



FOREVERWELL

SEPTEMBER 2023 | YMCA OF CASS AND CLAY COUNTIES

ForeverWell is a new program for the active ager - our goal is to bring new events, extracurriculars, and clubs just for you!

SAVE THE DATES

Potluck Social

Bring a dish to share and enjoy conversation with friends! Beth Janson from Bonanzaville will be there to talk about Bonanza Farming.

September 19, 11:15 - 11:45am
Dawson Lounge - Fercho YMCA

Book Club

We will discuss "Remarkably Bright Creatures" by Shelby Van Pelt. All are welcome even if you haven't finished the book. October's book is "The Magnificent Lives of Marjorie Post" by Allison Pataki.

September 12, 9:30 - 10:00am
Dawson Lounge - Fercho YMCA

Bingo

Join us for bingo and prizes!

September 5, 9:30 - 10:00am
September 14, 11:15-11:45am
Dawson Lounge - Fercho YMCA

Card Club

Join us for a variety of card games. We will be teaching the game "Spades". All levels welcome!

September 26, 11:15 - 11:45am
Dawson Lounge - Fercho YMCA

MEMBER SPOTLIGHT: Carol Huhner

Carol has been a member at the YMCA since 2012. Carol is a retired medical receptionist and has always known that staying active is important. Before she retired she went on long walks and rode her bike to work. She joined the YMCA a year before she retired when she decided to get more active. She chose the YMCA because she heard great reviews about the YMCA and her work offered an incentive. After joining the YMCA, Carol attended Zumba and XaBeat. Today Carol goes to the YMCA four days a week to attend Silver Sneakers classes, Active Aging dancing, and ForeverWell social events.

Carol enjoys the YMCA because of the benefits of the Fitness Center and Group Fitness classes. Carol attends Active Aging Dance each week. This 20-minute class is offered before Silver Sneakers. It features upbeat music taught by one of the YMCA's fitness instructors. Carol finds that this dance class helps her with concentration, coordination, and balance. Besides the physical benefits of exercising at the YMCA, she says the socialization is priceless!

Carol has met many friends at the YMCA over the years. Carol talks to her YMCA friend before Silver Sneakers classes, and during our monthly potlucks. The members that attend class with Carol all care about each other. If one member is gone they all worry and check in with that member. The YMCA not only promotes healthy living, but also helps cultivate friendships.

Outside of the YMCA Carol enjoys reading, traveling, watching movies, and is active in her church. The YMCA has had a positive impact on her life and has helped her live a more active lifestyle!



Crafting Club

Join us for the return of crafting club! This month we will be making fun fall-inspired crafts.

September 28, 11:15-11:45am
Pool Event Room – Fercho YMCA

Bingo At Schlossman

Join us for bingo and prizes!

September 29, 9:30-10:15 am
Conference room- Schlossman YMCA

Book Swap

This September, we'll do a book swap! Donation boxes will be available in the studios on September 11 or bring them with you on the date of the event.

September 21
9:30- 10:00am
11:00-11:30 am
Pool Event Room – Fercho YMCA

Walk to End Alzheimer's

We would love for you to join our team! We will be walking a 3-mile course to raise awareness for Alzheimer's. Let's see how many people we can get to join us!

September 23, registration starts at 9:00 am
Essentia Health Plaza at the Lights, West Fargo



Please scan the code to join the team or donate!

Volunteering

Would you like to volunteer to lead a ForeverWell club, class, event, or league? If interested please contact Emma Palm, Community & Social Events Coordinator!

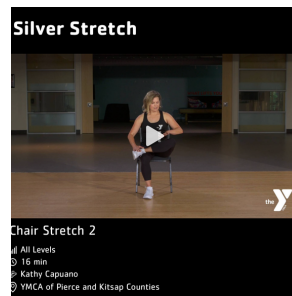
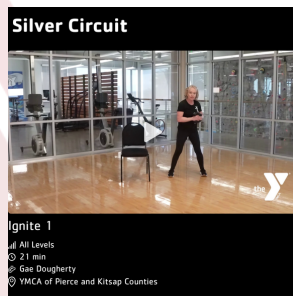
Phone: 701-364-4137
 Email: emma.palm@ymcacassclay.org

Y360 VIDEO SUGGESTIONS



Follow these steps to get started:

1. Download the YMCA360 app on the App store or google play store.
2. Enter your zip code.
3. Choose your YMCA branch.
4. Sign in with your email and press continue.
5. You will receive an email with a verification code. Please enter the code on the app and press continue.
6. Begin watching the suggested videos on this newsletter.



Puzzle of the Month



Unscramble the letters
 to reveal the fall words:

RAHEVTS _____

WSCRORCEA _____

RRILEQSU _____

DAYREIH _____

YURTEK _____

Answers from August's word search:

