



# FOREVERWELL

May 2024 | New Hope Y

Make WELLNESS your plan for life

## NEW AND RETURNING MEMBER ORIENTATIONS AND TOURS

- Monday  
afternoons at 3-3:45pm and  
Wednesday mornings at 10-  
10:45am. Meet at Welcome  
Desk.

## SENIOR HEALTH AND FITNESS DAY IS WEDNESDAY MAY 29TH

- MAKE WELLNESS YOUR  
PLAN FOR LIFE!

A complete list of Special  
Events on Page 5. All are  
free however some  
activities require pre-  
registration.

## OUTDOOR WALKING GROUP RESUMES

Tuesday May 7th Clifton E  
French Regional Park. Meet  
at 9:00am, we will walk  
briskly 2+ miles or up to one  
hour. See page for  
instructions, address, and  
future walk locations.

## BOOK DONATIONS NEEDED

for the Pool Lobby Little  
Lending Library. Drop off  
donations at Member  
Welcome Desk.

## LUNCH & LEARN – Q & A WITH TEAM TILLMAN

Thursday May 9, 12pm-1:00pm Multi-purpose Room

Join Dan & Mary Tillman, Seniors Real Estate Specialists, as they create a safe, no pressure atmosphere to get your real estate questions answered.

- Have you ever wondered what is going on in the real estate market?
- Do you have some questions like "Is it a good idea to sell my house "as is" or is there another way to phrase it?
- Can I buy another house before I sell mine so I am not homeless?
- Do all realtors charge the same amount of commission?
- Do I need to fix anything to get my house sold?

Lunch is included - Pre-registration by 2pm on Monday May 6th is required. Space is limited

## OUT TOWN'S STORY: CRYSTAL MN

Wednesday May 15, 6:30pm New Hope Multi-purpose room

Take a trip back in time to explore the rich and vibrant history of the City of Crystal, MN through a video presentation and live discussion. Hosted by Therese Kiser, Crystal City Council Member, and the Crystal Historical Society

Register at Member Welcome Desk

## LET'S END AGEISM: A FOCUSED CONVERSATION

SPONSORED BY AGE-FRIENDLY HENNEPIN COUNTY

Tuesday May 28 10:30am-12:00pm New Hope Y Multi-purpose room

Join us for a lively and interactive discussion around ageism. We will watch a short video presentation followed by a guided discussion facilitated by Monica Royston Ruckett. You will be invited to share your perceptions of ageism and explore approaches for guiding your personal journey as well as influencing the culture of ageism moving forward.

Register at NHY Welcome Desk, Limited to 18 participants.

## BRANCH HOURS

Monday-Friday: 5am-9pm  
Sat/Sun: 7am-5pm

Customer Service  
612-230-9622

## New Hope Y

7601 42nd Ave North New Hope  
Nancy Danielson  
ForeverWell Coordinator  
Nancy.danielson@ymcanorth.org  
Phone: 763-592-5520  
[ymcanorth.org/newhope](http://ymcanorth.org/newhope)



## FOREVERWELL IN - BRANCH GROUP EXERCISE CLASSES

### MONDAY:

8:00am	Water Exercise with Tracy	Pool*
8:15am	ForeverWell Combo with Renee	Studio 1
11:45am	SilverSneaker® Yoga with Nancy	Studio 1
12:45pm	SilverSneaker® Classic with Nancy	Studio 1
1:00pm	Tai Chi for Health Practice with Tom	Studio 2

### TUESDAY:

9:30am	Group Active with Sallie	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
11:00am	Arthritis Water Ex with Carol	Pool*
11:00am	ForeverWell Combo with Angie	Studio 1
12:00pm	Chair Yoga with Angie	Studio 1

### WEDNESDAY:

7:15am	Deep Water Exercise with Tracy	Pool*
10:45am	Line Dancing with Collette	Studio 2
11:00am	SilverSneaker® Yoga with Nancy	Studio 1
12:00pm	SilverSneaker® Classic with Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

### THURSDAY:

8:15am	ForeverWell Combo with Renee/Mary	Studio 1
9:30am	Group Active with Sallie	Studio 1
9:30am	Zumba with Yasmin	Studio 2
11:00 am	ForeverWell Water Ex with Carol	Pool*
11:00am	ForeverWell Combo with Becky	Studio 1
12:00pm	Chair Yoga with Becky	Studio 1

### FRIDAY:

11:45am	SilverSneaker® Yoga with Nancy	Studio 1
12:45pm	SilverSneaker® Classic with Nancy	Studio 1

## THESE ACTIVITIES STILL REQUIRE RESERVATIONS:

- Water Exercise Classes
- Group Cycle

Reserve your space using the Y app, this link

<https://www.ymcanorth.org/reservations>

or call Customer Service 612-230-9622

## GETTING STARTED AT THE NEW HOPE Y

### FOREVERWELL NEW MEMBER ORIENTATION AND TOUR

All new and recently returning Members 55+ are invited to attend a group ForeverWell Orientation. We'll talk about Group Exercise classes, pool use, social opportunities, virtual activities and more. Then tour the facility, watch a class in action or try a fitness machine. Group orientations are offered Monday afternoons 3-3:45pm or Wednesday mornings 10-10:45am. Alternate times may be requested by contacting **Nancy Danielson, ForeverWell Coordinator** 763-592-5520 [nancy.danielson@ymcamn.org](mailto:nancy.danielson@ymcamn.org)

### FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER

Register at New Hope Member Engagement Desk.

