



# FOREVERWELL

APRIL 2025 / EMMA B. HOWE YMCA / 763-785-7882

## NEED TO KNOW:

### WHAT IS FOREVERWELL-

Discover everlasting wellness with YMCA programs tailored for individuals ages 55 and above! Experience invigorating group exercises classes, rejuvenating aquatic exercises, and engaging social events.

### REMINDERS

- No cell phone use in locker room
- Lock up valuables
- No towel service
- Guest passes available check with membership

### ForeverWell Coordinator

Kim Gemlo-Bush  
763-717-1811  
Kim.gemlo-bush@ymcamn.org

## GET CONNECTED TO THE YMCA

If you are new or a returning member that need to get information on all the YMCA's programming. List below are ways to get connected, which are free and included with your membership.

### FOREVERWELL MEMBER ORIENTATION

These are for new or returning members that want to get information on programming for the active older adult at the branch. Orientations are held on Tuesday 9am-10am & Friday 11am-12pm. Must register to attend the orientation by contact Kim at 763-717-1811.

### FITNESS ASSESSMENT

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register at membership desk. Contact Tiffany with questions at 763-445-3644.

### NUTRITION ASSESSMENT

Meet virtually or in-person with one of our certified nutrition specialist to explore your goals and potential next steps to better nourishment. Register at membership or on website.

### WELLBEING ASSESSMENT

Meet virtually or in-person with one of our board-certified health coach to explore your key health and wellbeing concerns or goals. Register at membership or on website.

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### BRANCH HOURS

MONDAY-FRIDAY: 5AM-9PM  
SATURDAY: 7AM-5PM  
SUNDAY: 7AM-5PM

### EMMA B. HOWE YMCA

8950 Springbrook Dr. NW  
Coon Rapids, MN 55433  
[www.emmabhoweymcanorth.org](http://www.emmabhoweymcanorth.org)

## FOREVERWELL CLUBS—NO REGISTRATION REQUIRED

- **Card Club**—Meet every Tuesday at 10:30am–12pm in Senior Lounge.
- **Coloring Club**—Meet every Tuesday at 1pm–3pm in Senior Lounge.
- **Indoor Walking Club**—Meet on Wednesdays at 11:45am–12:15pm at YMCA Track by fitness studio doors. We will be playing walking poker for fun prizes.
- **Mahjong Club**—Meet every Wednesday at 1:30pm–3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.
- **Dominos Club**—Meet on the 1<sup>st</sup> & 3<sup>rd</sup> Monday at 1pm–2:30pm in the Senior Lounge. We will be playing Mexican Train Style Dominos.
- **Book Club**—Thursday, April 24<sup>th</sup> at 12:45pm–1:45pm in Senior Lounge. Come join us for a discussion on the book *Hotel on the Corner of Bitter & Sweet* by Jamie Ford. Sign up with Kim to get the discussion questions.
- **Knit & Crochet Club**—Meet every Friday at 10:30am–12:00pm in Senior Lounge.

## VIRTUAL EXPERIENCE SCHEDULE

To join any of these virtual experiences register at [www.ymcanorth.org/activity\\_finder](http://www.ymcanorth.org/activity_finder). Social from the comfort of your home. Classes use Zoom format.

### Monday

- **Coffee Talk**—Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am–10:00am.

### Thursday

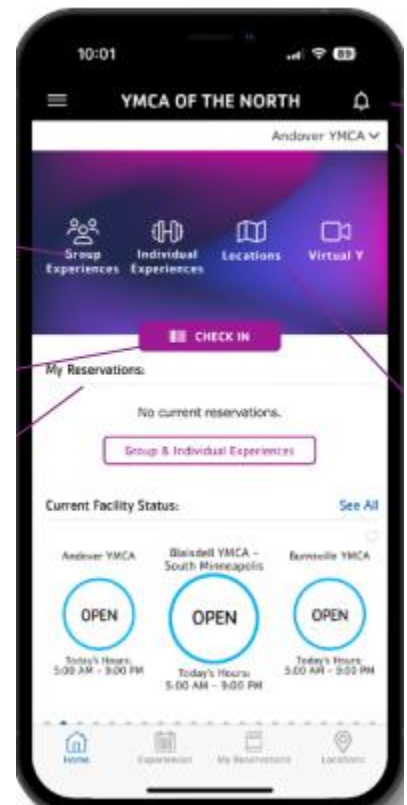
- **Bible Study**—For all people of faith. An opportunity to reflect on what the text might mean for you. Meet every Thursday at 10:30am–11:30am.

### Friday

- **Happy Hour Group**—Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm–5:00pm.

## NEW YMCA APP

The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code or go to app store and search *YMCA of the North* to download it.



