



# FOREVERWELL

MAY 2024 | WHITE BEAR AREA



## BOOK CLUB

MON. MAY 13TH

11:30 A.M.  
COMMON'S ROOM



SCHEDULE YOUR FREE  
FITNESS ASSESSMENT  
TODAY

[SIGN UP ONLINE.](#)

**FREE DEMO**  
**TRX & KETTLEBELL**  
**TRAINING!**  
**THURSDAYS**  
**3- 4 PM**

PLEASE REGISTER AT THE  
FRONT DESK.



**Make Wellness your plan for Life!**

## 5 Ways to Start Your Journey

**#1 Don't wait for a Monday...get going.**

**#2 Consistency is your friend.**

**#3 Nutrition. Be aware of your intake.**

**#4 Rest is not optional.**

**#5 Find your tribe!**

---

### BRANCH HOURS

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

### BRANCH NAME

2100 Orchard Lane  
White Bear Lake, MN



## WALKING CLUB

**WHEN: EVERY OTHER TUESDAY.**

**MAY 7TH & 21ST**

**TIME: 11:30 A.M.**

**WHERE: MEET IN THE LOBBY AT THE YMCA**

**LEADERS: MIKE, BETH & FREYJA**

## RAMSEY COUNTY

Financial Assistance Services  
for Seniors

Talk to Ramsey County staff about:

- \* Medical Assistance guidance.
- \* Other public assistance programs.
- \* Community Engagement.

Thursday, May 15th 9am -Noon

White Bear Area YMCA  
2100 Orchard Lane  
White Bear Lake, MN 55110



**SCHEDULE YOUR  
FITNESS ASSESSMENT  
TODAY!**

**SIGN-UP ON-LINE**



**PILATES REFORMER  
DEMO CLASSES**

**WHEN: FRIDAYS  
AT 1 PM**

**SIGN-UP ON-LINE**

## CRIBBAGE MONTHLY

**WHEN: 2ND & 4TH  
TUESDAY OF THE MONTH  
TIME: 12:30 PM**



## National Health & Fitness Day!

May 29th, Wednesday 9 am -2 pm

\* Refreshments

\* Prizes

\* Demo Balance Class at 10 am

\* Pickleball Drills 11- Noon

\* In-Body Testing Noon - 1 pm

\* Demo Balance Assessment - Noon



## Games – Fun – Prizes!!!

Carole & Anne (volunteers)  
are going to call BINGO!

Coffee will be served along with prizes.

**When: Wednesday, MAY 22nd**

**Time: Noon**

\*Please register in the FW Book



## Bear Boating is Back!

**When: June 7th,**

**12:30 pm - 2:30 pm**

\*Sign-up in the FW Book



## COFFEE & CHAT

**Every Tuesday from 11:30 – 12:30 p.m.**

**and Wednesday from 10:30 – 11:30 p.m.**

**In the Commons Room.**





## New Class! Tai Chi #2

Tai Chi is good for your health. But we will be doing Tai Chi with a cane. We will also be doing Push Hands, plus more advanced form of Tai Chi.

Instructor: Jerry

When: Monday, May 1st

Time: 12:30 – 1:30 p.m.

Where: Studio B.



**ZUMBA WITH DRINA**  
**Starting April 23rd**  
**Tuesday Nights**  
**5:25 pm - 6:25 pm**

### HEALTH & WELLNESS UPDATES

 Please welcome our newest trainer, **Heidi Kafura**! Heidi is excited to help you begin or continue your own wellness journey. Schedule an assessment with Heidi at the Welcome Desk.

 Ready to try something new? Small group **Kettlebell/TRX** demos are Thursdays at 3 PM. Register for these **FREE** demos at the Welcome Desk.

 Watch our Group Exercise schedule for Instructor **Drina's** new **Zumba** class and **Cycle** classes coming soon!

## Foreverwell Classes:

### MONDAY

8:45am - ForeverWell Combo w/Tracy

9:45am - SilverSneakers® Classic w/Carl

9:50am - 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

### Sunday:

3: 00 pm - Water Exercise w/Abbey, Adrielle or Carolyn



## LET'S PAINT TOGETHER! Coffee and Canvas with Sandy Danus

When: Tuesday, June 4th ,  
Time: 2 - 4 pm  
Where: Commons Area  
Cost: \$25/member \$30/non-member

Sign-up at the front desk.

Registration ends June 3rd  
- no same day registration



## Pickleball Schedule

**Mondays**  
2:15 - 3:15 p.m.  
Beginner  
**Tues./Wed./Thursday**  
Noon - 1:30 p.m. Beginner  
1:30 - 3:30 p.m. Advanced  
**Friday**  
12:45 - 3:30 p.m.  
Advanced

\* Schedule Change June 1st



## Exercise Safety Tips for Seniors

1. Stay hydrated.
2. Set realistic exercise goals.
3. Don't exercise when you don't feel well.



## 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.

**WHEN: THURSDAY, MAY 16TH**  
**TIME: NOON**

\*SIGN-UP IN THE FW BOOK