



FOREVERWELL

APRIL | WOODBURY

APRIL RECIPE!



BASIL PESTO

INGREDIENTS:

- 1 CLOVE GARLIC
- 1 TSP KOSHER SALT
- 1 OZ PINE NUTS
- 2 CUPS (~1 ½ OZ) BASIL LEAVES, PACKED (OPTIONALLY BLANCHED)
- 1 ½ OZ PARMESAN REGGIANO, GRATED
- 2 ½ - 3 ½ OZ EXTRA VIRGIN OLIVE OIL

FOOD PROCESSOR PESTO

METHOD:

COMBINE THE GARLIC, SALT, AND NUTS OF CHOICE IN THE BOWL OF A FOOD PROCESSOR. PULSE THE INGREDIENTS UNTIL THEY ARE THE CONSISTENCY OF SAND.

ADD THE HERBS/GREENS AND CHEESE AND PROCESS UNTIL THE INGREDIENTS ARE COMBINED.

WITH THE FOOD PROCESSOR RUNNING, SLOWLY POUR THE OLIVE OIL DOWN THE FEED SPOUT. CONTINUE PROCESSING UNTIL THE SAUCE IS THOROUGHLY COMBINED AND HOMOGENOUS.

USE IMMEDIATELY OR STORE THE PESTO IN AN AIRTIGHT CONTAINER.

TOSS WITH YOUR FAVORITE PASTA OR SPREAD ON SANDWICHES!



Get ready for Earth Day in April!

Let's sprinkle some extra love on our amazing planet this April! As we bask in the wonders of our Earth, let's pause to appreciate the breathtaking beauty and boundless blessings our planet provides.

Learn about decluttering at...

- THE CHALLENGE OF STUFF - TALK, LUNCH & ANTIQUE ROAD SHOW (PAGE 3)

Enjoy the beauty of spring alongside timeless art...

- FOREVERWELL FIELD TRIP: ART IN BLOOM MINNEAPOLIS INSTITUTE OF ARTS (PAGE 3)

BRANCH HOURS

Mon.- Fri: 5AM-9PM
Sat: 7AM-5PM
Sun: 7AM-5PM

WOODBURY

2175 Radio Drive, Woodbury, MN
55125 To Contact: Lilia Murphy
Email: Lilia.Murphy@ymcamn.org
Phone: 612-676-7716

YOUR FOREVERWELL COMMUNITY

WELCOME!

MEDITATION

When: Every Monday at 9AM,
Where: The Thrivent Community Room

Come for a relaxing and invigorating lesson on slowing the body down and being in the moment. Meditation is often the aspect of yoga that many struggle to sit through. Shelley will teach you many techniques with this calming class and, in turn, give you tools to regulate your nervous system.

BOARD GAME BUNCH

When: Every Monday @ 2pm
Where: The Thrivent Community Room

Do you like board games and competitive, yet friendly new people? Join in on the fun!

THE SOCIAL BUNCH

When: Every Monday at 9:30-11am
Where: Thrivent Room/Lobby area

Join others as they gather for fun conversation, community, and making new memories with friends every week! If you are new to the Y, this can be a great way to meet others in your community and foster new friendships with welcoming ForeverWell members.

FOREVERWELL BOOKCLUB

When: The first Tuesday of the month @10:15am
Where: The Thrivent Community Room

This book club is for all 55 and older members who are looking for a community of book lovers such as themselves!

April's book...

This Tender Land By: William Kent Krueger

To learn more contact Anna Mae:

annamaeg@msn.com

60 & SOLO GROUP

When: Every 3rd Friday of the month,
Friday, April 19 at 2:30-3:30pm
Where: Thrivent Community Room

Specifically for individuals who are 60+ and live solo or far away from family. Whether you're looking to explore new hobbies, share in lively discussions, or simply enjoy the company of like-minded individuals, 60 & Solo is the group for you! Join us and start creating unforgettable memories with new friends who are just as adventurous as you are!

GRIEF GROUP

When: Every Wednesday at 10AM
Where: Thrivent Community Room

Join us for a self-guided discussion group dealing with loss. Come for coffee, to talk, or to just listen. We shouldn't have to do life, or go through grief, alone. ALL are welcome!

CARD GAMES GROUP

When: Every W/Th/Fri Mornings around 10am
Where: Thrivent Room/Scene/Lobby area

Join in on the fun of playing cards with new friends every Wednesday. Both Hand and Foot as well as Cribbage is popular games played. Even if you are unfamiliar with the card games, the members will gladly teach it to you so you can join in on the fun!

PICKLEBALL

When: Check Schedule Outside Gym
Where: The Gym

Pickleball is a highly addictive sport that is part tennis, part badminton, part ping-pong and all-around fun! There is both social and competitive times offered, so that you can find the people who pickle like you!