Questions: **Gary Sandin, Health and Wellness Director** 952-582-8284  
[gary.sandin@ymcanorth.org](mailto:gary.sandin@ymcanorth.org)

### 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

## WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

**MONDAYS: PICKLEBALL IN THE GYM** – 10am – 12pm

**MONDAYS: WATER VOLLEYBALL** – 11am – 1pm

**MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS** – 2-3:30pm Pool Lobby

**MONDAYS: NEW AND RETURNING MEMBER ORIENTATION** – 3pm Meet at Front Desk Lobby

**TUESDAYS: COFFEE CHAT** – 8am-10am Lobby

**TUESDAYS: OUTDOOR WALKING GROUP** – 9am-10am Locations listed on page 4

**TUESDAYS: MAH JONGG** – 12:30pm-2:30pm Pool Lobby

**WEDNESDAYS: COFFEE CHAT** – 8am-10am Lobby

**WEDNESDAYS: NEW AND RETURNING MEMBER ORIENTATION** – 10am Meet at Front Desk Lobby

**WEDNESDAYS: PICKLEBALL IN THE GYM** – 10am – 12pm

**WEDNESDAYS: WATER VOLLEYBALL** – 11am – 1pm

**WEDNESDAYS: CRIBBAGE** 1:00pm Pool lobby. Cribbage board and cards available alternate times, upon request

**THURSDAYS: PICKLEBALL IN THE GYM** – 1-3pm

**FRIDAYS: PICKLEBALL IN THE GYM** – 10am – 12pm

**FRIDAYS: WATER VOLLEYBALL** – 11am – 1pm

**SELECT FRIDAYS: FOREVERWELL AFTERNOON SOCIAL** – 1:30pm (following SilverSneaker Classic® Class). Coffee provided. Dates are noted on calendar on back of newsletter.

**SATURDAYS: PICKLEBALL IN THE GYM** – 12-2pm full gym unless otherwise noted on Gym Calendar

### BOOK DISCUSSION GROUP MEETS THE THIRD THURSDAY OF THE MONTH

**May 16, 2024: 2:00-3:00pm** The Boys in the Boat: Nine Americans and their Epic Journey for Gold at the 1936 Berlin Olympics by Daniel James Brown

**June 20, 2024: 2:00-3:00pm** The Husband's Secret by Liane Moriarty

**July 18, 2024: 2:00-3:00pm** Our Missing Hearts by Celeste Ng

**August 15, 2024: 2:00-3:00pm** The Covenant of Water by Abraham Verghese

# FOREVERWELL WALKING GROUP

**TUESDAY MORNINGS, 9-10AM, MAY THROUGH MID-OCTOBER WEATHER PERMITTING**  
**MEET AT DESIGNATED LOCATIONS (BELOW) - BRING WATER - WALKING POLES ALLOWED**

Note: We walk at a brisk pace, up to one hour in duration.

**May 7** —Clifton E. French Regional Park—12605 Rockford Road in Plymouth. Meet on the sidewalk next to the play area, just outside of the Visitor's Center. We walk the path that loops from the Visitor Center along the beach and back. Time permitting, we will go around twice .Paved, some hills.

**May 14** —Bassett Creek Park—5609 32nd Ave N, Crystal. Meet at parking lot on 32nd Ave N at Yates Ave, next to the dog park. Paved and unpaved, shorter route, and option to go around the path multiple times.

**May 21**—Northwood Park—3815 Boone Avenue North in New Hope. Meet at the Gazebo, East side of Boone Avenue North. We walk the paved path through the woods to Winnetka Avenue and back. Mostly flat paved trail.

**May 28** —New Hope YMCA Outdoor Path - Meet at Welcome Desk.

Questions? Contact Nancy Danielson, New Hope Y ForeverWell Coordinator 763-592-5520 or [nancy.danielson@ymcanorth.org](mailto:nancy.danielson@ymcanorth.org)

Walks may be cancelled due to heavy rain or potential severe weather and cancellations will be posted on Group Ex Pro, at the New Hope Y Welcome Desk or by calling Customer Service at 612-230-9622.

## **MAY SAFETY TOPIC – SEVERE WEATHER CRISIS RESPONSE AT THE Y**

This month we lift up the MN Dept of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it is essential to plan ahead for Minnesota's severe spring and summer weather. An informed, involved community is more resilient to disaster. Being prepared helps reduce the risks and costs of hazardous weather events. Here are some great ways to help you, your friends and family prepare for Severe Weather:

Create or update emergency plans with your entire family so everyone knows what to do in an emergency. Ensure everyone has up-to-date contact info and knows what to do.

Practice your family plan during the tornado drills. Have everyone build a family emergency kit together.

