



# FOREVERWELL



APRIL 2025 | ANDOVER  
FOREVERWELL COORDINATOR: REWA GIROUX-DUMAS

## SAVE THE DATE

Wednesday 4/16 1-2 PM

### Dragonflies!

w/ John Aurthur  
Master Naturalist

FREE



## FALL ASSESSMENT & BALANCE CLASS

THURSDAY APRIL 10TH  
12:30-2:00



YMCA GYM

### Adult Pickleball

M-W-F 8:00-12:00

### Beginner Pickleball

Tuesday 8:00-12:00

Thursday 8:00-9:30

Forever Well  
Orientation April 17  
11:00 - 11:45



FOREVERWELL COORDINATOR  
REWA GIROUX-DUMAS

## APRIL: THINK GREEN

PROTECTING OUR PLANET STARTS WITH YOU

<p><b>BIKE MORE DRIVE LESS</b></p>	<p><b>reduce REUSE recycle</b></p> <p>Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.</p>	<p><b>choose sustainable seafood</b></p> <p>Learn how to make smart seafood choices at <a href="http://www.FishWatch.gov">www.FishWatch.gov</a>.</p>	<p>Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.</p> <p><b>PLANT A TREE</b></p>
<p><b>EDUCATE</b></p> <p>When you further your own education, you can help others understand the importance and value of our natural resources.</p>	<p><b>CONSERVE WATER</b></p> <p>The less water you use, the less runoff and wastewater that eventually end up in the ocean.</p>	<p><b>-SHOP-WISELY</b></p> <p>Buy less plastic and bring a reusable shopping bag.</p>	<p><b>Don't send chemicals into our waterways.</b></p> <p>Choose nontoxic chemicals in the home and office.</p>
<p><b>Volunteer!</b></p> <p>Volunteer for cleanups in your community. You can get involved in protecting your watershed too!</p>		<p><b>Long-lasting light bulbs - ARE A - BRIGHT IDEA</b></p> <p>Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!</p>	

[oceanservice.noaa.gov](http://oceanservice.noaa.gov)

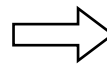
Questions about the NEW Y App? find answers HERE!

<https://www.ymcanorth.org/wellness/app>

## YMCA Day of Giving April 9th

**DONATE at the YMCA: [YMCANORTH.org/give](http://YMCANORTH.org/give)**  
**select: ANDOVER YMCA**

What will your IMPACT be today,  
this week, this month, this year?



## 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

Weekdays 5am-9pm  
Saturdays 7am-8pm  
Sundays 7am-8pm

### ANDOVER YMCA

15200 Hanson Blvd, Andover, MN  
Customer Service: 763 230-9622  
Rewa Giroux-Dumas 612 465-0515  
ForeverWell Coordinator  
[Rewa.Giroux-Dumas@ymcamn.org](mailto:Rewa.Giroux-Dumas@ymcamn.org)



# IT'S ALL FUN & GAMES! ANDOVER FOREVERWELL

**HFT Tournaments! 1 - 4 pm**

\* May 12th \*Sept. 8th \*Nov.10th

**FARKLE!**

WEDNESDAYS AT  
12PM

**HANDS, FOOT & TOE CARDS**

MONDAYS 9:30 & 1 PM

FRIDAYS 9:30

SATURDAYS 1PM \*



**SEVENS**

FUN & EASY CARD GAME  
TUESDAYS 11AM-12PM

Want to LEARN how to play  
HAND FOOT & TOE ?

2nd and 4th Fridays

1:00 pm

**CRIBBAGE**

FRIDAYS 1PM

**MAHJONGG**

TUESDAYS 1:30PM

\* MUST KNOW HOW TO PLAY



**SAMBA  
CARD GAME**

WEDNESDAYS 12:00-4:00

\* Open to new players!

Come and learn!

**DIME BINGO**

TUESDAYS AT 9:30AM  
THURSDAYS AT 10:45AM

**DIMES CARD GAME**

1ST AND 3RD FRIDAY  
1:00 PM

**YMCA 500**

1ST, 2ND AND 4TH THURSDAYS 1-4PM

Please show up early so we can figure out seating and start on time

DON'T SEE WHAT YOU'RE LOOKING FOR? DO YOU HAVE IDEAS FOR A NEW ACTIVITY?  
REACH OUT AND WE'LL WORK TO GET IT STARTED!

CONTACT REWA, FOREVERWELL COORDINATOR

REWA.GIROUX-DUMAS@YMCAMN.ORG

# ANDOVER FOREVERWELL APRIL 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><sup>1</sup> 7-9a coffee 9:30 Dimes Bingo 11:00 Sevens 1200 lunch bunch</p> <p>1:30 Mahjong</p>	<p><sup>2</sup> 7-9 coffee 9:00 - 10:30 Ukulele CR <b>10:00-11:30a TR Dementia Support</b> 1200 Farkle 1200 Samba 4:30 FNO</p>	<p><sup>3</sup> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo 1-4p 500 Cards</p>	<p><sup>4</sup> 7-9a Coffee 745 WIF TR 930 HFT <b>12-2 Writers Club TR</b> 1 pm Cribbage 1 pm Cards; Dimes</p>	<p><sup>5</sup>  7-9 coffee HFT 1 pm</p>
<p><sup>6</sup> <b>NEW!</b> Guitar JAM Club 4-6PM</p>	<p><sup>7</sup> 7-9a coffee 9:30 &amp; 1:00 HFT <b>1200-1245 Movement &amp; Balance TR</b> 1-3 Art class CR Gardeners club 6:30pm</p>	<p><sup>8</sup> 7-9a coffee 9:30 Dimes Bingo 11:00 Sevens 1200 unch bunch <b>12:15 - 1:00 Presentations</b></p> <p>1:30 Mahjong</p>	<p><sup>9</sup> 7-9 coffee 9-10:30 Ukulele CR 1200 Farkle 1200 Samba</p> <p>4:30 FNO</p>	<p><sup>10</sup> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo <b>PT balance class! 12:30-2:00 Studio 3</b> 1-4 500 cards</p>	<p><sup>11</sup> 7-9a Coffee 745 WIF TR 930 HFT <b>12-2 Writers Club TR</b> 1 pm Cribbage 1pm learn HFT</p>	<p><sup>12</sup> 7-9 coffee HFT 1 pm</p>
<p><sup>13</sup>  <b>NEW!</b> Guitar JAM Club 4-6PM</p>	<p><sup>14</sup> 7-9a coffe 9:30 &amp; 1:00 HFT  <b>1200-1245 Movement &amp; balance TR</b>  1-3 Art Class CR</p>	<p><sup>15</sup> 7-9a coffee 9:30 Dimes Bingo 11am Sevens <b>POTLUCK! 12-1</b></p> <p>1:30 Mahjong</p>	<p><sup>16</sup> 7-9 coffee 9-10:30 Ukulele CR <b>10:00-11:30a TR Dementia Support</b> 1200 Farkle 1200 Samba <b>1 PM Dragonfly Presentation!</b> 4:30 FNO</p>	<p><sup>17</sup> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo  <b>1-2 Presenter - Modern Estate Planning</b></p>	<p><sup>18</sup> 7-9a Coffee 745a WIF 930 HFT  <b>12-2 Writers Club TR</b> 1 pm Cribbage 1 pm Cards; Dimes</p>	<p><sup>19</sup>  7-9 coffee 1:00p HFT</p>
<p><sup>20</sup> <b>NEW!</b> Guitar JAM Club 4-6PM</p>	<p><sup>21</sup> 7-9a coffee 9:30 &amp; 1:00 HFT  <b>1200-1245 Movement &amp; balance TR</b> 1-3 Art Class CR</p>	<p><sup>22</sup> 7-9a coffee 9:30 Dimes Bingo <b>9am - 1pm AARP driving course CR</b> 11am Sevens 1200 lunch bunch</p> <p>1:30 Mahjong</p>	<p><sup>23</sup> 7-9 coffee 9-10:30 Ukulele CR 10:30-1130 bookclub Pam TR 1200 Farkle 1200 Samba 4:30 FNO</p>	<p><sup>24</sup> 7-9a Cofee 9:15 Bible study TR 1045a Dimes Bingo  1-4 500 cards 4:30 HH at Beefs</p>	<p><sup>25</sup> 7-9am Coffee 745a WIF 930 HFT  <b>12-2 Writers Club TR</b>  1pm Cribbage 1pm learn HFT</p>	<p><sup>26</sup> 7-9 coffee 1:00p HFT</p>
<p><sup>27</sup> <b>8-2:30 Quilting Club bring your own project and machine</b>  <b>NEW!</b> Guitar JAM Club 4-6PM</p>	<p><sup>28</sup> 7-9a coffee 9:30 &amp; 1:00 HFT  <b>1200-1245 balance TR</b> 1-3 Art Class CR</p>	<p><sup>29</sup> 7-9a coffee 9:30 Dimes Bingo <b>9am - 1pm AARP driving course CR</b> 11am Sevens 1200 lunch bunch</p> <p>1:30 Mahjong</p>	<p><sup>30</sup> 7-9 coffee 9-10:30 Ukulele CR 1200 Farkle 1200 Samba</p> <p>4:30 FNO</p>			<p>1:00p HFT</p> 

