



FOREVERWELL

APRIL 2025 | BURNSVILLE YMCA



Recurring Activities

Monday

Knit and Crochet Group

1:30 pm -2:30 pm

Tuesday

Book Club ***4/1***

12:00 pm - 1:00 pm

Coffee and Coloring

NOW EVERY TUESDAY

11:30 am-12:30 pm

Card Making ***4/8***

11:15 am - 12:15 pm

Wednesday

Coffee Time

9:30 am-11:00

April 9th Coffee Time and
Why do you Y Story Sharing

Ma jong

12:30 pm-3:00 pm

Thursday

Hand and Foot

1:00 pm-3:30 pm



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. Check out all of our activities in this newsletter.

Walking Poker Returns!

Wednesday, April 30th

11:00 am - 12:30 pm

BRANCH HOURS

Monday - Friday 5 am-9 pm

Saturday - Sunday 7 am-5 pm

BURNSVILLE MN

13850 Portland AV

Burnsville, MN 55337

National Volunteer Month



April is dedicated to honoring all of the volunteers in our communities as well as encouraging volunteerism throughout the month!

If you have any questions on how you could volunteer at the YMCA, please visit our website!



FOREVERWELL CONNECTION

LUNCH & LEARN

Tuesday, April 15, 2025

12:00-1:30 PM

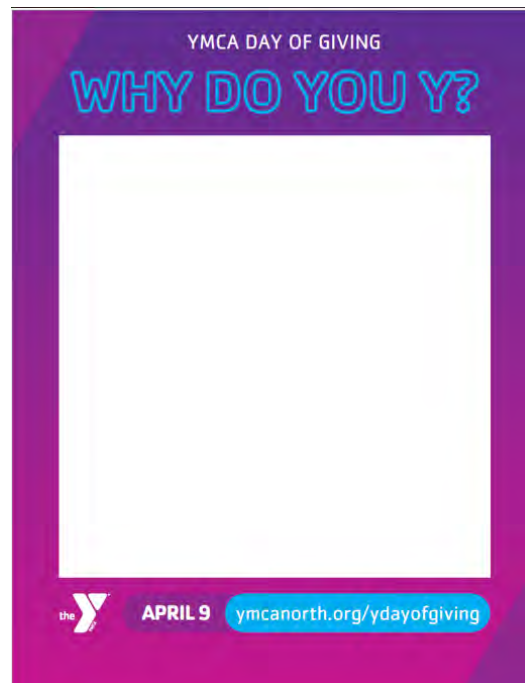
TOPIC: Fighting Depression

Let's determine causes of depression to start. Then, we'll outline steps we can take to help prevent and fight depression

This interactive discussion group depends upon shared experiences, along with some structured information, for its success. Participant interest, need, and energy will drive exploration and discussion.

Join Chris Farris, MS, RN, PHN, for a ForeverWell Connection. Chris is an eldercare consultant and educator who serves as discussion leader.

Why do you Y?



We would love to hear why you Y! Please ask the front desk if you could have a "Why do you Y" sheet to fill out on **April 9th!**

We would love to hear your "Y" story and what makes you keep coming back.

NEW CLASS!!

Sound Bowl!

Classes will be held on Tuesdays and Thursdays from 10:45 - 11:30 am in studio B!





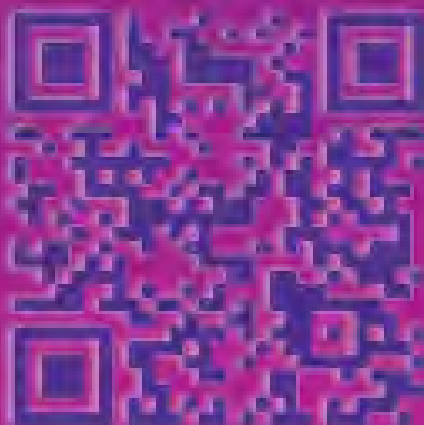
**JOIN THE MOVEMENT
MAKE AN IMPACT**

YMCA DAY OF GIVING

APRIL 9

DONATE

Scan this code or go to
ymcanorth.org/ydayofgiving
to make your gift easily online:



**Stop by on
Wednesday, April
9th for some
FUNdraising and
make an in-person
donation of \$10 or
more to receive a
special Y prize!**

