



FOREVERWELL

APRIL 2024 / EMMA B. HOWE YMCA / 763-785-7882

NEED TO KNOW:

REMINDERS

- Mask wearing is optional
- No towel service
- Guest passes available check with membership
- No cell phone use in locker room
- Lock up valuables

WATER EXERCISES CLASSES ONLY

- Reservations required
- Limited space available

YMCA APP

Apple QR



Android QR



The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code to get started!

GET CONNECTED TO THE YMCA

If you are new or a returning member that need to get information on all the YMCA's programming. These are free and included with your membership.

FOREVERWELL MEMBER ORIENTATIONS

These are for new or returning members that want to get information on programming for the active older adult at the branch. Orientations are held on Tuesday 9am-10am & Friday 11am-12pm. Or Monday, April 15th at 1:30pm-2:30pm. Must register to attend the orientation by contact Kim at 763-717-1811 or kim.gemlo-bush@ymcamn.org.

FITNESS ASSESSMENTS

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register at membership desk to attend a fitness assessment. Contact Tiffany at 763-445-3644 or tiffany.koller@ymcamn.org with any questions.

BRANCH HOURS

MONDAY-FRIDAY: 5AM-9PM

SATURDAY: 7AM-5PM

SUNDAY: 7AM-5PM

EMMA B HOWE YMCA

8950 Springbrook Dr. NW

Coon Rapids, MN 55433

Kim Gemlo-Bush

Email: Kim.gemlo-bush@ymcamn.org

Phone: 763-717-1811

www.emmabhoweymcanorth.org

FOREVERWELL CLUBS

NO REGISTRATION REQUIRED. ALL ARE WELCOME!

- **Card Club**—Meet every Tuesday at 10:30am–12pm in Senior Lounge.
- **Coloring Club**—Meet every Tuesday at 1pm–3pm in Meeting Room.
- **Indoor Walking Club**—Meet on Wednesdays at 11:45am–12:15pm at YMCA Track by fitness studio doors. We will be playing walking poker for fun prizes.
- **Mahjong Club**—Meet every Wednesday at 1:30pm–3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.
- **Dominos Club**—Meet the 1st Thursday of month at 1pm–2:30pm in the Senior Lounge. We will be playing Mexican Style Dominos
- **Book Club**—Thursday, April 25th at 12:45pm–1:45pm in Senior Lounge. Come join us for a discussion on the book Lessons in Chemistry by Bonnie Garmus. Sign up with Kim to get the discussion questions.
- **Knit & Crochet Club**—Meet every Friday at 10:30am–12:00pm in Senior Lounge.

VIRTUAL EXPERIENCE SCHEDULE

SOCIALIZE FROM THE COMFORT OF YOUR OWN HOME

To join any of these virtual experiences register at www.ymcanorth.org/activity_finder. Classes use Zoom format.

Monday

- **Coffee Talk.** Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am–10:00am.

Tuesday

- **Trivia & Brain Teasers.** You will need a piece of paper and pencil to write down your answers. Meet April 9th at 10:30am–11:30am.

Thursday

- **Bible Study.** Is for all interested adults, people of faith and seekers alike. This is an opportunity for participants to reflect on what the text might mean for them in their daily lives. Meet every Thursday at 10:30am–11:30am.

Friday

- **Happy Hour Group.** Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm–5:00pm.

Active Older Adult Group Exercise Classes

Registration required for Water Exercise class ONLY 72 hours prior. Limited space.

SS=SilverSneakers® FW=ForeverWell

Monday

7:00am–7:45am FW Cycle
8:00am–8:45am Water Interval
8:30am–9:15am FW Combo
9:30am–10:15am FW Water X
10:30am–11:30am Zumba Gold
10:45am–11:30am SS Yoga
12:00pm–1:00pm SS Classic

Tuesday

9:30am–10:15am SS Circuit
10:45am–11:30am FW Strength
11:00am–11:45am Water Exercise
11:45am–12:45pm Tai Chi for Health

Wednesday

8:00am–8:45am Water Interval
8:30am–9:15am FW Combo
9:30am–10:15am FW Water X
10:30am–11:15am FW Stretch

Thursday

7:00am–7:45am FW Cycle
9:30am–10:15am SS Circuit
11:00am–11:45am Arthritis Water Exercise
11:45am–12:30am SS Yoga

Friday

8:00am–8:45am Water Exercise
9:00am–9:45am FW Combo
9:30am–10:15am FW Water X
9:30am–10:15am SS Classic
10:30am–11:15am FW Stretch
11:30am–12:30pm Tai Chi for Health
1:00pm–2:00pm Line Dance
4:30pm–5:15pm Aqua Zumba

Saturday

8am–8:45am Aqua Zumba
10:20am–11:20am Intermediate Line Dance

The entire group exercise schedule is on ymcanorth.org or pick a copy up at the membership desk.

FOREVERWELL EVENTS & ACTIVITIES—NO SIGN UP REQUIRED. JUST DROP IN!

SOCIAL COFFEE TIME

Meet every Tuesday & Wednesday & Thursday at 8:30am-12:00pm in Senior Lounge. Come, socialize, and drink coffee with other ForeverWell adults. You can bring in your own cup to fill or there are coffee cups available.

PICKLEBALL

Monday/Wednesday/Fridays at 8:00am-2:00pm & Tuesday & Thursday at 12:00pm-3:30pm
Added hours & new court set up for pickleball games. If you are new to pickleball come on M/W/F at 1pm-2pm or T/Th at 12pm -1pm. If no one shows up on M/W/F within 15 minutes' court will be picked up and put away. Intermediate and Advance level players come on M/W/F at 8am-2pm & T/Th at 1-3:30pm. There are 4 courts available but courts are specific to your skill level. A court diagram is located in the gym.

BLANK SLATE GAME

Wednesday, April 3rd at 12:45pm-1:15pm in Senior Lounge.

Join us for this clever party game where you try to predict what others are thinking to win prizes.

PARKINSON'S PRESENTATION

Tuesday, April 16th at 11am-12pm in Community Room

Come to this free presentation on Parkinson's. Discussion will range from warning signs, information on the disease and hospital care.

FOREVERWELL POTLUCK

Wednesday, April 17th at 12:00pm-1:00pm in Community Room

This month's potluck will be a lunch and learn understanding vein disease. Speaker will be bringing some sandwiches (limited quantity). Please still bring a dish to share. Coffee we be provided.

YMCA PRE-EARTH DAY CLEAN UP

Friday, April 19th at 10:30am-11:30am

Come join other ForeverWell members and RISE participants volunteering in Earth Day. We will be walking the grounds of the YMCA and picking up trash.

YMCA BOOK RECYCLE PROGRAM

Tuesday, April 30th at 9:00am-1:00pm in Hallway.

FREE books for all! The program is to reduce, reuse and recycle gently used books within your community to keep them out of landfills. You can take any books and keep them or return them after you are finished. We are accepting fiction, non-fiction and teen/children books. We are NOT accepting magazines, encyclopedias or cookbooks.

FOREVERWELL EVENTS & ACTIVITIES – SIGN UP WITH KIM AT 763-717-1811. SPACE IS LIMITED.

LUNCH OUTING

Thursday, April 11th at 12:30pm

Let us get together with other YMCA ForeverWell members for lunch. We will be meeting at Olive Garden in Coon Rapids. Must have own transportation and meal is on your own dime. Deadline April 10th.

FOREVERWELL BINGO

Thursday, April 18th at 1:30pm-2:30pm in Community Room

Come and join other ForeverWell members in a few games of bingo. You could win some fun prizes. Bring a non-perishable item/canned goods to help us stock the local food shelf. Deadline April 17th.

ANDOVER THEATER FIELD TRIP-RISE WITH THE Y PROGRAM

Tuesday, April 23rd at 10:30am-12pm

Come join other ForeverWell members and RISE participants for a trip to the theater. Must register at member services. Space is limited. See flyer for cost, movie(TBD) and registration deadline.

VOLUNTEER OPPORTUNITIES

KIDS IN NEED FOUNDATION-Monday, April 22nd at 1:30pm-3:30pm

Come join other ForeverWell adults for an afternoon of volunteering at Kids in Need Foundation. You will participate in activities ranging from organizing school supplies to packing backpacks. You must have your own transportation (2719 Patton Rd. in Roseville). Sign up by April 19th.

FEED MY STARVING CHILDREN-Thursday, April 25th at 2:30pm-4:15pm

Come join other ForeverWell adults for an afternoon of volunteering at Feed My Starving Children. Bring your family and grandchildren to volunteer. FMSC is a nonprofit organization that feeds starving children in body and spirit. You must have your own transportation (401 93rd Ave. in Coon Rapids) Space is limited. Sign up by April 23rd.

RISE WITH THE Y PROGRAM-See Rise schedule for list of events

Rise with the Y" is a partnership program between the YMCA and Rise Inc. Rise Inc. serves adults with disabilities here at our YMCA. "Rise with The Y" offers an opportunity for YMCA members to participate in various activities and events alongside Y team members, Rise participants and staff. We are looking for Y members to join this impactful program. Reach out to Tanya at Tanya.osterberg@ymcamn.org.

THANK YOU TO ALL THAT DONATED TO THE 2024 YMCA ANNUAL GIVING CAMPAIGN ON MARCH 6TH FOR Y GIVE DAY & ON MARCH 26TH FOR THE KNIT & CROCHET CRAFT SALE YOU HELP RAISE OVER \$5000!

SAFETY TOPIC FOR THE MONTH OF APRIL...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. Every day, we are proud and respectful of the trust parents and communities around the country place in the Y. From youth sports to day and overnight summer camp; from out-of-school time to preschool; our Ys work to ensure all children have a safe, fun filled experience.

At the Y, child protection is our number one priority year-round. 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. By taking part in this important campaign and through implementing abuse prevention practices year-round, we can all commit to the safety of all children in our care.

During these Five Days of Action, we introduce the foundational habits of child sexual abuse prevention—**Know. See. Respond.** When put into practice, they help us create safer environments for children to grow and learn.

- **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.