## BIBLE STUDY W/MARY THURSDAYS AT 9:15AM TEEN ROOM

All are welcome to this thoughtful and welcoming discussion.



## FRIENDS NIGHT OUT WEDNESDAYS AT 4:30PM

Come to the YMCA ForeverWell Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

## WOMEN IN FAITH – TEEN ROOM

FRIDAYS AT 7:45 – 9:00 AM

Come to sit and share. Hosted by Bonnie

## Lunch Bunch \*bring your lunch and visit Tuesdays at 12:00

\* When presentations are scheduled,  
Stay and Enjoy!

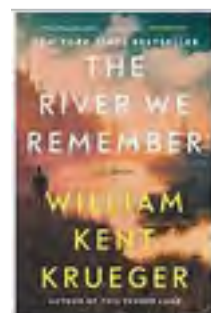
## YMCA BOOK CLUB WITH PAM – TEEN ROOM

4TH WEDNESDAY OF THE MONTH AT 10:30AM

April Book: Title: The River We Remember by William Kent Krueger

Please come and share in our discussions. Everyone is welcome.

Reach out to Pam with any questions at [pamequinox41@yahoo.com](mailto:pamequinox41@yahoo.com).



## CHAIR MOVEMENT & BALANCE WITH REWA

MONDAYS TEEN ROOM 12:00-12:45

WE WILL EXPLORE BALANCE BASED FUNCTIONAL MOVEMENT, YOGA AND MEDITATION. THIS CLASS WILL IMPROVE RANGE OF MOTION, STRENGTH, BODY AWARENESS, BONE HEALTH AND BALANCE



TEEN ROOM IS LOCATED DOWN THE HALL FROM THE FOREVERWELL ROOM  
HAVE QUESTIONS? PLEASE CONTACT FOREVERWELL COORDINATOR, REWA GIROUX-DUMAS AT:  
[REWA.GIROUX-DUMAS@YMCAMN.ORG](mailto:REWA.GIROUX-DUMAS@YMCAMN.ORG) 612 465-0515

## HAPPY HOUR

3<sup>RD</sup> THURSDAY OF THE MONTH 4/17) AT 4:30PM

Ready for a night out? Meet at Beef O' Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.

Address: 15190 Bluebird St. NW Andover, MN 55304

**BEEF O' BRADY'S**  
★ GOOD FOOD. GOOD SPORTS ★



# ANDOVER YMCA FOREVERWELL

Month of ideas for  
EARTH MONTH  
credit: Subjecttoclimate.org

SUBJECT TO CLIMATE

## Earth Month - April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 pick up trash	2 protect pollinators	3 be a weather watcher	4 walk and roll	5 use a reusable water bottle
6 donate clothing	7 World Health Day	8 create a recycling station	9 be a friend to animals	10 start a compost pile	11 unplug electronics	12 recycle plastic
13 conserve water	14 Nat'l Gardening Day (US)	15 use less paper	16 What is your Carbon Footprint?	17 explore the outdoors	18 say "no" to food waste	19 reuse & recycle to create
20 turn off the AC	21 collect rainwater	22 Earth Day	23 World Book Day	24 trash can audit	25 advocate for Earth	26 Arbor Day
27 turn off the lights	28 use safe products	29 use reusable bags	30 create art for the Earth			

## DEMENTIA CAREGIVER SUPPORT GROUP

1ST & 3RD WEDNESDAY OF THE MONTH

10:00 - 11:30AM

MEET IN THE TEEN ROOM

The purpose: to provide caregivers with updated information, emotional support, and problem-solving tools related to the challenges of giving care to those living with Alzheimer's disease.