FOREVERWELL CLASSES

Monday

8:00 am Water X - Lap/Leisure Pool
9:00 am Functional Fitness - Gym
10:00 am MS Water X - Lap Pool
10:15 am Silver Sneakers Circuit - South Gym
10:45 am Foreverwell Cycle - Warehouse
11:15 am Foreverwell Yoga - Studio A

Tuesday

6:15 am Water X - Lap Pool
8:00 am Water X - Lap/Leisure Pool
8:15 am Silver Sneakers Classic - Studio A
9:15 am Foreverwell Balance - Studio A
10:30 am Gentle Yoga - Studio A
10:45 am Sound Bowl - Studio B

Wednesday

9:00 am Functional Fitness - Gym
9:00 am Water X - Water Exercise - Lap/Leisure Pool
10:15 am Silver Sneakers Circuit - Gym
10:45 am Foreverwell Cycle - Warehouse
11:15 am Foreverwell Yoga - Studio A
12:45 pm Tai Chi - Studio A

Thursday

8:15 am Silver Sneaker Classics - Studio A
9:30 am Water X - Lap/Leisure Pool
9:30 am Barre Fusion - Studio B
10:30 am MS Water X - Leisure Pool
11:05 am Salsa Splash - Lap Pool
11:30 am Cardio Dance - Studio A
10:45 am Sound Bowl - Studio B

Friday

8:00 am Silver Sneakers Classic - Studio A
9:00 am Silver Sneakers Circuit - Studio A
10:00 am Water X - Lap/Leisure Pool
11:30 am Silver Sneakers Yoga - Studio A
12:30 pm QiGong - Studio A

Saturday

8:00 am Water X - Studio A



APRIL ANNOUNCEMENTS



April 22nd is Earth Day!

Take a second out of your day to appreciate the beauty of the world around us and think about how you can best impact the environment!



Easter Bingo!

Come and join us for Easter bingo!

When? Friday, April 18th from 12:30 - 1:30pm

Where? Burnsville YMCA Community room



With heart health at the front of our minds this month, we want to remind you that the National Academy of Sports Medicine (NASM) recommends 150 minutes of moderate to vigorous exercise every week! So make sure to come on in to the YMCA to get your exercise in for the week!

Be part of an exercise and virtual reality cognitive training research study

Do you have
memory concerns?

Are you 65 years
of age or older?



You may qualify to participate in an exercise and virtual reality cognitive training study. Participants involved in this 3-month study will:

- work with exercise and/or cognition specialists
- have their fitness, memory and thinking assessed 2 times
- be compensated
- get to participate from comfort of own place of residence
- equipment will be provided

To learn more about the study or to enroll, please visit the website z.umn.edu/exergamestudy and use code **XXC8K7EHJ**, scan this QR code or contact:

Exergames TeleHealth Study

Coordinator Paige McArthur

Phone: 612-625-9308

Email: mcart084@umn.edu



SCHOOL OF NURSING

UNIVERSITY OF MINNESOTA





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVERWELL ORIENTATION

1ST AND 3RD MONDAYS | 10:30 AM



Join us for a 30-minute ForeverWell Orientation at the Burnsville YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to:

Tour the Facility: Explore the YMCA's state-of-the-art amenities, including our fitness center, pool, and more.

Learn about our variety of group fitness classes designed for all levels, including cardio, strength training, water aerobics, and chair and regular yoga.

Get Expert Guidance: Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals.

Whether you're new to fitness or looking to get back on track, this orientation will set you up for success in your wellness journey at the Burnsville YMCA.

RSVP at Member Services



April Word Search

GRAINAEJIQJYJDOGUMFX
DIYVEARTHWORDMAPTMULU
ALLERGIESRQTWYATCGOP
GUMBRELLASUSYOZLOXWK
GRCMWXSIEYVPCFQBAHEQ
XBHYERPPTKORNGELRKRT
NKBSAARWLGNOGINOBIJSH
TFITRBI CGAEUQVVSOZRU
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CRNBHIGFTDEEINRODWID
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RLXZXEOLUTDFNLZILPMS
IETWSENROAPRILFOOLSX
LEFNQRMUYBCYHXJTNXTL

Spring Migration	Thunderstorms	Environment	Rain
Foreverwell	Day of Giving	Volunteer	April
Allergies	April Fools	Umbrella	Eggs
Arbor Day	Gardening	Flowers	
Easter	Earthworm	Blossom	
Earth	Rabbit	Green	
Sprout	Rainbow	Pastel	