## Apple & Android QR



## **FOREVERWELL EVENTS & ACTIVITIES-NO SIGN UP REQUIRED. JUST DROP IN!**

### **SOCIAL COFFEE TIME**

Meet every Tuesday & Wednesday & Thursday at 8:30am-12:00pm in Senior Lounge.  
Come, socialize, and drink coffee with other ForeverWell adults.

### **PICKLEBALL**

**M/W/F at 8:00am-12:00pm & T/Th at 12:00pm-3:30pm & Sa/Sun at 7am-9am**

Beginner pickleball is on one of the courts on M/W/F at 11am-12pm or T/Th 12pm-1pm. Beginner pickleball is managed by member volunteers ask for Scott, Sonny or Dean. Intermediate and Advance level players come on M/W/F at 8am-12pm & T/Th at 12-3:30pm.

### **MEDICARE QUESTIONS**

**Wednesday, April 2<sup>nd</sup> at 9:00am-11:00am in Hallway**

A representative will have a table in the hallway for you to ask questions about Medicare. What it all may mean for you or for your family members. Learn more about the A, B, C, and Ds of Medicare.

### **BLANK SLATE GAME**

**Wednesday, April 2<sup>nd</sup> at 12:45pm-1:15pm in Senior Lounge.**

Join us for this clever board game and try to predict what others are thinking. The winner gets a fun prize.

### **TRIVIA & BRAINTEASER GAME**

**Tuesday, April 8<sup>th</sup> at 10:30am-11:30am in Community Room**

Do you like trivia and brainteaser? Then come check out the game. You could win a fun prize.

### **PUZZLE EXCHANGE**

**Tuesday, April 29<sup>th</sup> at 9am-11am in Community Room**

Do you love puzzles? Then come check out the puzzle exchange in the community room. Drop off puzzles any time at membership or bring in the day of exchange. Please make sure all pieces are included.

### **PRAYER MEETING**

**Monday, April 7<sup>th</sup> at 9:00am-9:30am in Senior Lounge**

The YMCA of the North, Christian Mission Network, would love to pray with you. Please join us for a monthly prayer meeting on the first Monday of every month. All are welcome. Prayer meeting led by Velma Harris. Any question contact [noah.gulley@ymcanorth.org](mailto:noah.gulley@ymcanorth.org).

## **FOREVERWELL ACTIVITIES – SIGN UP WITH KIM AT 763-717-1811. SPACE IS LIMITED.**

### **LUNCH OUTING**

**Thursday, April 10<sup>th</sup> at 12:30pm**

We will be meeting at Applebee's–199 Northtown Dr. NE in Blaine. Must have own transportation and meal is on your dime. Deadline April 8<sup>th</sup>.

### **FOREVERWELL POTLUCK**

**Wednesday, April 16<sup>th</sup> at 12:00pm–1:00pm in Community Room**

Come join other seniors for a potluck. A time to eat and socialize with friends. Registration is required by April 14<sup>th</sup>, let Kim know what food item you will be bringing. Coffee provided.

### **FOREVERWELL BINGO**

**Thursday, April 17<sup>th</sup> at 1:30pm–2:30pm in Community Room**

Come join other ForeverWell members playing bingo. You could win some prizes! Bring a non-perishable item/canned goods to help us stock the food shelf. Deadline April 16<sup>th</sup>.

### **TRADITION LIVING PRESENTATION**

**Wednesday, April 23<sup>rd</sup> at 11:30am–12:30pm in Meeting Room**

Join other members for a discussion on Tradition Living senior living community and the choices for your next phase of life. Register with Kim by April 21<sup>st</sup>.

### **AARP SMART DRIVER COURSE**

**Friday, April 25<sup>th</sup> at 9am–1pm in Meeting Room**

Do you need to take the course on defense driving? AARP will be here to host the course. This course is for anyone that needs a refresher course and first timer. Register with Kim at 763-717-1811. Cost: \$20.00 for AARP members & \$25.00 for Non AARP members. Payment needs to be a check made out to AARP. No cash! Bring your AARP card to class. Deadline April 19<sup>th</sup>. Space is limited.

### **VOLUNTEER OPPORTUNITIES**

**RISE INC.–Tuesday, April 8<sup>th</sup> at 1:30pm–3:30pm in Community Room**

You will be helping the art therapy coordinator at Rise with prep work ranging from tracing, cutting and organizing items. Deadline April 7<sup>th</sup>.

**FEED MY STARVING CHILDREN–Thursday, April 24<sup>th</sup> at 2:30pm–4:15pm**

Bring your family and grandchildren to volunteer! FMSC is a nonprofit organization that feeds starving children in body and spirit. Own transportation to 401-93<sup>rd</sup> Ave. in Coon Rapids. Deadline April 22<sup>nd</sup>.

