



FOREVERWELL

JANUARY 2022 | MANKATO FAMILY YMCA

SAVE THE DATE

INDOOR WALKING POKER

Wed. Jan. 5

INTRO TO THE MATTER OF BALANCE PROGRAM

Jan. 6, 10, 18 & 26

BENEFITS OF PHYSICAL THERAPY

Thur. Jan. 11

BOOK CLUB

Wed. Jan. 12

CRAFT MAKING: ORIGAMI

Mon. Jan. 17

UNO/PHASE 10 @ THE WINE CAFÉ

Mon. Jan. 17

ADULT SPELLING BEE

Thur. Jan. 20

DINING FOR WELLNESS PRESENTATION

Mon. Jan. 25

INTRO TO PICKLEBALL

Jan. 4, 10, 21 & 26

Renee' Solomon-Wise

ForeverWell Coordinator

507-345-9805

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Mankato Family YMCA ForeverWell Friends,

Happy New Year!! How grateful are we to be able to say that simple phrase? 2021 was a year filled with so much uncertainty and wonder.

I propose that we put 2021 behind us and look to the future and Flourish with the new year. Flourish, will be my mantra for the new year and I want each and every one of you to consider adding it to your vocabulary, as well.

My husband, James B. Wise, is my inspiration for bringing this word and a way of seeing the world through a new lens to your attention. Jim teaches Recreation, Park and Leisure at MSU and teaches his students that to Flourish, is to live well as human beings through engagement in recreation and leisure activities.

The ForeverWell program is here for all active older adult YMCA members to Flourish! Think about it, FW encourages engagement in new recreation activities, for your mind, body and spirit, within the Y or in the community but ultimately it wants to get you socially engaged with each other. I continue to put together a calendar that offers education, outing and activities and look forward to each of you joining me in the new year! How will you "Flourish" in the new year?

I can be reached at 507-345-9805 or my email is

rsolomonwise@mankatoymca.org.

Always Smilin' 😊

Renee' Solomon-Wise



BRANCH HOURS

Monday-Friday: 5am – 9pm

Saturday: 6am – 7pm

Sunday: 10am – 7pm

Mankato Family YMCA

1401 S. Riverfront Dr.

Mankato, MN 56001

Phone: 507-345-8255

<https://mankatoymca.org/>

JANUARY FOREVERWELL CALENDAR

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

All classes/activities are subject to change or cancellation. \$ - Indicates cost for class or self-pay

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO CLASSES	4 Intro Pickleball: 8:30am Blue Gym Puzzles/Knitting 10am Room 203	5 Coffee & Chat 8:30am Lobby Indoor Track: Walking Poker 10:30am Room 203	6 Intro to the Matter of Balance Class 8:30am Lobby Virtual Tai-Chi 10:45am – 11:30am Aerobics Studio	7 FW YMCA Tour/Orientation: 12:00pm Lobby
10 Intro to the Matter of Balance Class 8:30am Lobby Intro Pickleball: 10:15am Blue Gym	11 Benefits of Physical Therapy 9:00am Room 203 Dominos Lunch (\$) & Bunco Rm 203 11:45am (Sign up at the front desk)	12 Book Club: 9:30am Pepsi Cube Area	13 Circuit Training Wellness Ctr 8:30am FW YMCA Tour 10am Lobby Virtual Tai-Chi 10:45am – 11:30am Aerobics Studio	14 Cribbage & Cards 9:00am Room 203
17 Craft Time: Origami 9:15am Room 203 UNO/Phase 10 @ Wine Café 4:00pm (Sign up at front desk)	18 Intro to the Matter of Balance Class 8:30am Lobby Walk/Lunch @ Madison East Center 11:00am Meet at Handi Medical	19 Coffee & Chat: 8:30am Lobby Indoor Track: Walking Poker 10:30am Room 203	20 Spelling Bee for Adults 9:30am Room 203 Virtual Tai-Chi 10:45am – 11:30am Aerobics Studio	21 Intro Pickleball: 9:30am Blue Gym FW YMCA Tour/Orientation: 11:00am Lobby
24 Scrabble/Board Games 9:00am Room 203 Presentation: Dining for Wellness 11:45am Room 103	25 FW YMCA Tour/Orientation: 10:00 Lobby Pottery Painting @Artifact (\$) 2:30pm	26 Intro to the Matter of Balance Class 8:30am Lobby Intro Pickleball: 10:00am Blue Gym	27 Strength Training for Pickleball: 9:45am Blue Gym Virtual Tai-Chi 10:45am – 11:30am Aerobics Studio	28 River Hills Walking: 9:00am (Meet at Target entrance in mall)
31 FW YMCA Tour/Orientation: 11:00am Lobby				



JANUARY BOOK CLUB

Book Club – “Digging to America” by Anne Tyler -Wednesday, January 12, 9:30am-10:30. I have the book bag in my office, if you are interested in joining us!



FALLS PREVENTION PROGRAM

Last month, it was mentioned that A Matter of Balance programming would be offered in the new year. The classes will be starting in the months of **February and March**. The program requires 8 – One, hour classes that will be held at the Y for individuals who may have concerns about falling, restrict activities due to concerns about falling, have had falls in the past.

The Matter of Balance program is evidence based and it has a proven curriculum that will improve flexibility, balance and strength. I will be sharing information about the program all through the month of January and want to give everyone the tools to stay healthy. Classes will be taught by Zach Erickson and Renee’ Solomon-Wise.

STRENGTH TRAINING FOR PICKLEBALL

Pickleball, the fastest growing sport in the nation is a sport that requires lateral and quick movement. The ForeverWell program wants to give individuals the tools that will allow them to play a sport that they love to play and reduce the chance of injuries through conditioning. Come and find out how this cross-training skill will enhance your game. This class will be offered during open Pickleball in the Blue Gym, on one court for 45 minutes on Jan. 27, 9:45am-10:30am.



VOLUNTEER OPPORTUNITIES

Volunteering in your community not only helps you feel better but it is also a good way to connect and make new friends. A big part of the ForeverWell program is helping to find that perfect volunteer activity for someone. I have lots of volunteer opportunities to share and want to be a resource for anyone looking to get out of the house to increase social engagement.

Each month I will be highlighting in this newsletter a different volunteer opportunity in our community. ForeverWell will also be going out as a group volunteering at various places. What a great way to get involved and share yourself with others.

Here is a short list of places looking for volunteers:

- Ecumen Pathstone** – Front Desk help
- United Way** – Books for Kids
- Radio Talking Book** – Reading volunteer
- Diversity Council** – Facilitator for classrooms
- BENCH's** – Cat Condo/Dog Walkers
- CADA** – kitchen volunteer/Evening childcare
- Mayo Clinic** – Information Desk
- MSU Friendship Families** – Families to host international students

For more information, reach out to me!