



# FOREVERWELL

NOVEMBER 2021 | MANKATO FAMILY YMCA

## SAVE THE DATE

### GROUP STRENGTH TRAINING

Thur. Nov 4

### FALL WALK: BLUFF PARK

Mon. Nov 8

### BOOK CLUB

Tues. Nov 9

### FUNCTIONAL MOVEMENT ASSESSMENTS

Thur. Nov 11

### FLU SHOT/COVID BOOSTER SHOT CLINIC

Fri. Nov 19

### INDOOR TRACK: WALKING POKER

Fri. Nov 19

### YMCA CLOSED: HAPPY THANKSGIVING!

Thur. Nov 25

### INTRO TO TRAINING WITH EXERCISE BANDS

Tues. Nov 30

### Renee' Solomon-Wise

ForeverWell Coordinator

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Mankato Family YMCA ForeverWell Friends,

Welcome to the first monthly newsletter from the Mankato ForeverWell Program! I am so excited to be here and working and playing with all of you. ForeverWell hosted its big launch event on Thursday, October 14<sup>th</sup>, and for those of you who attended, thank you.

This program is one of 18 rural area, YMCA's tasked with providing wellness programming for active, older adults, promoting increased social programming to alleviate boredom and reduce isolation.

If you haven't done so, please take the time to fill out a survey and let me know of programs, indoor or out that you would like to see offered through this program. The calendar of classes offered through ForeverWell is now posted on the Mankato Family YMCA website under the Fitness link, also on the bulletin board outside the Wellness Center, with paper copies available to take with you. The calendar of classes is a work in progress, with some classes being offered weekly and bi-weekly.

I challenge each of you to try at least one new class or activity during the month and you might find you like it. I look forward to getting to know new people myself! If you are new to the Y, tours of the YMCA are offered weekly. To find out more about the ForeverWell Program, my door is always open. Give me a call at 507-387-9805 or at [rsolomonwise@mankatoymca.org](mailto:rsolomonwise@mankatoymca.org)



Always Smilin' 😊 Renee' Solomon-Wise

## BRANCH HOURS

Monday-Friday: 5am – 9pm

Saturday: 6am – 7pm

Sunday: 10am – 7pm

## Mankato Family YMCA

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Mankato, MN 56001

Phone: 507-387-8255

<https://mankatoymca.org/>

# NOVEMBER FOREVERWELL CALENDAR

Find the full schedule online at: <https://mankatoymca.org/foreverwell-program/>

All classes/activities are subject to change or cancellation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Puzzle/Knitting Group: 9:15am Room 203	<b>2</b> Outside Walking Group: 9:15am Lobby  "Help Remaining or Returning Home": 9:30am Room 203	<b>3</b> FW YMCA Tour/Orientation: 1:00pm Lobby  Bunco Club: 1:00pm Room 203	<b>4</b> Group Strength Training: 9:30am Y-Fit Gym  Let's Dance: 10:45am Aerobics Studio	<b>5</b> Intro to Pickleball: 8:30am Blue Gym  Scattergories/Card Games: 9:45am Room 203
<b>8</b> Intro to Pickleball: 8:30am Blue Gym  Fall Walk: Bluff Park, N. Mankato: 10am Lobby	<b>9</b> Book Club: 8:00am Room 203  Outside Walking Group: 9:15am Lobby	<b>10</b> Coffee & Chat: 8:00am Lobby  Indoor Track: Walking Poker: 11am Room 203	<b>11</b> Functional Movement Assessments: 8am Y-Fit Gym  Virtual Tai-Chi for Seniors: 10:45am Aerobics Studio	<b>12</b> Scrabble Game: 9:30am Room 203
<b>15</b> Puzzle/Knitting Group: 1:00pm Room 203	<b>16</b> Board Games/Phase 10: 8:15am Room 203  Outside Walking Group: 9:15am Lobby	<b>17</b> Intro to Pickleball: 8:30am Blue Gym  FW YMCA Tour/Orientation: 1:00pm Lobby	<b>18</b> Group Strength Training: 9:30am Fitness Center  Let's Dance: 10:45am Aerobics Studio	<b>19</b> Flu Shot/COVID Booster Clinic 7am – 11am Lobby  Walking Poker: 10:30am Room 203
<b>22</b> Outside Walking Group: Sibley Park: 9:30am Meet at Red Barn  Intro to Pickleball: 10:30am Blue Gym	<b>23</b> Outside Walking Group: 9:15am Lobby  Giant Jenga/Bean Bags: 11am Room 203	<b>24</b> Coffee & Chat: 8:00am Lobby  Yahtzee/Card Games: 9:30am room 203	<b>25</b>   <p style="text-align: center;"><b>YMCA CLOSED</b></p>	<b>26</b>
<b>29</b> Euchre Card Game: 9:00am Room 203	<b>30</b> Intro To Training with Exercise Bands: 9:30am Room 203			

## INTRODUCTION TO PICKLEBALL

Pickleball is the fastest growing sport in the nation! Come and learn the basics of playing this fun intergenerational sport! Basic forehand, backhand, serve and volley will be introduced, along with the rules and scoring. Offered once a week in the Blue Gym.



## LET'S DANCE WITH JOE & MARY BETH



This class was inspired and will be led by a husband and wife who love to dance! Music from the 50's, 60's & 70's will get your

legs shaking and arms moving! Come ChaCha, Foxtrot and more for 45 minutes of heart racing fun!

## FUNCTION MOVEMENT ASSESSMENTS



The Functional Movement Assessment will be conducted by Zach Erickson, MS, CSCS, Wellness Director or a trained staff managed by Zach. What can you expect to learn from the assessment? The assessment will show you your muscular strengths and weaknesses and how they are applicable to activities that you do everyday.

## WALKING POKER

**Friday, November 19<sup>th</sup>: 10:30am – 11:30am**  
Participants walk 5 laps and after each lap, players receive one card. Start when you want and go at your own pace, during the time allotted. The best winning hand over the hour will receive a \$25 gift card to the Wooden Spoon!



**ARE YOU IN?**

## HY-VEE PHARMACY COVID BOOSTER/FLU SHOT CLINIC

**Thursday, November 18<sup>th</sup>: 7:00am – 11:00am, Lobby**

Sign-up sheets will be available in the lobby a week ahead of the clinic to get a head count. Please bring your Medicare Part B and health insurance card!

