



FOREVERWELL

FEBRUARY 2024 | 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

Bring a dish to share and enjoy conversation with friends! Jen Enz from Enz Wellness will be talking about healthy tips to reduce inflammation.

- February 20, 11:15 - 11:45 am**
Dawson Lounge - Fercho YMCA
- February 23, 11:15 - 11:45 am**
Conference Room - Schlossman YMCA

Book Club

We will discuss "The Lighthouse Drive" by Peter Geye. All are welcome even if you haven't finished the book. March's book is "Behind the Beautiful Forevers" by Katherine Boo.

- February 13, 9:30 - 10:00am**
Dawson Lounge - Fercho YMCA

Bingo

Join us for bingo and prizes! Every first Tuesday & second Thursday of the month

- February 6, 9:30 - 10:00am**
- February 15, 11:15-11:45 am**
Dawson Lounge - Fercho YMCA

Card Club

Join us for a variety of card games. We will be teaching the game "Hearts". All levels welcome! No previous experience required.

- February 27, 11:15 - 11:45am**
Dawson Lounge - Fercho YMCA

MEMBER SPOTLIGHT:

Jan Hosford

Jan has been an active member of the YMCA since 2016. Jan visits the YMCA two to four times a week to keep healthy and happy. Jan joined the YMCA after she signed up for LIVESTRONG® at the YMCA. Since joining the YMCA, she attends Group fitness classes on average three times a week and uses our fitness center regularly.



Since becoming a member of the YMCA Jan has made new friends, tried new classes, and has stayed healthy. Jan's favorite part about the YMCA is the friends she has met in classes. It's been a joy for her to meet new people and even see those friends outside of the YMCA. She is drawn to Group Fitness classes and has tried many different classes. Her favorite class is Silver Sneakers. "It's motivational and inspirational to be with others who recognize how important it is to stay active at any age," says Jan. "The YMCA instructors also do a great job at reminding participants to listen to their bodies and move at their own pace". Jan feels better after working out alongside her friends.

Jan was introduced to the YMCA after finishing her cancer treatments. Jan's doctor gave her a LIVESTRONG® brochure and she decided to try it out. LIVESTRONG® at the YMCA is a FREE wellness program designed for cancer survivors who have become de-conditioned or chronically fatigued from their disease and/or treatment. Survivors will improve strength, flexibility, and self-confidence, and develop the tools they need to take their wellness journey with them wherever they go! They go in-depth on proper form and stretching based on your cancer type, and explore our Fitness Center, Group Fitness Studios, Aquatic Center, and more! Jan says that signing up for LIVESTRONG® was the best decision she could have made to recover after treatments.

Outside of the YMCA, Jan enjoys riding her bike, gardening, playing board games, doing jigsaw puzzles, reading, and traveling. She also enjoys spending time with her husband Rob, friends, and family. The YMCA has assisted Jan to spend time with people she cares about and live a healthy life.

Pieces and Puzzles Club

Join us for pieces and puzzles club meeting. Have fun working together with your friends to work on a puzzle.

February 1,

9:30 - 10:15 am

11:15 - 11:45 am

Youth Center - Fercho YMCA

Crafting Corner

Join us for Winter crafting club! This month will be making Valentine day cards.

February 8,

9:30 - 10:00am

11:15 - 11:45am

Youth Center - Fercho YMCA

February 28, 11:15 - 11:45am

Conference Room - Schlossman YMCA

Alzheimer's Association Education

Join us as Emma Palm talks about Understanding and Responding to Dementia-Related Behavior.

February 29, 3:30 - 4:30 pm

Dawson Lounge - Fercho YMCA

Future Book Club Books

Join us this winter to discuss books from different genres and writers. We will be discussing the following books:

- February 13, "The Lighthouse Road" by Peter Geye.
- March 12, "Behind the Beautiful Forevers" by Katherine Boo.
- April 9, "Thief River Falls" By Brian Freeman
- May 14 "Same Kind of Different As Me" by Ron Hall & Denver Moore

Every Second Tuesday from

9:30-10:00 am

Dawson Lounge - Fercho YMCA

Snowshoeing At the YMCA

Snowshoeing at Fercho YMCA

Join us in February for a magical snowshoeing excursions. We will be taking a walk around Island Park. Snowshoes will be provided free of cost, but no poles are provided. Register at the member service desk or scan the QR code below. Please note this event is weather-dependent.

February 21, 11:15 - 11:45 am

Social Center - Fercho YMCA



Snowshoeing at Camp Cormorant

Enjoy a winter wonderland experience! This excursion will allow you to be active in the coolest of temps. Snow shoes will be provided free of cost, but no poles are provided. New to snowshoeing? No worries! We have optional snowshoeing lessons at 1:00 pm if you'd like to learn. Receive a free piece of winter swag with your registration!

Register at the member service desk or scan the QR code below.

February 18th , 2:00 - 5:00 pm

Camp Cormorant - 14563 YMCA Lane, Lake Park, MN



Health benefits of Snowshoeing:

- Exceptional cardiovascular workout – burn up to 1,000 calories per hour!
- Low-impact muscle building
- Endurance building
- Balance strengthening and agility
- Improves your sense of well-being by connecting to nature

New Year, New Beginnings

Happy New Year. Fill in the new years worksheet below to have your best year yet.

My New Year's resolution is:

This year I will try:

I will do more of:

I will do less of:

My priorities this year include:

Answers from January's word search:

S	I	A	A	X	S	D	J	U	M	D	O	B	L	A	Y	Z	P	B	I
P	T	W	L	Z	N	V	J	G	L	O	V	E	S	A	W	E	O	D	S
Z	V	J	V	W	O	O	F	R	O	S	T	I	Z	P	I	Z	N	C	N
W	H	I	T	E	W	H	X	S	U	M	I	T	T	E	N	S	R	Q	O
B	J	J	Q	G	F	P	P	K	S	O	C	K	S	U	T	S	H	G	W
Q	R	R	A	Q	L	A	S	V	X	L	Z	O	C	C	E	V	A	A	M
A	J	T	E	H	A	B	V	B	M	R	A	H	T	T	R	D	T	C	A
I	Y	A	E	D	K	O	I	O	I	H	Z	I	V	K	K	R	S	X	N
U	C	I	R	T	E	O	C	O	J	V	S	B	M	S	N	O	W	N	S
E	P	O	Y	F	W	T	E	S	O	U	P	E	H	I	Y	J	G	Z	C
P	H	C	L	Y	R	S	V	R	U	I	J	R	P	M	G	E	H	R	A
B	H	K	F	D	A	R	U	T	P	V	A	N	M	P	Q	R	H	M	R
F	O	O	T	P	R	I	N	T	S	H	S	A	E	A	O	L	A	H	F
W	P	Y	N	G	F	S	H	V	F	A	B	T	W	F	Z	I	U	T	L
M	O	S	K	A	T	I	N	G	B	D	Z	E	M	C	S	P	Y	L	E
X	L	I	N	D	N	Z	J	A	C	K	E	T	F	J	I	K	X	Y	D