Contact is [kathy.besst@lifesparks1.com](mailto:kathy.besst@lifesparks1.com)



Take the AARP Smart Driver™ course and you may save money on your car insurance!\* Drive smart. Save smart. • Refresh your driving skills and know the new rules of the road. • Learn research-based driving strategies to help you stay safe behind the wheel. • Discover proven driving methods to help keep you and your loved ones safe on the road.

**2 dates coming up! Location: YMCA Community Room**

**Tues. April 22 9am - 1pm**

Register in ForeverWell Room or Contact :

Doug Haertenzen  
218 398-2585

**Tues. May 27th 9am - 1pm**

Register in ForeverWell Room or Contact:

Dick Holden  
763 772-5827

CLASSROOM COURSE **\$20 for AARP members | \$25 for non-members**

**Checks & Cash only**

No Credit Cards

Pay at the class.



**NEW!**

## CREATIVE WRITING GROUP

Starting Friday, March 7th

**Every Friday 12-2 PM**



**Calling all writers, would-be-writers, and people interested in writing.**

Andover YMCA will be hosting a weekly Writers Group, Fridays 12-2 PM.

Thank you June A.

**We will meet in the Teen Room.** Please join us to get acquainted and find out more about the group. And, if you wish, bring a story to share.

## Andover YMCA North Metro Ukulele Club

**SUMMER CONCERT!**

**FREE and open to the Public**



Wednesday June 4th

11:00-12:00

Andover YMCA - YMCA Gymnasium

Reception to follow in YMCA community room

## ForeverWell Potluck: 3rd Wednesday of the Month

**TUES. APRIL 15TH**

**12:00 - 1:00PM**

**THEME:**

**SALADS & SANDWICHES**



# FOREVERWELL GROUP EXERCISE CLASSES

Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership.

**COMPLETE** group exercise schedule is available online.

## **MONDAY**

<b>Time</b>	<b>Class</b>	<b>Location</b>
8:00am	Water Ex	Lap pool
9:15am	Studio strength & cardio	Mindbody
11:00am	Silver Sneakers Circuit	Studio 3
5:15pm	Auqua Zumba	Lap Pool
6:00pm	Oula	Studio 2

## **TUESDAY**

7:00am	Auqua Zumba	Pool
9:00am	Water Ex	Lap Pool
9:30am	Shine Dance Fitness	Studio
9:30am	Chair Yoga	Studio 1
11:00am	ForeverWell Strength	Studio 3
11:20:00pm	Restorative Yoga	Mindbody Studio
6:30pm	Yoga	Studio 3

## **WEDNESDAY**

9:00am	Water Ex	Lap Pool
9:30am	Yoga	Mindbody
10:45 am	Tai Chi	NEW! Mindbody
11:45 am	ForeverWell Yoga	NEW! Mindbody
11:00am	ForeverWell Stretch	Studio 3
11:00am	Zumba	Studio 2
5:00pm	Yoga Flow	Mindbody

## **THURSDAY**

7:00am	Aqua Zumba	Lap Pool
8:30am	Mat Pilates	Mindbody
8:50am	Silver Sneakers Yoga	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	SHINE fitness	Studio 2
9:45am	Chair Yoga	Studio 1
10:45am	Gentle Yoga	Mindbody
11:00am	Silver Sneakers Circuit	Studio 3
12:00pm	Restorative Yoga	Mindbody

## **FRIDAY**

8:30am	Studio Combo	Studio 2
9:00am	Water Ex	Lap Pool
9:30am	Yoga	Mindbody
10:45am	Restorative Yoga	Mindbody
11:00am	Silver Sneaker Classic	Studio 3
12:00pm	ForeverWell Cardio Dance	Studio 2
4:45pm	Yoga	Mindbody
6:00pm	Oula	Studio 2