MY NAME IS LILIA AND I'M YOUR FOREVERWELL COORDINATOR!



WHAT CAN I HELP YOU WITH?

FOREVERWELL ORIENTATIONS

Wednesdays, at 9am

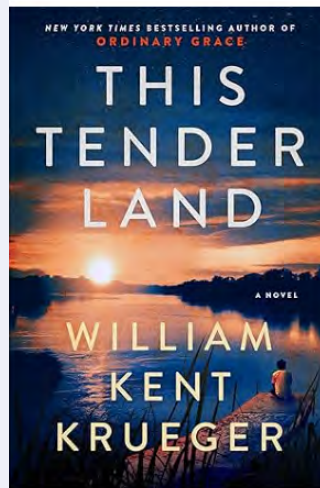
Are you new to the Y? Meet me, Lilia, your ForeverWell coordinator and get a 45 minute tour to learn what the Y has to offer you, how to register for classes/activities, and so much more!

BALANCE ASSESSMENTS

Are you at risk for a fall? A 30 minute balance assessment can measure where you are at physically and what you can work on to improve your balance. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks to follow.

[Sign up at Member Service Desk.](#)

Half an hour slots on Thursday mornings between 9:30-10:30am



FOREVERWELL APRIL EVENTS

BREAKFAST & VEIN DISEASE TALK Free

When: Tuesday, April 16th @ 9am - 10am

Where: Thrivent Room

Join Medtronic and Peripheral Vascular Health for an educational talk on veins! Whether you're seeking insights on vein disease or interested in preventive care, this talk will have you covered. Take proactive steps towards healthier veins while enjoying pastries and coffee!

Please sign up at Member Services.



JEANIE'S JOURNEYS TRAVEL TALK Free

When: Wednesday, April 17th @ 9:30-10:30am

Where: Thrivent Room

Looking for an amazing, affordable travel adventure with fellow seniors? Attend this travel talk to learn how Jeanie's Journeys can provide you with an unforgettable travel experience. Join us and learn about our 20 trips this year, including local (Midwest) 2-5 day coach tours; to fly away tours across the U.S.; to international tours cruising around the UK & Ireland out of Bristol, UK, and more!

Please sign up at Member Services.



THE CHALLENGE OF STUFF - TALK, LUNCH & ANTIQUE ROAD SHOW Free

When: Thursday, April 25th @ 11:30am - 12:30pm

Where: Thrivent Room

Ready for spring cleaning? Or are you in charge of a loved one's home after they pass? Join Seniors Real Estate Specialists and Old Is Knew LLC (Estate Sale Company) on tips where to begin, what sells and what doesn't and the cost of an estate sale. Participate in our Antique Road Show! Bring an item or picture of an item and get an assessment of the estimated value.

A lunch of sandwiches, chips, cookies and water/coffee will be served.

Please sign up at Member Services.

FOREVERWELL FIELD TRIP:

ART IN BLOOM

MINNEAPOLIS INSTITUTE OF ARTS

\$25 members, \$30 non-members

When & Where: Friday, April 26th

Meet at Woodbury YMCA @ 9:30am for bus pick-up

Bus drop-off is 12:30pm at the Woodbury YMCA

2 hrs to explore the museum, grab a treat at the cafe, and check out the gift shop!



Art in Bloom exhibits 160 imaginative floral interpretations of selected works of art from MIA's permanent collection. Experience the floral beauty and fragrance throughout the museum with your ForeverWell friends. Enjoy a snack or lunch at Agra Culture Coffee Shop and Cafe in the MIA lobby. A coach bus will bring you to and from the event. Admission to the museum is free. Please sign up at Member Services.

FOREVERWELL APRIL EVENTS CONTINUED

FOREVERWELL POTLUCK & COOKBOOK COLLABORATION

Free.

When: Wednesday, April 24th @ 12:30-3pm
Where: The Teen Center (The Scene)

Bring your favorite dish to share and chat with fellow ForeverWell members!



Connect, share stories, and build lasting friendships within our vibrant community. In addition to a dish, bring your favorite recipe to add to the Woodbury ForeverWell Cookbook! We will be collecting the cherished recipes of our ForeverWell members and creating a cookbook to be distributed as a special keepsake of your YMCA friends!

Please sign up at Member Services.

GIVING BACK WITH THE GRIEF GROUP: OPEN CUPBOARD DONATIONS



When: April 1 - 26, 2024 at Woodbury YMCA Donation Box

Give back with the Grief Group's April donation drive with Open Cupboard. We are donating self-care and household items this month.

Learn more about the Grief Group on page 2.