Check with places your family spends time, such as schools, workplaces, churches, markets, or sports facilities to learn what their emergency plans are.

Share the plans for these areas with your entire family and talk about what you would do if your family were not together during a disaster.

Plan with your neighborhood. Ask your homeowners association, your tenant's group, or neighborhood association to make emergency preparedness an agenda item during your next meeting. Make sure there is an evacuation plan for your neighborhood.

***Ask the front desk or your ForeverWell Coordinator what you should do in the case of severe weather during your visit to the Y.***



# SENIOR HEALTH AND FITNESS DAY WEDNESDAY MAY 29, 2024

## MAKE WELLNESS YOUR PLAN FOR LIFE! INVITE A FRIEND TO JOIN YOU FOR THE DAY

### FREE ASSESSMENTS AND CLINICS – PRE-REGISTRATION REQUIRED

**Senior Balance Assessments with Trixie and Gary 9:30–11:00am Studio 3**

Falls are not a normal part of aging.

FREE balance assessments will be offered from 9:30–11:00am. Pre-registration at Welcome Desk required. Assessment and follow-up discussion will take approximately 20 minutes.

**Aquatics Clinic: Pool Fitness with Sarah 9:30–11:00am Pool**

Focus will be on lap swim technique and pool “tool” use for toning and strengthening.

9:30–11:00am in the pool. Pre-registration required at Member Welcome Desk.

Appointments are 20 minutes in length in groups of up to 3 participants.

### FOREVERWELL FREE GROUP EXERCISE CLASSES

7:15–8:00am Deep Water Exercise with Tracy – Pool. Pre-registration is required for this class

10:45am–12:00pm Line Dancing with Collette in Studio 2

11:00–11:45am SilverSneakers Yoga with Nancy in Studio 1

12:00–12:45pm SilverSneakers Classic with Nancy in Studio 1

5:15–6:15pm Group Active with Sallie in Studio 1

### FOREVERWELL SOCIAL ACTIVITIES

8:00–10:00am Coffee Chat in the Lobby

10:00am – 12:00pm Pickleball in the Gym

11:00am – 1:00pm Water Volleyball

1:00–3:00pm Cribbage in the Pool Lobby

### FOREVERWELL ORIENTATION FOR NEW MEMBERS

10:00–10:45am starting at the Welcome Desk. Discover all the benefits of the ForeverWell Program and tour the facility.

# May 2024 ForeverWell Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	<b>2</b> Pickleball in Gym 1-3pm  Lunch and Learn Team Tillman 12-1pm MPR <u>Pre-Registration required at Member Welcome Desk</u>	<b>3</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:00pm Pool lobby	<b>4</b> Pickleball in Gym Noon – 2pm
<b>5</b>	<b>6</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	<b>7</b> Coffee Chat 8-10am, Lobby Outdoor Walking Group 9-10am, see page 4 for locations Mah Jongg 12:30-2:30pm Pool Lobby	<b>8</b> Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	<b>9</b> Pickleball in Gym 1-3pm  Lunch and Learn Team Tillman 12-1pm MPR <u>Pre-Registration required at Member Welcome Desk</u>	<b>10</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:00pm Pool lobby	<b>11</b> Pickleball in Gym Noon – 2pm
<b>12</b>	<b>13</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	<b>14</b> Coffee Chat 8-10am, Lobby Outdoor Walking Group 9-10am, see page 4 for locations Mah Jongg 12:30-2:30pm Pool Lobby	<b>15</b> Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby  <b>Our Town's Story: Crystal MN 6:30pm MPR</b> <b>Register at Member Welcome Desk</b>	<b>16</b> Pickleball in Gym 1-3pm	<b>17</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:00pm Pool lobby	<b>18</b> Pickleball in Gym Noon – 2pm
<b>19</b>	<b>20</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Knitters and Crocheters group 2-3:30pm, Pool Lobby ForeverWell Member Orientation 3:00pm	<b>21</b> Coffee Chat 8-10am, Lobby Outdoor Walking Group 9-10am, see page 4 for locations Mah Jongg 12:30-2:30pm Pool Lobby	<b>22</b> Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	<b>23</b> Pickleball in Gym 1-3pm	<b>24</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:00pm Pool lobby	<b>25</b> Pickleball in Gym Noon – 2pm
<b>26</b>	<b>27</b> Pickleball in Gym 10-11:45am  <b>Memorial Day Facility hours 7am-12pm</b>	<b>28</b> Coffee Chat 8-10am, Lobby Outdoor Walking Group 9-10am, see page 4 for locations  <b>Let's End Ageism An Interactive Discussion 10:30am-Noon MPR</b> <b>Pre-registration Required</b> Mah Jongg 12:30-2:30pm Pool Lobby	<b>29 Senior Health and Fitness Day – Full List of Activities on Page 5</b> Coffee Chat 8-10am, Lobby ForeverWell Member Orientation 10:00am Lobby Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	<b>30</b> Pickleball in Gym 1-3pm	<b>31</b> Pickleball in Gym 10am-Noon Water Volleyball 11am-1pm ForeverWell Social 1:00pm Pool lobby	