

ForeverWell News

SAVE THE DATE!

Book Club

Monday, April 8th!

11:30 a.m. - 12:30 p.m.

Leading Club: Carole

Where: Commons Area



Pilates Reformer Demo Class

Interested in finding out about Pilates Reformer classes? Please sign-up for the Demo class at the front desk.

When: Friday's

Time: 1 p.m.

Where: Studio B

Trainer: Laura McNiff

*Sign up on-line GroupEx Pro



Schedule you're FREE

Fitness Assessment today!

Please sign-up at the front desk

Celebrate Earth Day!



Each year on April 22, people worldwide celebrate World Earth Day. It's the day dedicated to protecting mother earth. People organize events, rallies, marches, concerts, and different projects to show their support for environmental protection. These activities aim to make the world aware of depleting conditions of our natural resources – land, air, water bodies, and forests.

5 simple choices for a healthier planet!

- * Reduce, reuse, and recycle
- * Conserve water
- * Use long-lasting light bulbs
- * Choose sustainable
- * Plant a tree

BRANCH HOURS

Monday-Friday: 5 am - 9 pm

Saturday-Sunday: 7 am - 5 pm

WHITE BEAR AREA

2100 Orchard Lane

White Bear Lake, MN

FW Coordinator: Laura McNiff

Laura.Mcniff@ymcamn.org

651-259-1461



Walking club is Back!

Walking can often be a solitary athletic pursuit, but when you join a YMCA walking club, you join others who want to enjoy the motivation and encouragement of others. Outdoor walking groups have wide-ranging health benefits including reducing blood pressure, body fat, total cholesterol and risk of depression.

So lace up your sneakers and hit the trail!

When: **Starting April 2nd**

Every other Tuesday.

(4/2nd, 4/16th, 4/30)

Time: 11:30 a.m.

Where: Meet in the lobby at the WBA YMCA

Leaders: Mike and Beth Nevala

& companion Freya!

When: **June 19th, Monday**

Time: **Noon – 1pm**

Where: **Commons Area**



Lunch & Learn

Emotional Ups & Downs of Decluttering

Downsizing often requires people to let go of some of their possessions to fit their new lifestyle. This process can be emotionally exhausting. Sorting through sentimental items can surface mix feelings of guilt, sadness, and anxiety. Join Dan & Mary Tillman, Seniors Real Estate Specialists, as they talk about ways to simplify the process, discover if you are a tosser or keeper and the benefits of both, and how to create a Legacy Closet for some of your cherished treasures.

When: **Wednesday, April 24th**

Where: **Commons Room**

Time: **Noon**

Presenter's: **Dan & Mary Tillman**

Lunch will be provided!!!!

[*Sign-up in the FW Book](#)



USED BOOK EXCHANGE

Help reduce, recycle and reuse gently used books. Bring the books you have finished and swap for something new to read. You can begin bringing your donated books to the front desk as of Monday, April 1st.

WEEK OF APRIL 15TH - YMCA LOBBY DONATE YOUR GENTLY USED BOOKS

LEAVE ONE - TAKE ONE
Non-Fiction - Fiction - Adult - Youth - Teens -No encyclopedia, Readers Digest Condensed, magazines, text books or damaged, mildewed or very out dated materials.

FREE BOOKS FOR ALL!!!



ABC's of Medicare

Supplements compared to Advantage plans
When to enroll in Parts A,B,C and D Other benefits of Medicare. \$0 plans, Dental, Eyecare, Hearing aids, Fitness plans & Equipment
(Personal Training, Pickleball equipment & Golf Clubs)

When: Wednesday, April 17th
Time: Noon
Where: WBA Commons Room
***Register in the FW Book**



Cribbage Monthly

Debbie is back, to help lead you in a game of Cribbage. If you have played the game for years or are just wanting to get started. Everyone is welcome !!!

When: 2nd & 4th Tuesday of the month
Time: 12:30 p.m.
Where: Commons Room
***Please sign-up in the FW Book**



Boomers to Unite!

How many Times have we heard ourselves say – Back in the day... Do you remember MacDonaldis food prices were, What!!!
Let's all get together and talk about the days when we were finding out who we were and are today!!! And how we did it!

If you still have your yearbook, bring it!

When: Tuesday, April 30th
Time: 12:30 p.m.
Where: Common's Room
Leader: Becky Kvitrud

***Please sign-up in the FW Book**

New Class! Tai Chi #2



Not only is Tai Chi good for your health, but we will be doing Tai Chi with a cane. We will also be doing Push Hands and a more advanced form.

Instructor: Jerry

When: starting Monday, May 1st

Time: 12:30 – 1:30 p.m.

Where: Studio B

ForeverWell Tours



Guided tour of the club.

Laura will explain what the ForeverWell program is about and how it works.

When: Mondays & Thursdays

***Please sign up on-line Group Ex Pro**

FOREVERWELL CLASSES:

MONDAY:

- 8:45am - ForeverWell Combo w/Tracy
- 9:45am - SilverSneakers® Classic w/Carl
- 9:45am - Tai Chi w/Jerry
- 9:00am - ForeverWell Water X w/Pam

TUESDAY:

- 8:00am - Water Exercise w/Joanne
- 8:45am - ForeverWell Combo w/Tracy
- 9:00am - Deep Water Exercise w/Joanne
- 10:30am - Chair Yoga w/Laura
- 1:15pm - Line Dancing w/Barbara

WEDNESDAY:

- 8:45am - ForeverWell Combo w/Kim
- 9:45am - SilverSneakers® Classic w/Deb
- 10:00am - Water Exercise Power w/Kim
- 11:15am - Tai Chi w/Jerry

THURSDAY:

- 8:45am - Studio Combo w/Tracy
- 10:00am - Water Exercise Power w/Kim
- 1:15pm Line Dancing w/Kim

FRIDAY:

- 8:00am - Water Exercise w/Joanne
- 8:45am - Foreverwell Combo w/Tracy
- 9:00am - Deep Water Exercise with Joanne
- 10:45am - Silver Sneakers Circuit w/Laura
- 11:30am - Chair Yoga w/Dawn



Games - Fun- Prizes!!!

