



# FOREVERWELL

APRIL 2025 | HAROLD MEZILE NORTH COMMUNITY YMCA

## SAVE THE DATE



### MOVIE MATINEE!

Come enjoy a good movie and fresh popcorn with fellow ForeverWell members Tuesday, April 8th at noon.

**Movie: Just Getting Started**

### BLOOD PRESSURE OUTREACH

Harold Mezile YMCA and Volunteers of America have partnered to provide monthly blood pressure outreach to North Community. Their next visits will be April 7th & 21st from 10:30am-12:00pm.

**\*This service is available to the community.**

### NORTH COMMUNITY PICKLEBALL

We now offer pickleball every Thursday & Friday from 12:00-2:00pm. Beginners are welcome!



## STRENGTH TRAINING AT 55+

IT IS NEVER TOO LATE TO START A STRENGTH TRAINING PROGRAM. IT MAY NOT BE AS EASY AS IT WAS IN YOUR TWENTIES, BUT IT IS INDEED FEASIBLE TO ACQUIRE MUSCLE MASS BEYOND THE AGE OF FIFTY. THE BENEFITS OF LIFTING WEIGHTS ARE ESSENTIAL TO EVERYDAY LIFE AND HEALTHY AGING. A REGULAR STRENGTH TRAINING PROGRAM WILL REDUCE THE CHANCES OF OSTEOPOROSIS, PREVENT AGE RELATED MUSCLE LOSS, IMPROVE POSTURE, REDUCE PAIN, IMPROVE COGNITIVE FUNCTION AND MENTAL HEALTH, MAKE YOU MORE RESILIENT TO INJURY, INCREASE BONE MINERAL DENSITY, IMPROVE SLEEP, BRAIN FUNCTION, FLEXIBILITY, BALANCE, CARDIOVASCULAR FUNCTION, MIND-BODY CONNECTION, AND THE LIST GOES ON AND ON.

IF YOU ARE CONSIDERING STARTING A STRENGTH TRAINING ROUTINE, SWING BY THE NORTH COMMUNITY YMCA AND CHECK OUT A FOREVERWELL STRENGTH CLASS OR OUR FITNESS CENTER. WE ARE ALWAYS HERE FOR YOU!

### BRANCH HOURS

Mon-Fri: 7:00am-8:00pm  
Saturday: 8:00am-2:00pm  
Sunday: CLOSED

### HAROLD MEZILE YMCA

ForeverWell Coordinator:  
Tanisha Randolph  
tanisha.randolph@ymcamn.org



## MOBILE MARKET

### FRESH AFFORDABLE GROCERIES

Starting April 2nd, Harold Mezile North Community YMCA is proud to announce that the Twin Cities Mobile Market will be here every Wednesday. Seniors will have one hour to shop for a wide variety of fresh food for a more affordable price compared to the grocery stores. The mobile market accepts debit & credit cards, cash, and EBT. No checks or WIC. Every Wednesday from 10:45-11:45am.

## MENTAL HEALTH TALK

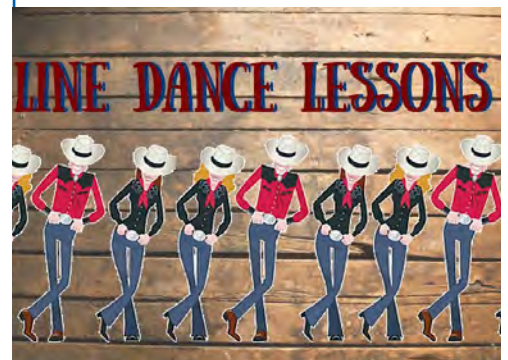
Touchstone Mental Health has partnered with us again to bring you monthly Community Mental Health Forums. We will talk about the different mental illnesses, their causes, prevention, treatment, and how you can get help (for yourself or someone you love). These discussions are always confidential, therapeutic, and has been referred to as a healing session by some members. Lets come together in love and support as a community to stop the stigma and heal. It's never too late.

## LIT FRIDAY'S

Are you looking for a senior friendly place to hang out on Fridays? If so, check out Lit Fridays every 2nd & 4th Friday from 10am-2pm at Harold Mezile YMCA. Enjoy a variety of games, puzzles, cards, music and more. There's always yummy refreshments as well. We look forward to seeing you there!

## COMMUNITY ACUPUNCTURE

Harold Mezile offers free acupuncture to North Community. Heather is here every Tuesday from 9-11am and Saturdays from 10am-2pm.



### LINE DANCING!

Dust off your dancing shoes and get ready to have a good time. Line dancing will be in full effect Friday April 18th from 12:00-2:00pm. There will be good music, cold beverages, and friendly fellowship, in a caring community space.



### FRESH COFFEE

Enjoy a fresh cup of coffee or two courtesy of North Community YMCA. Every weekday morning until noon.

# GROUP EXERCISE CLASSES

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>SilverSneakers Classic</b> <b>9:30-10:15am</b> ~Tanisha		<b>SilverSneakers Classic</b> <b>9:30-10:15am</b> ~Tanisha	<b>ForeverWell Strength</b> <b>9:45-10:30am</b> ~Tanisha	
<b>ForeverWell Combo</b> <b>10:45-11:30am</b> ~Renee	<b>Strength &amp; Core Conditioning</b> <b>10:30-11:15am</b> ~Eric		<b>ForeverWell Combo</b> <b>10:45-11:30am</b> ~Renee	<b>ForeverWell Cycle</b> <b>10:00-11:00am</b> ~Eric
		<b>ForeverWell Open Swim</b> <b>11:00-11:45am</b>		<b>Core Conditioning</b> <b>11:00-11:30am</b> ~Eric
			<b>Pickleball</b> <b>12:00-2:00pm</b>	<b>Pickleball</b> <b>12:00-2:00pm</b>