What We Need Most

Personal Care: Baby diapers (Newborn-Size 6), Pull-Ups (2T-5T), adult diapers, incontinence pads, baby wipes, pads and tampons, shampoo, and body wash

Household Items: Ziplocks and other resealable bags, laundry detergent, dish soap, cleaning spray, paper towels, toilet paper and napkins

APRIL SAFETY TOPIC: KEEPING KIDS SAFE AT THE Y



At the Y, we believe ALL children deserve the opportunity to discover who they are, and what they can achieve. During April–Child Abuse Prevention Month—we participate in a week-long campaign called **Five Days of Action** to increase awareness of child sexual abuse and empower and equip our communities to prevent it.

The Foundational Habits of Child Sexual Abuse Prevention

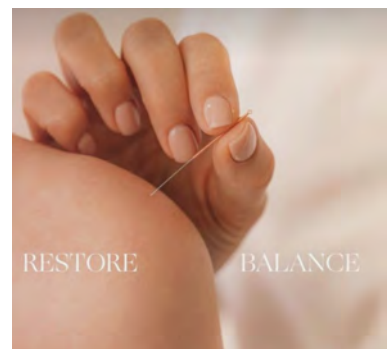
- **Know:** Knowing about child sexual abuse can help us better understand what to look for and how to keep it from happening in the first place. As trusted adults to the young people in our lives, we play an important role in protecting them from abuse. Learn more about the different types of abuse, the signs and how you can help at childhelpline.org
- **See:** When we know the signs of abuse, we can intervene on behalf of children. As a trusted adult, you may SEE your child interacting with media daily and you can be equipped with the tools and resources to make sure any environment (including online) is free from any abuse. Learn more at commonsensemedia.org/articles/online-safety
- **Respond:** How can you RESPOND to the call to help prevent child sexual abuse? As a trusted adult, you may know it's important to talk about it, but you may not know what or when to say it. The Committee for Children has created the Hot Chocolate Talk campaign, packing decades of research into easy-to-use guides to help you begin these crucial conversations at any age, from toddler to teen. Visit <https://www.cfchildren.org/resources/child-abuse-prevention/> to learn more.

COMMUNITY ACCUPUNCTURE

When: Every T 5-7pm/Th from 3:30-5:30pm

Where: Thrivent Community Room

Acupuncture is known to help a variety of health concerns including anxiety, pain, chronic fatigue, and so much more! There are already countless testimonies of improved pain management by current members using this service. **Tues . \$24/ Thurs. are FREE!**





FOREVERWELL

CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- Arthritis water Exercise
- SilverSneakers® Yoga
- SilverSneakers® Classic
- Water Exercise

ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- Line Dancing
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- Water Exercise Tabata or Power

EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- Line Dancing Intermediate
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- Gentle Yoga

Name: _____

Phone: _____

Email: _____

B I N G O

Attend a SilverSneakers Yoga Class	Walk 6.5 Laps around the walking track (Half a mile!)	Read the ForeverWell April Newsletter	Try a new class! Which class did you try? _____	Make it to the YMCA twice in one week
Do 1 round of egym circuit <small>(or sign up for an egym orientation at the front desk)</small>	Swim in the pool or try a water exercise class	Go on a walk outside	Do 15 minutes of stretching	Attend a ForeverWell Event from page 3 of the Newsletter
Attend a ForeverWell Club/Group from page 2 of the Newsletter	Bring a friend to the YMCA / Use a guest pass	FREE SPACE 	Attend SilverSneakers Classic Class	Do 15 minutes of strength training
Give a fellow member a smile!	Try a new recipe	Attend any group exercise class	Go to a pickleball game in the gym	Walk 1 mile
Do a mental exercise <small>(sudoku, chess, word search, crossword puzzle, etc.)</small>	Do 2 different forms of exercise within the same week	Give a fellow member a smile!	Attend the ForeverWell Potluck on April 24th @ 12:30-3pm	Do 2 rounds of egym circuit

Mark off the activities you do during the month of March/April on this sheet. Get a BINGO if you mark 5 boxes in a row (either vertical, horizontal, or diagonal). This Bingo card is for ForeverWell members, age 55+.

Turn your bingo card in at the Woodbury Front Desk to get entered to win a prize!

(multiple winners, prizes include free personal training session, free pilates reformer session, ymca merchandise, and more!)