## **SATURDAY**

8:00am	Water in Motion	Lap Pool
9:30am	Cardio Dance	Studio 2

## **SUNDAY**

9:00am	Uplift	Studio 2
10:00am	Shine Dance Fitness	Studio 2
10:45am	Yoga	Mindbody
4:00 pm	Salsa Splash	Pool NEW
6:00pm	Sound Bath	Mind body NEW

## **JOIN THE YMCA!**

### **INQUIRE ABOUT YOUR INSURANCE**

#### **BENEFITS**

Our YMCA of the North offers memberships to those who have SilverSneakers, One Pass, Renew Active, and Silver & Fit.

Stop in with your photo ID and insurance card to sign up today. Share with your friends!

## **EXERCISE WITH THE YMCA**

### **FROM HOME**

Live and recorded classes are available through our website at [www.ymcanorth.org/live-fitness-and-wellbeing](http://www.ymcanorth.org/live-fitness-and-wellbeing).

If you would like assistance activating your account, contact Customer Service at 612-230-9622

## **NEW! All member can enjoy Sound Baths**

Every Sunday 6:00 – 6:45 pm  
in Mindbody Room



## **Line dancing w/ Ginger! These Wednesdays @ 1200**

### **Studio 2**

April 9th & 23rd

May 14th & 28th





**Wednesday May 21st  
1:00-2:00  
ForeverWell Room**



**ONLY \$7.00  
pay at class**

**CREATIVE MEMORIES™ Card Making Class  
with Meredith Wiens**

Lets have some FUN! Grab your friends or come make some new ones!

What will we do?

Create 3 greeting cards using a fun and easy kit! At the end, use your imagination to create a bonus card using some fun tools!

**HFT Tournament 1 - 4 pm**

**May 12th**

Register in ForeverWell Room by May 8th  
Additional information in ForeverWell Room



**Outdoor Cycle Club is back again this year!  
Information session comming soon!**



Message from Tom-  
**BIKE RIDERS**

Time to start preparing for Summer Bicycle Riding! Once again the Y bicycle group will be on the trails. This will be our eighth summer. For those who have ridden in the past, there will be little change in the way we do things. For those who know nothing of us, we ride weekly during the months of June, July and August at different places in and around the Twin Cities. Rides are usually between 15 and 25 miles. We ride at speeds that are comfortable for a group, take breaks as needed, and stop for lunch. There is no cost to ride and you do not have to be a member of the Y.

There will be an information and organization meeting in mid-May. The time and place of the meeting will be posted in this newsletter for May. If you might be interested in joining in on one or more of our rides, please come to the meeting where all will be revealed. -- Tom Lammers.





# National Senior Health & Fitness Expo !

Wednesday May 28t

10:00 – 2:00

Andover YMCA 15200 Hanson Blvd NW Andover, MN 55304



"Move Today for a Better Tomorrow!"



## Over 50 Community Resources!

FREE admision FREE activities FREE infomation FREE refreshments



Community Event! Share with your friends & family  
Class schedule coming soon!

Still accepting vendor registration. Contact Rewa for information:  
[Rewa.Giroux-Dumas@ymcamn.org](mailto:Rewa.Giroux-Dumas@ymcamn.org)

Open to the Public  
and YMCA members

## FALL PREVENTION AND RISK ASSESSMENT ...PLUS BALANCE CLASS

### THURSDAY APRIL 10TH

### 12:30-2:00

#### Fall Prevention and Risk Education

#### PLUS

Join local Physical therapist and LPTA as they take you through a series of exercises that will build strenth and confidence.

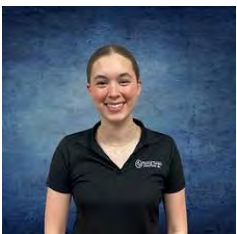
Find out what your risk for falling is and steps you can take to decrease your risk.

LEARN how to get UP & DOWN off the floor!

