



FOREVERWELL

FEBRUARY 2022 | MANKATO FAMILY YMCA

SAVE THE DATE

INDOOR WALKING POKER

Wed. Feb. 2

The Matter of Balance Falls Prevention Classes

Feb. 10, 17 & 24

Adult Coloring/Coffee

Mon. Feb. 7

BOOK CLUB

Wed. Feb. 9

Group Volunteer Experience

Mon. Feb. 14

Phase 10 & Yahtzee @Loose Moose

**Moved to Wed. Feb. 16.

Intro to Pickleball

Feb. 1, 7, 16 & 21

Valentines Cookie Decorating

Mon. Feb 21

Snowshoeing with Bent River Outfitter

Wed. Feb. 23

(SS-\$25/Guide-\$30)

Chair Massages w/Shannon

Fri. Feb. 25

Lunch N' Learn w/Skyler: Making Sense of Nutrition Labels

Mon. Feb. 28

Mankato Family YMCA ForeverWell Friends,

The month of February in Minnesota brings to mind ice, snow and cold and the need to reframe how I think in order to make it through the winter in this wonderful state.

The Groundhog did not see his shadow on February 2nd, Groundhog Day, so technically we are in for six more weeks of winter. This is where my ForeverWell mantra of Flourishing can help. You should try something new or different this month, to improve your mood. I have several new activities on this month's calendar, encouraging individuals to try Snowshoeing, Cookie Decorating, socializing in the community or a Diamond Dot craft activity.

There is also a group volunteer experience on this month's calendar. Make a choice to try something new this month and allow yourself to experience a new craft, meet new people and make a new friend.

In the six months as the Coordinator for the ForeverWell Program, what I have enjoyed the most is not only making new friends myself but seeing the friendships that have developed among people who have met attending a FW class or event. What do you have to lose? Close your eyes, point to the calendar, circle an activity that you will attend and make it happen!! I love sharing my laugh, smiles and encouragement with all of you. Come and join me.

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/>

FEBRUARY 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
	<p>1 Intro Pickleball: 8:30am Blue Gym</p> <p>Strength Training w/Exercise Bands 10:00am Y-Fit Gym</p>	<p>2 Coffee & Chat 8:30am Lobby</p> <p>Indoor Track: Walking Poker 10:30am Room 203</p>	<p>3</p>	<p>4 Bunco 8:15am Rm 203</p> <p>FW YMCA Tour/Orientation: 11:30am Lobby</p>
<p>7 Adult Coloring & Coffee 8:30am Lobby</p> <p>Intro Pickleball: 10:15am Blue Gym</p>	<p>8 FW YMCA Tour/Orientation: 11:30am Lobby</p> <p>Afternoon Tea (\$) @Curiosi-Tea, N. Mankato 4:00pm</p>	<p>9 Book Club: 9:30am Pepsi Cube Area</p>	<p>10 A Matter of Balance Class 9:30-11:30am Room 202</p>	<p>11 Puzzles/Knitting Group 8:15am Room 203</p>
<p>14 Group Volunteer Experience (TBD) 9:00am Lobby</p> <p>**Loose Moose event moved to Feb. 16</p>	<p>15 Cribbage/Card Games 9:00am Room 203</p> <p>Indoor Track: Walking Poker 10:30am Room 203</p>	<p>16 Coffee & Chat: 8:30am Lobby</p> <p>Phase 10/Yahtzee @Loose Moose (\$) 4:00pm (Sign up at front desk)</p>	<p>17 A Matter of Balance Class 9:30-11:30am Room 202</p>	<p>18 FW YMCA Tour/Orientation: 11:00am Lobby</p> <p>Walk/Lunch @ Madison East Center 11:00am Meet at Handi Medical</p>
<p>21 Valentines Cookie Decorating (\$) 8:30am Room 103</p> <p>Intro Pickleball: 10:45am Blue Gym</p>	<p>22 FW YMCA Tour/Orientation: 10:00 Lobby</p> <p>Scrabble/Puzzles 10:30am Room 203</p>	<p>23 Snowshoeing w/Bent River (\$) 10:00am Sign up at front desk.</p>	<p>24 A Matter of Balance Class 9:30-11:30am Room 202</p>	<p>25 Chair Massages (\$) 9:00am (Sign up at front desk by Feb. 11)</p>
<p>28 Crafting Time 8:30am Room 203</p> <p>Lunch N Learn w/Skyler 11:45am Room 103</p>				

FEBRUARY BOOK CLUB

Book Club – “Montana 1948” by Larry Watson, 9:30am-10:30am. I have the book bag in my office, if you are interested in joining us.



MSU INTERN

The ForeverWell Program has been lucky enough to get an MSU Food and Nutrition, major student to work with the program this semester. Skyler Burns-Goetzmann is in his senior year at MSU, Mankato and has a minor in Sports Medicine. Skyler has extensive knowledge of cooking and prep procedures along with the nutritional components of food from working with and studying them. Skyler will be sharing his knowledge of food nutrition during his time at the Y. In January he did a Lunch and Learn presentation on Dining for Wellness which included helpful information on selecting healthy options at local eateries. Skyler will be doing another presentation on February 28th, in room 103 from 11:45-12:15 on Making Sense of Nutrition Labels. We would love to have people attend as this is helpful information to know.

SNOW SHOENING W/BENT RIVER

Come and join us as we get out on a nice Minnesota morning and trap around the woods in snow shoes, enjoying the great outdoors. Bent River will provide rental equipment and transportation. Cost is \$25 for snow shoe rental and \$30 for guided trip. Make sure to dress in layers for the weather and bring along water and snacks. Sign-up sheet is at the front desk.

CHAIR MASSAGES

15 – Minute Chair Massages will be offered on Friday, February, 25 by Shannon Martin, from S.S. Therapeutic Massage.

Shannon is a Board-Certified Massage Therapist and we are so lucky that she is willing to come to us to provide this service. There are many benefits to massages including reduced muscle tension, improved circulation and overall improvement in energy.

There is a sign-up sheet at the front desk and the deadline to sign up is February 11th!! Don't miss out on this wonderful opportunity.



VOLUNTEER OPPORTUNITY

ECHO Food Shelf – located at 1014 S. Front St. Mankato. Echo, can always use volunteers for 30 minute shifts to assist with sorting, shopping with or for home meal deliveries, Assisting with shelving donations. To volunteer go to <https://www.echofoodshelf.org/volunteer>

A MATTER OF BALANCE – FALLS PREVENTION

In last month's newsletter, I shared information on the MOB program. The Program is starting on Thursday, Feb. 10th, from 9:30am- 11:30am. The program requires 8 weeks of two- hour classes, not one hour. Sorry, for the confusion. All materials, breaks and snacks are a part of the program.

The Matter of Balance program is evidence based and it has a proven curriculum that will improve flexibility, balance and strength. Classes will be taught by Zach Erickson and Renee' Solomon-Wise.

NOTE: VIRTUAL TAI-CHI CLASS CANCELED FOR FEBRUARY