## ACTIVE OLDER ADULT GROUP EXERCISE CLASSES

<u>Monday</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
6:45am-7:30am	FW Cycle	FA	Chuck H
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Angie O
10:30am-11:15am	Group Cycle	FA	Tiffany
10:20am-11:20am	FW Cardio	MP	Velma
10:45am-11:30am	SS Yoga	FS	Kim GB
12:00pm-1:00pm	SS Classic	FS	Kim GB
<b><u>Tuesday</u></b>			
8:15am-9:00am	FW Combo	MP	Stephanie E
9:30am-10:15am	SS Circuit	MP	Stephanie E
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
10:30am-11:30am	Gentle Yoga	MP	Ann
10:45am-11:30am	FW Strength	FS	Angie O
11:00am-11:45am	Water Exercise	Pool	Julia
11:45am-12:45pm	Tai Chi for Health	MP	Dale K
<b><u>Wednesday</u></b>			
8:15am-9:00am	Water Interval Training	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	Water X	Pool	Kim GB
9:30am-10:15am	SS Circuit	MP	Chandra
10:30am-11:15am	FW Stretch	MP	Lumiko O
5:30pm-6:30pm	Gentle Yoga	MP	Dale
<b><u>Thursday</u></b>			
6:45am-7:30am	FW Cycle	FA	Chuck H
9:30am-10:15am	SS Circuit	MP	Kim GB
10:00am-11:00am	Parkinson's Cycle	FA	Tiffany K
11:00am-11:45am	Arthritis Water X	Pool	Karri S
11:45am-12:30am	SS Yoga	FS	Kim GB
<b><u>Friday</u></b>			
8:15am-9:00am	Water Exercise	Pool	Rachel L
9:00am-10:00am	FW Combo	FS	Velma
9:15am-10:00am	FW Water X	Pool	Angie O
9:30am-10:15am	SS Classic	MP	Kim GB
10:30am-11:15am	FW Stretch	MP	Lumiko O
11:30am-12:30pm	Tai Chi for Health	MP	Lumiko O
1:00pm-2:00pm	Line Dance	FS	Kim GB
5:15pm-6:00pm	Aqua Zumba®	Pool	Natalie K
<b><u>Saturday</u></b>			
8am-8:45am	Aqua Zumba®	Pool	Darcy F
10:20am-11:20am	Intermediate Line Dance	MP	Kayla M

MP=Multipurpose Studio (1<sup>st</sup> floor)    FS=Fitness Studio (2<sup>nd</sup> floor)    FA=Fitness Alcove (2<sup>nd</sup> floor)  
 SS=SilverSneakers™    FW=ForeverWell

## **APRIL SAFETY TOPIC – KEEPINT KIDS SAFE AT THE Y**

At the Y, we believe ALL children deserve the opportunity to discover who they are, and what they can achieve. Every day, we are proud and respectful of the trust parents and communities around the country place in the Y. From youth sports today and overnight summer camp; from out-of-school time to preschool; our Ys work to ensure all children have a safe, fun filled experience.

At the Y, child protection is our number one priority year-round. During April–Child Abuse Prevention Month—we participate in a weeklong campaign called **Five Days of Action** to increase awareness of child sexual abuse, empower, and equip our communities to prevent it. By taking part in this important campaign and through implementing abuse prevention practices year-round, we can all commit to the safety of all children in our care.

During these **Five Days of Action**, we introduce the foundational habits of child sexual abuse prevention—**Know. See. Respond.** When put into practice, they help us create safer environments for children to grow and learn.

- **Know:** Knowing about child sexual abuse can help us better understand what to look for and how to keep it from happening in the first place. As trusted adults to the young people in our lives, we play an important role in protecting them from abuse. Learn more about the different types of abuse, the signs and how you can help at [childhelpline.org](http://childhelpline.org)
- **See:** When we know the signs of abuse, we can intervene on behalf of children. As a trusted adult, you may SEE your child interacting with media daily and you can be equipped with the tools and resources to make sure any environment (including online) is free from any abuse. Learn more at [commonsensemedia.org/articles/online-safety](http://commonsensemedia.org/articles/online-safety)
- **Respond:** How can you RESPOND to the call to help prevent child sexual abuse? As a trusted adult, you may know it is important to talk about it, but you may not know what or when to say it. The Committee for Children has created the Hot Chocolate Talk campaign, packing decades of research into easy-to-use guides to help you begin these crucial conversations at any age, from toddler to teen. Visit <https://www.cfchildren.org/resources/child-abuse-prevention/> to learn more.