



FOREVERWELL

MARCH 2025 | DAYTON YMCA

SAVE THE DATE

FW HAPPY HOUR!

JEFE URBAN COCINA
219 SE Main Street
TUESDAY MARCH, 25TH
5-7PM
SIGN UP AT FRONT DESK

FOREVERWELL ORIENTATION

ForeverWell includes programs, classes and events for adults ages 55 and older. Interested in learning more? ForeverWell Orientation is Wednesday March 26th at Noon.

MARCH: Make an Impact!

Every day we have an opportunity to make a positive IMPACT. Every day you CAN and DO make a difference in someone's life. Every day we get to choose our actions, we get to choose how we want to show up for ourselves and others. Choose service, gratitude and grace, your heart will thank you! Here are some ideas:

SMILE at someone EVERY day. Say "I LOVE YOU" to yourself, everyday.

OFFER a helping hand to a friend, neighbor or someone new.

DONATE your time and VOLUNTEER: at the YMCA, Church, School, or anywhere that you have gratitude for.

DONATE at the YMCA: [YMCANORTH.org/give](https://ymcanorth.org/give)
select : DAYTON YMCA



What is ForeverWell?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life.

Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community.

BRANCH HOURS

Monday - Thursday: 5:30am-8pm
Fridays: 5:30am-7pm
Saturdays: 7am-3pm

DAYTON YMCA AT GAVIIDAE

651 NICOLLET MALL 3RD FLOOR
MPLS, MN 55402
612-230-3475

Did you know the Dayton Y has a Wellbeing Center?

Massage at the George Wellbeing Center – 2nd floor of the Dayton YMCA.

Physical Restoration

Are you feeling tense or sore? Do you want to move with more ease and manage everyday stress? Massage therapy at the Y can be a powerful addition to your whole-person wellbeing journey. Our licensed massage therapists use specialized techniques that target the body's soft tissues; the muscles, tendons, ligaments, and connective tissues to reduce chronic pain and anxiety, improve your range of motion, boost your immune system, and help you feel your best.



Share your Y story

At the Dayton YMCA we all have a Y-Story. Whether you're a new member, found a supportive environment for your fitness journey, made lasting friendships, watched your children grow through our youth programs, we all have experienced transformative impact of being part of this amazing community.

We want to hear from you! Sharing your Y experience helps us understand what makes our community special and reminds us of the difference we're all making together. It's through your stories that we continue to build a stronger, more connected place where everyone can thrive.

Jen and Jessica are eager to hear from you about how your time at the Dayton YMCA has shaped your life and made a difference in your well-being. Please reach out to schedule a time to meet with us to share your story over a cup of coffee.

Our contact information is below. We are excited to hear your story!

Jennifer Menk

jennifer.menk@ymcanorth.org

612-750-6170

Jessica Wittwer

jessica.wittwer@ymcanorth.org

612-676-3774

ForeverWell/Spring Into Wellbeing

Words can go in eight different directions

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

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Made especially for Blaisdell YMCA

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|-----------------------|-----------------|----------------------|
| Ash Wednesday | Lent | Spring Break |
| Basketball | Lucia Strand | Spring Equinox |
| Community | Make an Impact | Still Cold |
| Daffodils | March Madness | St Patricks Day |
| Daylight Saving Time | Mardi Gras | Welcome Spring |
| Exercise with Friends | Purim | Wellbeing |
| Flowers in bloom | Ramadan | Whole Person |
| ForeverWell | Sleep Awareness | Womens History Month |