Pool

## TUESDAY:

8:00am – Gentle Yoga with Adeline, Studio B  
8:00am – Drums Alive® with Tracy, Gymnasium  
9:00am – ForeverWell Stretch with Tracy, Studio A  
9:30am – SilverSneakers® Yoga with Julie P, Gymnasium  
10:30am – Meditation/Breathwork with Julie, Studio C  
10:30am – Group Active with Ashley, Studio B

## WEDNESDAY:

8:00am – Water Exercise with Tracy, Pool  
9:15am – SilverSneakers® Circuit with Tracy, Gymnasium  
9:15am – ForeverWell Cardio with Kelly, Studio A  
10:15am – SilverSneakers® with Kelly, Gymnasium  
10:15am – ForeverWell Water X with Jennifer, Pool  
10:15am – Line Dancing with Deena, Studio A  
11:15am – Line Dancing Intermediate with Deena, Studio B  
1:00pm – ForeverWell Balance with Tracy, Studio A—starts June 4

## THURSDAY:

8:00am – Gentle Yoga with Tracy, Studio B  
9:15am – Indoor Walking Group, Gymnasium  
10:15am – SilverSneakers® Yoga with DeAnn, Gymnasium  
10:30am – Group Active with Ashley, Studio B

## FRIDAY:

8:00am – Water Exercise with Tracy, Pool  
9:15am – SilverSneakers® Circuit with Tracy, Gymnasium  
10:15am – SilverSneakers® Classic with DeAnn, Gymnasium  
10:15am – ForeverWell Water X with Tracy, Pool

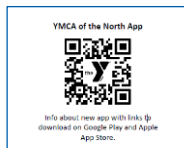
\*Class registration needed for pool exercise classes.

## HAVE YOU MADE THE SWITCH?

### THE NEW YMCA OF THE NORTH APP IS HERE!

Meet the new YMCA of the North app—your go-to source for helpful tools and features to support your health and fitness goals.

Explore gym, pool, and group exercise schedules, Browse and schedule Wellness experiences, Manage reservations, Use your phone for fast, easy check-in, Get alerts and facility updates, Customize the app to your preferred Y location. Scan the QR code above to download the new app today!



## COFFEE & CHAT

### MONDAYS & WEDNESDAYS

10:00AM-11:00AM

### OUTSIDE BY STUDIO C

Enjoy connecting with friends and planning activities to attend. Chairs and tables will be provided. **FREE!**

On July 2, -Inside Studio C

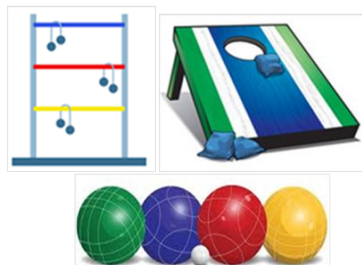
## GAMES GROUP

### MONDAYS & WEDNESDAYS

10:30AM-11:30AM

### CONFERENCE ROOM

Enjoy playing board games or cards with other ForeverWell members. **FREE!**



## YARD GAMES

### WEDNESDAYS

10:00AM-11:00AM

### OUTSIDE BY STUDIO C

Join us for some old-fashioned yard games outside. Corn Hole, croquet, ladder toss, bocce ball. Enjoy a cup of coffee or bring water. **FREE!**



## JULY SAFETY TOPIC:

### TIPS FOR WARM WEATHER CONDITIONS

At the Y, we believe in learning to be safe in all-weather situations. When warm weather conditions take a turn for the extreme, please remember the following:

- ☐ **Stay Hydrated.** Drink water before you are thirsty and start early in the day. The body loses water through perspiration, and you need to replace it frequently. By the time you are thirsty, you are already dehydrated. *The best defense is to drink plain water early and often.*
- ☐ **Slow Down.** Take frequent rest and water breaks. Seek shade or cooler areas to give the body a rest.
- ☐ **Wear the right gear.** Dress in light, loose-fitting clothes made of breathable fabric in light in colors. Choose fabrics that let moisture and heat escape. Dress in layers so you can peel off outerwear as needed as the day progresses.
- ☐ **Listen to your body.** Stop if you feel, dizzy, lightheaded, or nauseated.

### EXTREME HEAT PROTECTION

In general, the human body cools itself by producing sweat. Sweat evaporating from the skin keeps the body cool. Higher humidity, limited air movement, and wearing protective equipment can reduce evaporation. Less evaporation means less cooling. Frequent intake of liquids is necessary to prevent dehydration through loss of sweat. Drink small amounts frequently, for example, one cup every 20 minutes.