YES you can! Class is in Studio 3



Dr. Samantha Manthey DPT



Sara Peryam LPTA





## Dulce Vida

presents:

**The Power of Thought: Unlocking the Potential Already Within You**

**Tuesday April 8th 12:15- 1:00**

*"Your thoughts are the keys to your inner power."*

**Tuesday May 13th 12:15- 1:00**

**Building Unshakable Confidence: Embracing the Confidence That's Already Inside**

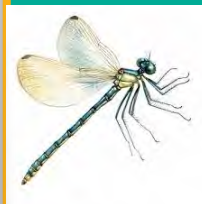
*"Confidence is not built; it is remembered."*

## Dragonfly & Damselfly 101

**Wednesday April 16th**

**1:00 - 2:00**

w/ John Aurthur  
Master Naturalist



There are some **ASTOUNDING** **FACTS** about Dragonflies!

You will learn identification, habitat, life cycles and **MORE!**



## Unlocking the Secrets to Designing a Modern Estate Plan

**Thursday April 17th**  
**1:00 - 2:00 PM**

**FREE !**

Learn about the fundamentals of creating a comprehensive, **modern estate plan**, and how legal documents like **wills**, **trusts**, **powers of attorney**, **medical directives** and transfer on death deeds can be used as tools to design a personalized estate plan and bring **peace of mind** and security for the future.

**Mondays 1:00 – 3:00 PM**  
**MyArtEscape FREE Art Classes!**

**Instructor: Christa**  
**YMCA community room**



**Spring dragonfly  
surprise!**

Sign up is in the ForeverWell Room

\* sign up not required, but is appreciated

Christa has a BFA from St Cloud State University and dearly loves guiding folks on their own creative journey.

She will host a variety of projects this year! Some will be painting and most will be mixed media. She likes to use a variety of materials: acrylic paint, glass, buttons, beads, old jewelry and more!

**Explore Learn Have FUN** Mixed media: acrylic and glass. Fun Bunny  
**Create Grow** location: YMCA Community Room



**Sundays**

**4:00 – 6:00 PM**

**Calling ALL guitar players ages 15 –99**

**Andover Guitar Jam is a community of music enthusiasts who come together to share the joy of guitar playing. Our group is open to all skill levels and welcomes anyone who wants to strum, collaborate, and connect in a supportive and non-judgmental environment.**

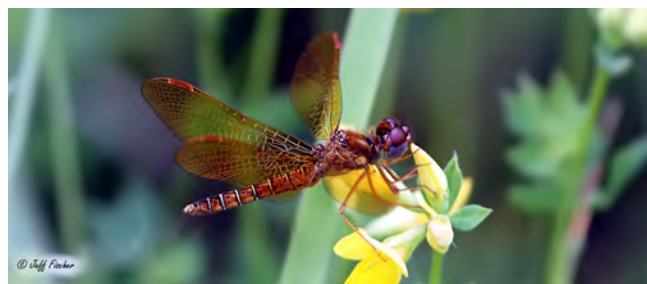
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Questions? Contact Rewa Giroux-Dumas ForeverWell Coordinator

Email: [rewa.giroux-dumas@ymcamn.org](mailto:rewa.giroux-dumas@ymcamn.org)

Phone: 612465-0515





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**Ed Kaiser** is an attorney licensed in MN, WI and NV, with over ten years of multi-jurisdictional legal practice. His expertise spans multiple practice areas, including real estate, business law, estates and trusts, litigation and dispute resolution. Ed graduated magna cum laude from both the University of Wisconsin Eau Claire and William Mitchell College of Law. Ed has practiced as in-house counsel for various mid-sized Midwestern companies, and also provides legal consulting services as an attorney of record with the Integrated Trusts Systems digital estate planning platform.

Questions? Contact Rewa Giroux-Dumas ForeverWell Coordinator

Email: [rewa.giroux-dumas@ymcamn.org](mailto:rewa.giroux-dumas@ymcamn.org)

Phone: 612 465-0515



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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Open to the Public  
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### 12:30-2:00

Fall Prevention and Risk Education

PLUS

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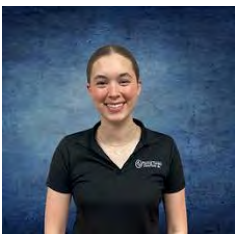
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