



FOREVERWELL

April 2025 | NEW HOPE YMCA
Celebrate Earth Day April 22

New to the Y?

FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER FOR NEW AND RETURNING MEMBERS

This assessment is a complimentary consultation to discuss your wellness goals, learn how to safely use equipment you are *most* interested in, ask questions about any programs like Personal Training or class offerings, and set up a plan to help you improve your health, fitness, strength, balance, and flexibility. The assessment includes a FREE In-Body Scan to determine your body composition between fat, water, and muscle.

Contact Gary Sandin, Health & Wellness Director to schedule your Fitness Assessment, 952-582-8284 gary.sandin@ymcanorth.org

DISCOVER ALL THE BENEFITS OF YOUR FOREVERWELL MEMBERSHIP

Tuesday afternoons April 15, 22 and 29, 3-4pm or by appointment. Contact Nancy Danielson, ForeverWell Coordinator 763-592-5520 nancy.danielson@ymcamn.org

APRIL EVENTS

TUESDAY APRIL 8 - "HEART SAFE" CPR AND AED TRAINING

1:00pm in the Multi-purpose Room

Provided by West Metro Fire-Rescue.

Chest compression-only CPR can double or even triple a victim's chance of survival. You will have the opportunity to learn and practice correct technique. Pre-registration at the Welcome Desk requested.



WEDNESDAY APRIL 9 - Y GIVE DAY

HELP US SUSTAIN AND STRENGTHEN OUR Y!

On Wednesday, April 9th, people from across the country will come together to support their local Y for YMCA Day of Giving. Please join us to celebrate our Y and the many things we cherish about this special community!

Find out more and donate online: ymcanorth.org/ydayofgiving



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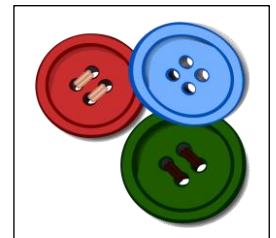
WHAT WILL YOUR GIFT SUPPORT? TURN TO PAGE 3 TO LEARN HOW YOU CAN MAKE A DIFFERENCE IN OUR COMMUNITY!

THURSDAY APRIL 24 - LIGHT MENDING AND CLOTHING REPAIR

1:00-3:30pm Pool Lobby

Do you have a clothing item with a torn seam or missing button? In recognition of Earth Day, volunteers will be available to make minor repairs to your clean clothing items.

Questions: contact Nancy at 763-592-5520.



Branch Hours

Monday-Friday: 5am - 9pm
Saturday-Sunday 7am-5pm
Customer Service (including reservations)
612-230-9622

New Hope Y

7601 42nd Ave N, New Hope
Nancy Danielson
ForeverWell Coordinator
nancy.danielson@ymcanorth.org
Phone: 763-592-5520



FOREVERWELL IN – BRANCH GROUP EXERCISE CLASSES

MONDAY:

*8:00am	Water Exercise with Tracy	Pool
8:15am	ForeverWell Combo with Renee	Studio 1
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Ashley	Studio 1
1:00pm	Tai Chi with Tom	Studio 2

TUESDAY:

*8:00am	Aqua Zumba with Maren	Pool
8:15am	ForeverWell Combo with Angie	Studio 1
9:30am	ForeverWell Balance with Nancy	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
10:30am	ForeverWell Combo with Renee	Studio 1
*11:00am	Arthritis Water Exercise with Carole	Pool
11:30am	Chair Yoga with Shayna	Studio 1

WEDNESDAY:

*7:15am	Deep Water Exercise with Tracy	Pool
11:00am	Line Dancing	Studio 2
11:00am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:00pm	ForeverWell Balance	Studio 2
12:00pm	SilverSneaker® Classic (chair) Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

THURSDAY:

*7:45am	Aqua Zumba with Amanda	Pool
8:15am	ForeverWell Combo with Renee/Mary	Studio 1
9:30am	Zumba with Yasmin	Studio 2
9:45am	Group Active with Emily	Studio 1
11:00am	ForeverWell Combo - Virtually led	Studio 2
*11:00am	ForeverWell Water Ex with Carole	Pool

FRIDAY:

*7:15am	Aqua Zumba with Amanda	Pool
9:30am	Gentle Yoga (floor) with Mary	Studio 2
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Nancy	Studio 1

SATURDAY:

11:00am	ForeverWell Combo - Virtually led	Studio
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* THESE ACTIVITIES STILL REQUIRE RESERVATIONS:

Reserve your space using the Y app, this link
<https://www.ymcanorth.org/reservations>
 Or call Customer Service 612-230-9622

FREE MEMBER WELLNESS BENEFITS

Members may participate In each opportunity one-time.

