



FOREVERWELL

March 2022 | MANKATO FAMILY YMCA

SAVE THE DATE

Introduction to Pickleball

Mar. 1,7, 18, 23 & 29

Strength/Agility Training for Pickleball

Tues. Mar 8

Book Club

Wed. Mar. 9

Crafting w/ Lee Ann

Mon. Mar. 14

Building Card Houses

Tues. Mar. 15

Training with Exercise Bands

Mon. Mar. 21

Wire N Wine, Energy Bracelet Mankato Maker Space (\$45)

Thurs. Mar. 24

Indoor Walking Poker

Fri. Mar. 25

Happy Hour: Scattergories- Mankato Brewery

Mon. Mar. 28

Walk at Bluff Park

Weds. Mar. 30

THE Y ISN'T THE ONLY IMPORTANT LETTER

LET'S LEARN ABOUT Zzzz's...

The month of March brings Spring, a time change, St. Patrick's Day, Madness and more.

Learn About the Zzz's: Tips for a Better Night's Sleep

The change to daylight savings time is an opportune time to improve and consider our sleep patterns. Adjusting your sleep times according to the Sun and hours of daylight.

1. Set Your Biological Clock (best to go to bed and wake up at consistent times)
2. Limit Caffeine, Alcohol, and Stimulants
3. Create a Relaxing, Sleep Promoting Bedroom
4. Limit Screen Time Prior to Bed
5. Get into a Sleep Routine
6. Sleep When You're Tired
7. Use Natural Daylight to Your Advantage (daylight stimulates your body's production of melatonin)
8. Don't Nap (do it early if necessary)
9. Finish Eating 2-4 hours before bedtime
10. Limit Fluids (hydrate early and throughout day)
11. Time Exercise Early (avoid strenuous activity 3- 4 hours before bedtime)
12. Consult Medical Professional (if your consistency efforts are not helping consult your healthcare professional)

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/>

MARCH 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
	1 Intro Pickleball: 8:30am Blue Gym Puzzles/Knitting Group 10:00am Room 203	2 Coffee & Chat 8:30am Lobby Interval Training for Older Adults 9:30am Aerobics Studio	3 A Matter of Balance Class 9:30-11:30am Room 103	4 FW YMCA Tour/Orientation: 9am Lobby
7 Intro Pickleball: 10am Blue Gym	8 Bunco Dice Game 9am Room 203 Strength Training for Pickleball 10:30am Blue Gym	9 Interval Training for Older Adults 9:30am Aerobics Studio Bookclub 9:30am Pepsi Cube	10 A Matter of Balance Class 9:30-11:30am Room 103	11 Phase 10 9am Room 203
14 Crafting: Paracord & Bead Bracelets 9:15 am Room 203	15 Building Card Houses 9:30am Room 203 FW YMCA Tour 11am Lobby	16 Coffee & Chat: 8:30am Lobby Interval Training for Adults 9:30am Aerobics Studio	17 A Matter of Balance Class 9:30-11:30am Room 103	18 Intro to Pickleball 9:30am Blue Gym
21 Yahtzee 8:45am Room 203 Training with exercise Bands 10am Y-Fit Gym	22 Outside Walk w/ walking sticks 10am Lobby	23 Interval Training for Older Adults 9:30 am Aerobics Studio Intro to Pickleball 10:30am Blue Gym	24 A Matter of Balance Class 9:30-11:30am Room 103 Mankato Makerspace (\$45) 2:30pm 1700 3rd Ave, Mankato	25 Scrabble/Games 9:30am Room 203 Indoor Track: Walking Poker 10:30 Room 203
28 FW YMCA Tour 11am Lobby Scattergories @Mankato Brewery (\$) 4:15pm	29 Puzzles/Knitting Group 10am Room 203 Intro to Pickleball 11am Blue gym	30 Walk at Bluff Park North Mankato 9:30 Meet in Lobby	31 A Matter of Balance Class Graduation! 9:30am Room 103	

MARCH BOOK CLUB

Book Club – The Long Shining Waters, by Danielle Sosin 9:30am-10:30am. I have the book bag in my office and can leave a copy of the book at the front desk, if requested.

We meet in the Pepsi Cube the 2nd Weds. of the month if you are interested in joining us.



TURN THE CLOCKS AHEAD!

Sunday, March 13th
Spring Ahead



HAPPY HOUR

A big part of ForeverWell is being social and getting to the people you have met at activities. Each month I host an evening activity at a local establishment that includes games, beverages, and a chance to get to know each other. Previous outings have been to LoCale Brewery, Wine Café, and the Loose Moose. This month we will be at the Mankato Brewery in North Mankato on Monday, March 28th at 4:15! Come join me for a fun evening out and enjoy some laughs. The Signup sheet is at the front desk. Hope to see you there.

MANKATO MAKERSPACE

This month I have planned an activity at the Mankato MakerSpace, located at 1700 3rd Ave., Mankato, MN. The class called Wire N Wine, Energy Bracelet allows each person to select their own specific “energy” beads and work with wire to make your masterpiece. Shayla, the instructor does an amazing job of assisting and coaching you throughout the workshop. The class is scheduled for Thursday, March 24, from 2:30-5p.

We are lucky to have a space like the MakerSpace in our community to allow individuals to not only share a space, resources and tools but also hobbies they love to share with the community and its members. The Mankato MakerSpace just celebrated their 5th year anniversary and is a non-profit organization with many local artists needing our continued support for crafts/hobbies so loved. Please consider joining me for this fun evening to make a bracelet or just come to the MakerSpace that evening to learn more about what they do and what is offered.

To register for the class, go to the mankatomakerspace.org website and click on the “Take A Class” link and get signed up.



VOLUNTEER OPPORTUNITY

The ForeverWell is always looking for volunteers to lead activity groups at the YMCA. It can be once a month or once a week. Group ideas: Scrapbooking, Prayer Group, Outdoor Walking Group, Journaling, Healthy Living Support Group, Lunch Bunch and more. I am always open to new ideas and ways to engage our minds. I can be reached at 507-345-9805 or

rsolomonwise@mankatoyymca.org

PERSONAL TRAINING SESSIONS



Personal training is offered with certified personal trainer in the Y Wellness Center. Zach currently offers group activities through the ForeverWell program but if you are looking to take your strength training to the next level, stop in

and talk with Zach or his staff to find out more. Zach can be reached at 507-345-9816 or zerickson@mankatoyymca.org