



FOREVERWELL

April 2022 | MANKATO FAMILY YMCA

SAVE THE DATE

Book Club

Weds. Apr 6

Indoor Walking Poker

Tues. Apr. 5, & 19

Intro to Pickleball

Apr. 4, 15, 20, 28

Balance Exercises for Health

Thurs. Apr. 7

Edible Yard Weeds, Presentation by Diane Frost

Weds. Apr. 13

Volunteer Info at Restore

Thurs. Apr. 14

Group Strength Training w/ Zach

Thurs. Apr. 21

Walk to Sibley Park

Thurs. Apr. 21

YMCA Volunteer Opp.

Fri. Apr. 22

Happy Hour: Phase 10 & Brew- Mankato Brewery

Tues. Apr. 26

Fondue Cooking Ideas

Weds. Apr. 27

As some of you may have saw, I was profiled on the KEYC news program promoting what the Y has to offer for "Active Older Adults". My big take away from sharing what the ForeverWell program has to offer is to try something new and stay involved in your community. ForeverWell is here to offer fresh ideas on an activity you might not have tried, make new friends through a shared experience or to share your love for something with a new group of people. ForeverWell is only as successful as the people who chose to come and have fun while engaging and being social. Come and join us.

Another topic that comes to mind as I think about being social during the post COVID era is, Kindness. I read an article in this year's March edition of Good Housekeeping and it shared several points about kindness. Kindness is good for your health, Kindness encourages cooperation, and Kindness is how we have managed to survive all the challenges that we have faced during the past several years. While getting out and being social never underestimate what a caring smile, a held door or phone call to an old friend can do, to change someone's day. I challenge all of you to be kind as you are reengaging with friends and strangers today, because I know what a difference it makes in someone's life.

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/>

APRIL 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 ForeverWell YMCA Bldg. tour/orientation 10:30
4 Intro to Pickleball 10:00-11:00 Blue Gym ForeverWell YMCA Bldg. tour/orientation 11:30	5 Walking Poker 10:00-10:30 Room 203 Renee Interval Training 10:45-11:30 w/ Y staff	6 Interval Training for Older Adults 9:30am Aerobics Studio Book Club Pepsi Cube, 9:30-10:30	7 Balance Exercises for Health w/ Zach & Renee 9:30-10:30 Wellness Center	8 Phase 10/Yahtzee 9:30-10:30 Room 203 w/ Renee
11 Crocheting/Knitting/Needlepointing 9:30-10:30 Room 203 w/ Renee	12 ForeverWell YMCA Bldg. tour/orientation 9:00 Interval Training 10:45-11:30 w/ Y staff	13 Edible Yard Weeds presentation by Diane Frost 9:30-10:30 Room 103 Outside Walk w/ walking poles Meet in Lobby 10:45-11:45 w/ Renee	14 Volunteer info. At ReStore Mankato Meet in Lobby 9:45-11 w/ Renee	15 Intro to Pickleball 9:30am Blue Gym
18 Coffee and Chat 9:00-10:00 w/ Renee	19 Walking Poker 10:00-10:30 Room 203 w Renee Interval Training 10:45-11:30 w/ Y staff	20 ForeverWell YMCA bldg. tour/orientation 9:30 Intro to Pickleball 10:30am Blue Gym	21 Group Strength Training w/ Zach & Renee 9:30-10:15 Wellness Center Outside Walk to Sibley Park Meet in Lobby 10:30-11:30 w/ Renee	22 Cribbage 9:14-10:00 Room 203 w Renee Volunteer Opportunity: Parking lot clean up at the Y 10:30-11:00 w/ Renee & Andrew
25 ForeverWell YMCA bldg. tour/orientation 9:00 Renee Walk at Bluff Park, North Mankato Meet in Lobby 10:00-11:00 w/ Renee	26 Crocheting/Knitting/Needlepoint 9:00-10:00 Room 203 w/ Renee Mankato Brewery 4:00-6:00 pm Phase 10 card game & Brews w/ Renee	27 Fondue Cooking Ideas, samples provided 9:30-10:30 Room 103 w/ Renee	28 Introduction to Pickleball 8:30-9:30 Blue Gym w/ Renee	29 Coffee and Chat 9:00-10:00 w/ Renee

APRIL BOOK CLUB

Book Club – This month we are reading, “The Only Woman in The Room” by Marie Benedict. We meet in the Pepsi Cube the 2nd Weds. of the month, from 9:30am-10:30am. However, due to scheduling conflicts this month, we are meeting the 1st Weds. If you are interested in joining the book club, I have the book bag in my office and can leave a copy of the book at the front desk, if requested. Call and leave your name and number at 507-345-9805.



HAPPY HOUR

A big part of ForeverWell is being social and getting to know the people you have met at other activities. This month we will be at the Mankato Brewery in North Mankato on Tuesday, April 26th at 4:00! I had this as last month’s meeting place but chose a day they weren’t open, so we will try it again this month! The Mankato Brewery has a nice outdoor area and hopefully the weather will cooperate. All are welcome. Come and join us.



VOLUNTEER OPPORTUNITY

This month’s volunteer opportunities will include a trip to the local ReStore in Mankato and a small trash pickup job at the Y. All of us want to help but sometimes we don’t know how to get started. During the trip to the Restore we will learn what volunteers do their and how to assist with the Habitat for Humanity program. We will meet in the lobby and drive over together. I will have a sign-up sheet at the front desk. I can be reached at 507-345-9805 or rsolomonwise@mankatoymca.org

MSU FW INTERN

My name is Skyler, and I am working as an intern at the YMCA. I am a senior in college, and I will be graduating this May with a degree in Food and Nutrition. One of my goals after college is to teach individuals about the importance of health and how to achieve it through nutrition and the diet. This month I have been working on a cultural presentation that revolves around ethnic foods and ways to stay healthy through a person’s diet. Some topics that will be covered in the presentation include the American diet, ways to create healthier meals, and how to balance eating along with many more. The goal of this presentation is to learn more about other traditions and diets along with ways that individuals can best promote their health. This presentation will also include a nutritious meat stew with carrots and potatoes which is a dish that is inspired by South Sudanese food. The dish will be available for all guests to try along with protein balls for kids to make who are in attendance. The presentation is on Sunday, April 24th at 3:30 PM. If you have any questions, please, don’t hesitate to reach out to Renee’ Solomon-Wise at 507-345-9805

BALANCE EXERCISES

Through ForeverWell we completed our first 8-week Matter of Balance, falls prevention class and want to offer additional exercises. There are two classes offered in April on balance and strength exercises in the Wellness Center. Come and join Zach and I to learn more on this topic.