Health issues caused by excessive heat are called **heat stress**. These range from heat cramps to heat stroke.

- ☐ **HEAT CRAMPS** are a warning sign the body has lost too much salt through sweating. The cramps affect working muscles, such as legs, arms, and abdomen. Heat cramps may also occur when a person is resting.
- ☐ **HEAT EXHAUSTION** is a warning that the body's heat control mechanism has become overworked. Symptoms are exhaustion, dizziness and/or nausea, pale and clammy skin, rapid pulse, and low blood pressure. Heat exhaustion may lead to heat stroke if symptoms are ignored.
- ☐ **HEAT STROKE** happens when the heat loss mechanism of the body shut down. The person stops sweating and body temperature goes up. The heart pounds, and the skin is hot and red. A person suffering from heatstroke needs immediate medical attention.

We believe in keeping our Y community safe!





# JULY AT A GLANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BUY YOUR DUCK RACE TICKETS \$5 each!</b> <b>PICK A DUCK RIDER FOR A CHANCE TO WIN A PRIZE!!</b>			<b>2</b> ICE CREAM SOCIAL 10:00-11:00am Studio C  COFFEE & CHAT 10:00-11:00am STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>3</b> NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby	<b>4</b> YMCA IS CLOSED   <b>Happy 4<sup>th</sup> of July!</b>	<b>5</b>
<b>6</b> 	<b>7</b> COFFEE & CHAT 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>8</b>	<b>9</b> YARD GAMES 10:00-11:00am COFFEE & CHAT 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>10</b> NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby  ARTS & CRAFTS 1:00PM-2:30PM Studio C <i>Sign-up required</i>	<b>11</b> WALK WITH A DOC! 12:00-1:00pm Studio A	<b>12</b>
<b>13</b>	<b>14</b> COFFEE & CHAT 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>15</b> LUNCH BUNCH King's Place Grill & Bar 11:00am-12:30pm <i>Sign-up required</i>	<b>16</b> YARD GAMES 10:00-11:00am COFFEE & CHAT 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room <i>FW Orientation 12:30pm            Registration required</i>	<b>17</b> NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby	<b>18</b>	<b>19</b> 
<b>20</b> YMCA DUCK RACE VERMILLION RIVER Corner of 47 & 31st 1:00pm-2:00pm 	<b>21</b> COFFEE & CHAT 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>22</b> BALANCE ASSESSMENTS 1:00pm-2:00pm <i>Registration required</i>	<b>23</b> YARD GAMES 10:00-11:00am COFFEE & CHAT 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>24</b> NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby	<b>25</b> WALK WITH A DOC! 12:00-1:00pm Studio A	<b>26</b>
<b>27</b>	<b>28</b> COFFEE & CHAT 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>29</b> MACHINE ORIENTATION 1:00pm-2:00pm <i>Registration required</i>	<b>30</b> PICNIC/POTLUCK 11:00-12:00 COFFEE & CHAT YARD GAMES 10:00-11:00am OUTSIDE, BY STUDIO C  GAMES GROUP 10:30-11:30am Conference Room	<b>31</b> NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby	*Reservations required for Water Exercise classes.	



# Hastings YMCA Duck Race 2025

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Meet your Duck Riders!



**Nicole Sindelar**  
Hastings Public House &  
Hastings Golf course



**Connie Watters**  
Aquatics Director  
Hastings YMCA



**Adam Elling**  
Hastings Coach &  
Hockey Board Member



**Georgeann  
Freeman Denn**  
Hastings School  
Resource Officer



**Wendi  
Shilts-Johnson**  
The 437 Food Truck &  
The Studio Downtown



**Mitch Shemon**  
Hastings Middle School  
Teacher & Coach



**\$5 per  
Ticket**

Improve your chance buy one  
for all!

**Pick the winning rider  
for a chance to win  
one of our top prizes!**

**Sunday July 20**

**1:00 pm Festivities Start**

**1:30 pm Race Starts**

**Vermillion River  
Corner of 47 & 31st Street**

### Top prizes to be drawn from the winner's bucket

#### Top Prizes:

- ▶ Wisconsin Dells  
Hotel Stay-  
\$725 Value
- ▶ Downtown Business  
Bundle-  
\$500 + value
- ▶ 3 Month Family  
Membership for  
Hastings YMCA-  
\$423 value
- ▶ + more!



Scan here for more  
information on more  
prizes, day of events, and  
other information!

[Ymcanorth.org/hastings](https://ymcanorth.org/hastings)

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