Come and join the fun!

Carole & Anne (volunteers & members) are going to call BINGO! Coffee will be served along with prizes.

When: Wednesday, April 10th at Noon

***Please register in the FW Book!**

ForeverWell-Do Something Green

Words can go in eight different directions.

Y S T O T A L S O L A R E C L I P S E Z Q T
 T R Q Q D P L B N F Z Q M K C L V E N M R L
 B E J G K C J N Q T M L K Y B Y L V M M G B
 R W K Q N T Z Z Q V B H L Y P C V R C R D U
 W O A P R I L F O O L S D A Y T S W M F W D
 R H T T N K N L X I W T L C H I A K T L J D
 X S M E B N V A R M V S E T L F K X P N H I
 R L I T P L E I E N D R P L T N R U D M P N
 E I G S B A S C B L F Q Y R D R N V G A J G
 T R R A G E S K I D C J F S I A Q Y N H Y P
 T P A W S C Y S P G O G T G E N A Q H M T L
 U A T D K R M V O K N R N L N D G W N X M A
 L J I O M J Q J E V E I C I H I W B R N V N
 C L O O G T L S H E E D T T R Z N Y R N Q T
 E X N F N N Q T T R R R R L N P N E D E W S
 D L S P K J K S K A K A M R E P S G D K A T
 T R T O T F W H Y R E F F K B M K M F R K K
 X M U T S E E R T A I L O N G A M K M L A R
 R T L S E K N R Q R V K B Q Z R C D K R L G
 M D I P W R E H T A E W G N I R P S T G J M
 R L P Z V G D O S O M E T H I N G G R E E N
 R M S Q Q Y A D R O B R A L A N O I T A N M

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ForeverWell Word Search for Blaisdell YMCA

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|--------------------|--------------------|---------------------|
| April Fools Day | Magnolia Trees | Spring Cleaning |
| April Showers | Melting Ice | Spring Weather |
| Budding Plants | Migrations | Stop Food Waste |
| Declutter | National Arbor Day | Street Sweep |
| Do Something Green | Passover | Tax Day |
| Earth Day | Recycle | Total Solar Eclipse |
| Gardening | Silly Jokes | Tulips |
| Irises | Spring Break | Yard Clean Up |

Exercise Safety Tips for Seniors

Naturally, there are precautions seniors should take before exercising, especially if they have mobility issues, a history of osteoporosis or other age-related physical concerns. If you're a senior, or if you're helping an aging parent stay healthy, first check with a doctor before beginning any exercise regimen. Then pay attention to these five safety tips as you get out and about this spring.

1. Stay hydrated.

Drink plenty of clear fluids before and after exercise. Seniors have a higher risk of becoming dehydrated because many of them take daily blood pressure medications (diuretics, or "water pills") that cause faster water loss from the body.

Before exercising, stay away from caffeinated drinks like tea, coffee, and sodas. If you stick with water to hydrate, make sure that you also eat something after you exercise, so that you can replace electrolytes lost to sweating.

2. Set realistic exercise goals.

Most of us will never again be as fit as we were in our young adulthood. You don't need to tear up the weight circuit or run circles around your peers, you just need to maintain your physical and mental fitness. A brisk 30-minute walk, a friendly game of tennis or some light weight-training is more than enough daily exercise for an otherwise healthy senior.

And, if reduced mobility, health concerns, or a low overall fitness level keep you or your senior loved one from participating in moderate exercise, consult your doctor to develop an exercise plan tailored to your physical abilities and unique needs.

3. Don't exercise when you don't feel well.

Don't push yourself too far. If you feel a bit under the weather, extra rest, plenty of fluid intake and good nutrition will probably do you more good than working up a sweat.

The same is probably true if you experience increasing joint or muscle pain after a few days of working out. Take a day off and contact your doctor if things don't improve soon.

But if you feel faint, nauseated, dizzy, unusually sweaty, unsteady, confused or have chest pain or severe abdominal pain, you might need more than a day or two of rest you might need immediate medical attention.

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Class! Tai Chi #2 12:30pm	2 Walking Club 11:30am Meet at the front doors at WBA YMCA	3	4 FW Tours 9 am	5  PR Demos-1pm W/Laura	6
7	8 Book Club 11:30am 	9 Cribbage 	10 Bingo - Noon 	11 FW Tours 9 am	12  PR Demos-1pm W/Laura	13
14	15	16 Walking Club 11:30am Meet at the front doors at WBA YMCA	17 ABC's of Medicare Noon	18 FW Tours 9 am	19  PR Demos-1pm W/Laura	20
21	22	23 Cribbage 	24 Lunch & Learn Noon Sign up in the FW Book	25 FW Tours 9 am	26  PR Demos 1pm W/Laura	27
28	29	30 Boomers To Unite 12:30pm <hr/> Walking Club 11:30am				

We only highlight some of the classes. If you would like a full Group Fitness Schedule, go to: ymcanorth.org and click on Schedules, printable schedule by location, White Bear Lake, Group Fitness Schedule.