



# FOREVERWELL

APRIL 2025 | EAGAN

**HAPPY APRIL  
2025!**



**APRIL SHOWERS BRING MAY FLOWERS! AND THAT'S NOT AN APRIL FOOLS JOKE! CHECK OUT SOME NOTABLE DAYS IN APRIL!!**

## **WEX CLASS UPDATE!!**

Please check our online schedule for the small changes to Monday and Tuesday morning classes.

Registration **NO LONGER** required for WEX starting Sept. 3, 2024

- **April Fools Day - April 1st**
- **World Health Day - April 7th**
- **National Pet Day - April 11th**
- **Tax Day!! - April 15th**
- **Easter! - April 19th**
- **Earth Day - April 22nd**

**BRANCH HOURS**  
Weekdays: 5am - 9pm  
Saturday: 7am - 5pm  
Sunday 7am - 5pm

**EAGAN YMCA**  
Coordinator: Tommy Smith  
651-319-8020  
tommy.smith@ymcamn.org





## COFFEE TIME

**DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR**

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

## GAME GROUPS

**DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET**

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

## FREE MOVIE MATINEE!

**MONDAY, APRIL 14TH @ 11AM | LOCATION: MPR**

Join us for a showing of the film The Sound of Music!

Nothing yells out April and Spring like this 1965 musical! The Sound of Music tells the story of Maria, a postulant at a convent, who is hired as a governess for the seven children of a widowed naval captain, Georg von Trapp, and their eventual escape from Austria on the eve of World War II.



## BOOK CLUB

Book Club for March. Our amazing Julie Michelson will be leading the book club!! Come join! Book Club meets at 10:30AM.

Julie.Michelson@ymcamn.org

## UPCOMING BOOKS

April 30th @ 10:30AM. How to Age Disgracefully by: Clair Pooley



# FOREVERWELL GROUP EXERCISE CLASSES

<b>Monday</b>			
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
6:00pm-6:45pm	Water Exercise	Rotating Lori/Deb	Pool
<b>Tuesday</b>			
8:00am-8:45am	Water Exercise	Gayle	Pool
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Water Tabata	Gayle	Pool
<b>Wednesday</b>			
9:00am-9:45am	Water Exercise	Susan	Pool
11:50am-12:35pm	ForeverWell Combo	Mary	Studio A
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
5:10pm-5:55pm	Arthritis Water Exercise	Mara	Leisure Pool
<b>Thursday</b>			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Shallow Water Exercise	Mary F.	Pool
9:50am-10:30am	Deep Water Exercise	Mary F.	Pool
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A
7:15pm-8:00pm	Water Exercise	Kristi	Pool
<b>Friday</b>			
9:00am-9:45am	Water Exercise	Ginny	Pool
10:00am-10:45am	Arthritis Water Exercise	Mara	Leisure Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
1:00pm-1:55pm	Line Dancing (beginner)	Deena	Studio A
2:00pm-3:00pm	Line Dancing (inter/adv)	Deena	Studio A
<b>Saturday</b>			
8:00am-8:45am	Salsa Splash	Mary	Pool



# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 COFFEE HOUR 9:30 AM	2 GAME TIME 10 AM COFFEE HOUR	3 COFFEE HOUR 9:30 AM	4	5
6	7	8 COFFEE HOUR 9:30 AM	9 GAME TIME 10 AM COFFEE HOUR	10 COFFEE HOUR 9:30 AM	11	12
13	14 MOVIE MATINEE 11 AM	15 COFFEE HOUR 9:30 AM	16 GAME TIME 10 AM COFFEE HOUR	17 COFFEE HOUR 9:30 AM	18	19
20	21	22 COFFEE HOUR 9:30 AM	23 GAME TIME 10 AM COFFEE HOUR	24 COFFEE HOUR 9:30 AM	25	26
27	28	29 COFFEE HOUR 9:30 AM	30 GAME TIME 10 AM COFFEE HOUR			

# 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](http://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](mailto:mcart084@umn.edu)



**SCHOOL OF NURSING**

UNIVERSITY OF MINNESOTA