30-MINUTE WELLBEING CONSULTATION

(Virtual and In-Person Options*) (\$45 Value): A wellbeing consultation is a 30-minute conversation to explore what matters most to you on your wellbeing journey and help discover potential next steps. - Register at YMCAMN.org
[Health & Wellbeing Coaching In Twin Cities MN - Mind, Body & Spirit | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/health-wellbeing-coaching-in-twin-cities-mn-mind-body-spirit)

30-MINUTE NUTRITION CONSULTATION

(Virtual and In-Person Options*) (\$45 Value): A nutrition consultation is a 30-minute conversation to discuss your primary concerns or goals, and opportunities to further support your wellbeing through food/nutrition. [YMCA Nutrition Coach In Twin Cities MN - Online Nutrition Consulting | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/nutrition-coach-in-twin-cities-mn-online-nutrition-consulting)

* In person Consultation Locations vary

PREFER TO EXERCISE AT HOME?

Live and recorded classes are available at
<https://www.ymcanorth.org/virtual-ymca-login>

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

THE NEW HOPE Y DONOR DIFFERENCE



WHAT WILL YOUR GIFT SUPPORT?

- Over \$350,000 in donor-supported assistance offsets membership and programming fees annually, ensuring our offerings and resources remain accessible to all.
- Each month, our youth programs provide inclusive, safe, and engaging spaces and activities for an estimated 450 kids and teens.
- An average of 700 senior visits are logged weekly, with our ForeverWell members improving their health, finding community, and sharing joy and inspiration across all parts of our Y.
- Our signature aquatics classes help 350+ individuals of all ages (infants to seniors!) learn lifesaving water safety skills each year.
- \$60 sponsors swimming lessons for an individual facing their fear of water for the first time.
- \$75 helps cover the programming fee for a teen to join their friends in a team sport.
- \$1000 provides a yearly membership for a family facing financial barriers.

HELP US SUSTAIN AND STRENGTHEN OUR Y!

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Find out more and donate online: ymcanorth.org/ydayofgiving



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WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

MONDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

MONDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS - 2:00-4:00pm Pool Lobby

TUESDAYS: COFFEE CHAT - 8am-10am Lobby

TUESDAYS: NEW MEMBER WELCOME AND ORIENTATION - 3-4pm. Meet at Welcome Desk
Note: No orientation scheduled for April 1 or April 8.

TUESDAYS: MAH JONGG - 12:30pm-2:30pm Pool Lobby

WEDNESDAYS: COFFEE CHAT - 8am-10am Lobby

WEDNESDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

WEDNESDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

WEDNESDAYS: CRIBBAGE 1:00pm Pool lobby. Cribbage board and cards available at Welcome Desk.

FRIDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

FRIDAYS: WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

BOOK DISCUSSION GROUP MEETS THE THIRD THURSDAY OF THE MONTH AT 2PM

April 17th	Save Me The Plums - by Ruth Reichl
May 15th	Educated - by Tara Westover
June 19th	Tom Lake - by Ann Patchett
July 17th	Horse - by Geraldine Brooks

LOOK FOR MORE FOREVERWELL PROGRAMMING AND COMMUNITY OPTIONS ON THE FOREVERWELL BULLETIN BOARD NEAR THE VENDING AREA IN THE POOL LOBBY.



Living Well with Chronic Conditions

Chronic Disease Self-Management Class

This is a six-week class developed at Stanford University's Patient Education Research Center and offered around the world. The class has helped participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, osteoporosis, heart disease and other chronic conditions to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

The class is taught by two trained peer leaders and will meet for 6 weekly sessions of 2.5 hours each week. New topics are covered each week and provide opportunities for interaction and group problem solving.

Join us for this free class:

Tuesdays April 15- May 20, 2025

1:00-3:30pm

**New Hope YMCA
7601 N 42nd Ave
New Hope, MN 55427**

This class is free, but space is limited – register early!

To register: yourjuniper.org or contact Mindy at (763)581-5580 or mindy.ouellette@northmemorial.com



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northmemorial.com

April 2025 ForeverWell Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby	2 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	3	4 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	5
6	7 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	8 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby Heart Safe CPR and AED Training 1pm in Multi-purpose room	9 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby Y GIVE DAY! PEOPLE ACROSS THE COUNTRY COME TOGETHER TO SUPPORT THEIR LOCAL Y	10	11 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	12
13	14 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	15 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby ForeverWell Orientation 3-4pm Living Well With Chronic Conditions Class – Pre-registration required 1-3:30pm	16 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	17 Book Group 2-3pm Multi-purpose Room Save Me the Plums by Ruth Reichl	18 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	19
20	21 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	22 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby ForeverWell Orientation 3-4pm Living Well With Chronic Conditions Class – Pre-registration required 1-3:30pm	23 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	24 Light mending and clothing repair 1-3:30pm Pool Lobby	25 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	26
27	28 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	29 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby ForeverWell Orientation 3-4pm Living Well With Chronic Conditions Class – Pre-registration required 1-3:30pm	30 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Pool Lobby	Help us Sustain and Strengthen OUR Y! Y Give Day is Wednesday April 9th Stop by the information table outside the Fitness Center or ask a Y Team Member for information. Thank YOU!		