Bingo card due by April 30, winners will be contacted May 1

FOREVERWELL GROUP FITNESS LASSES

MONDAY:

8:00am – SilverSneakers Circuit
w/ Monica STUDIO 3 (upstairs)

8:00am – Gentle Yoga w/ Shelley
B./ Jennifer M. STUDIO 1

8:15am – Water Exercise
w/ Cheryl POOL

9:00am – ForeverWell Yoga
w/ Sara F. STUDIO 1

9:00am Meditation w/ Shelley
THRIVENT ROOM

9:15am – Water Exercise
w/ Debbie POOL

9:30am – ForeverWell Combo
(Bootcamp) w/ Merilee STUDIO 1

10:30am – SilverSneakers Circuit
w/ Merilee STUDIO 1

11:30am – SilverSneakers Yoga
w/ Katie STUDIO 1

12:30pm – Line Dancing
w/ Wanda STUDIO 1

1:30pm – Line Dancing
(Intermediate/Adv.) w/ Wanda
STUDIO 1

1:30pm – SilverSneakers Classic
w/ Monica STUDIO 3

TUESDAY:

8:30am – Water Tabata
w/ Jeanine POOL

9:15am – Water Exercise Power
w/ Jeanine POOL

9:30am – SilverSneakers Yoga
w/ Katie STUDIO 3

10:30am – SilverSneakers Classic
w/ Katie STUDIO 3

11:30am – ForeverWell Cardio
w/ Katie STUDIO 3

11:30am – Tai Chi 1- 21 forms of
Sun Style w/ Kimberley STUDIO 1

12:30pm – SilverSneakers Yoga
w/ Julie STUDIO 3

12:40pm – Tai Chi 2- 20 new
forms of Sun 41 w/ Kimberley
STUDIO 1

WEDNESDAY:

8:00am – SilverSneakers Circuit
w/ Ann STUDIO 3

8:00am – ForeverWell Yoga
w/ Sara F. STUDIO 1

8:15am – Water Exercise
w/ Cheryl POOL

9:15am – Salsa Splash
w/ Kathy POOL

10:30am – SilverSneaker Circuit
w/ Julie STUDIO 1

11:30am – Gentle Yoga
w/ Jan STUDIO 1

11:30am – Arthritis Water
Exercise w/ Katie POOL

THURSDAY:

8:00am – Silver Sneakers Circuit
w/ Ann STUDIO 1

8:30am – Water Exercise
w/ Colleen POOL

9:15am – Water Exercise Power
w/ Colleen POOL

10:45am – Zumba Gold
w/ Colleen STUDIO 3

11:35am – ForeverWell Cardio
w/ Katie STUDIO 3

11:45am – Gentle Yoga
w/ Tamara STUDIO 1

12:30pm – SilverSneakers Yoga
w/ Katie STUDIO 3

1:30pm – SilverSneakers Circuit
w/ Katie STUDIO 3

FRIDAY:

8:00am – SilverSneakers Circuit
w/ Jennifer STUDIO 3

8:15am – Water Exercise
w/ Cheryl POOL

9:00am – ForeverWell Yoga
w/ Lucia S./ Adeline STUDIO 1

9:15am – Water Exercise
w/ Debbie POOL

11:45am – Tai Chi 3
w/ Kimberley STUDIO 3

1:30pm – SilverSneakers Classic
w/ Monica STUDIO 3

We no longer have Water Exercise reservations!

WE NEED YOU! BECOME A Y AMBASSADOR

Do you find yourself spending multiple hours here at the Woodbury YMCA? Do you know or want to get to know many of the ForeverWell members that are regulars here? Are you passionate about the this community and growing the ForeverWell program provided at the Woodbury Y? Become a Y ambassador! We are looking for kind, organized, and passionate individuals who have a heart for the Y and our mission to help the ForeverWell members in our community. For more information email tara.monack@ymcamn.org



ForeverWell Calendar

April 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	<p>1</p> <p>Book Sale in the Lobby</p>	2	3	4	5	6
7	<p>8</p> <p>The Social Bunch group at 9:30am every Monday!</p>	9	10	11	12	13
14	15	<p>16</p> <p>Medtronic: Breakfast & Talk @ 9am</p>	<p>17</p> <p>Jeanie's Journey Travel Talk @ 9:30am</p>	18	<p>19</p> <p>60 & SOLO GROUP 2:30-3:30PM</p>	20
21	<p>22</p> <p>HAPPY EARTH DAY</p> 	23	<p>24</p> <p>ForeverWell Potluck @ 12:30-3pm</p> 	<p>25</p> <p>THE CHALLENGE OF STUFF - TALK, LUNCH & ANTIQUE ROAD SHOW @ 11:30AM</p>	<p>26</p> <p>ForeverWell Fieldtrip: Art in Bloom at the MIA</p> 	27
28	29	<p>30</p> <p>Turn in your ForeverWell BINGO card by today</p>	<p>Give Back with the Grief Group!</p> <p>Accepting Personal Care & Household product donations for Open Cupboard (Donation box located near the Front Desk)</p>			