



# FOREVERWELL

APRIL 2024 | HUDSON YMCA

Save  
the date

## The Golden Gala

**Saturday, May 11**

**4:00PM to 7:00PM**

**Camp St Croix**

**Cost: \$10/person**

**Join us for a night of socializing, dancing and a delicious Italian meal.**

**Cost covers the meal by Tinucci's and music by the St. Croix Boomer Band.**

**Register at Member Services or online at [YMCAnorth.org](http://YMCAnorth.org)**



Happy Earth Day April 22

## Recycling Presentation by St Croix Co Recycling Specialist, Kris Poston

**Wednesday, April 10th 1:00-2:00PM Studio 2**

Recycling is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products.

Learn recycling right - how to recycle and what to recycle, as well as composting and organics reduction.

**Register at Member Services. Limit 25. Free.**

## Stress: Deal or Heal Talk by Dr. Chad Kobs, Premier Chiropractic

**Thursday, April 18th 12:30-1:30PM Studio 2**

Stress is unavoidable but is it really bad for us? Learn how stress can turn into health issues or how it can strengthen our bodies and immune system.

**Register at Member Services. Limit 25. Free.**

### BRANCH HOURS

MONDAY-FRIDAY 5AM - 9PM

SATURDAY-SUNDAY 7AM - 5PM

### HUDSON YMCA

2211 VINE STREET

HUDSON, WI 54016-1899

[WWW.YMCANORTH.ORG](http://WWW.YMCANORTH.ORG)



**Exercise not only changes your body, it improves your mind, your attitude and your mood.**

## **FOREVERWELL ORIENTATION**

ARE YOU NEW TO THE Y? LEARN ABOUT FITNESS OFFERINGS, HOW TO REGISTER FOR CLASSES & ACTIVITIES AND GET A TOUR.

**Tuesdays at 11:30AM or Thursdays at 1:30PM** Sign up at Member Services.



### **I AM HERE TO HELP**

IF YOU WOULD LIKE MORE INFORMATION ON PROGRAMS OR CLASSES, PLEASE REACH OUT BY PHONE OR EMAIL YOUR FOREVERWELL COORDINATOR :

LEAH.KROLL@ YMCANORTH .ORG  
OR CALL DIRECTLY  
651-435-6734

### **FITNESS ASSESSMENT**

AFTER COMPLETING YOUR FOREVERWELL ORIENTATION, SIGN UP AT MEMBER SERVICES FOR A COMPLIMENTARY FITNESS ASSESSMENT WITH A PERSONAL TRAINER! AVAILABLE TO FOREVERWELL MEMBERS WHO ARE NEW OR RETURNING.

## **FOREVERWELL EXERCISE CLASSES**

### **MONDAY :**

**8:10 AM - FOREVERWELL WATER EXERCISE**

**8:15 AM - SILVERSNEAKERS YOGA**

**9:15 AM - SILVER SNEAKERS CLASSIC**

### **TUESDAY :**

**7:30 AM - FOREVERWELL WATER EXERCISE**

**8:00 AM - FOREVERWELL CYCLE (30 MINUTE CLASS)**

**9:00 AM - NORDIC WALKING**

**9:15 AM - SILVERSNEAKERS YOGA**

**10:15 AM - SILVERSNEAKERS CIRCUIT**

**11:15 AM - MEDITATION \* APRIL 9TH, 16TH, 23RD, 30TH**

### **WEDNESDAY:**

**8:10 AM - FOREVERWELL WATER EXERCISE**

**9:15 AM - SILVERSNEAKERS CLASSIC**

**10:15 AM - SILVERSNEAKERS YOGA**

**1:00 PM - LINE DANCING BEGINNING**

**2:00 PM - LINE DANCING INTERMEDIATE**

### **THURSDAY :**

**7:30 AM - FOREVERWELL WATER EXERCISE**

**8:00 AM -FOREVERWELL CYCLE (30 MINUTE CLASS)**

**8:15 AM - SILVERSNEAKER YOGA**

**9:15 AM - SILVERSNEAKER CIRCUIT**

**11:15 AM - FOREVERWELL STRETCH AND BALANCE**

### **FRIDAY :**

**7:30 AM - FOREVERWELL WATER EXERCISE**

**9:15 AM - SILVERSNEAKERS CIRCUIT**

# FOREVERWELL SOCIAL ACTIVITIES

**MONDAY :**    **WOODCARVING**

**2:30 PM**

**STUDIO 2**

**BRING YOUR OWN SUPPLIES**

**CONVERSATIONS & CONNECTIONS**

**MEETS 3RD MON OF EACH MONTH AT 11:30 AM**

**COMMUNITY ROOM**

**TUESDAY :**    **NORDIC WALKING**

**9:00 AM**

**MEET IN LOBBY**

**POLES AVAILABLE**

**BOOK CLUB**

**MEETS 2ND TUES OF EACH MONTH AT 10:15AM**

**SEE ATTACHED FLIER FOR BOOK LIST**

**COMMUNITY ROOM**

**WEDNESDAY:** **TABLE GAMES**

**10:00 AM**

**COMMUNITY ROOM**

**KNITTING GROUP**

**1:00 PM**

**COMMUNITY ROOM**

**THURSDAY :**    **MAH JONGG - NEWCOMERS WELCOME**

**12:30 PM**

**COMMUNITY ROOM**

**FRIDAY :**    **PING PONG AND BAGS**

**10:15 AM**

**STUDIO 2**







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FOREVERWELL BOOK CLUB

April 9th

Ordinary Grace

by William Kent Krueger

June 11th

Dear Edward

by Ann Napolitano

May 14th

The House of Eve

by Sedeqa Johnson

July 11th

The Guernsey Literary & Potato Peel Pie Society by M.A. Shaffer & A. Barrows

MEETS THE 2ND TUESDAY OF EVERY MONTH  
10:15 AM COMMUNITY ROOM NO REGISTRATION