



FOREVERWELL

JANUARY 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! Karen Mathison from the YMCA will be talking about the YMCA's annual campaign.

January 16, 11:15 - 11:45 am
Dawson Lounge - Fercho YMCA
January 31, 11:15-11:45 am
Schlossman Conference Room

Book Club

We will discuss "Boys in the Trees" by Carly Simon. All are welcome even if you haven't finished the book. February's book is "The Lighthouse Road" by Peter Geye.

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

Bingo

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

January 2, 9:30 - 10:00am
January 18, 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!

January 30, 11:15 - 11:45am
Dawson Lounge - Fercho YMCA

MEMBER SPOTLIGHT:

Nancy Hagen

Nancy has been an active member of the YMCA for 12 years. Nancy visits the YMCA two to four times a week to keep healthy and happy. Nancy and her husband joined the YMCA after they retired. Workouts at the YMCA have become their new job.

Nancy believes staying active is important in life. As a result, she has always set aside time in her day to either walk, take an aquatics class, or perform strength training in the fitness center.

Nancy keeps returning to the YMCA because of the friendly and helpful staff. "The YMCA staff is always here to answer any questions you have. The member service desk is a great resource and will answer all your questions." Feel free to stop by after class, call or email info@ymcacassclay.org. The YMCA cares about its members and wants everyone to enjoy the full capacity of their membership. If you haven't already, scan the QR code below to take a brief survey about your membership experience. The YMCA cares about its members like Nancy and you!

Nancy's favorite group fitness classes include the 8:00 am water aerobics and the fellowship with the members afterward. Water aerobics is a great class that focuses on strength, stretching, and staying fit. Our instructors are dedicated to making water classes fun and enjoyable. After class, Nancy often finds herself in the social center with her friends enjoying a cup of coffee and socializing. Socializing has deepened her relationships by caring for one another during life celebrations as well as life tribulations.

Outside of the YMCA, Nancy enjoys volunteering at her church and the Salvation Army with her husband. She also has a four-year-old grandson who keeps her busy. The YMCA has assisted Nancy in living an active lifestyle and has bettered herself for her community.



Scan Here for the Member Survey



Pieces and Puzzles Club

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

January 4,

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 yarn frames.

January 11,

9:30 - 10:00am

11:15 - 11:45am

Youth Center - Fercho YMCA

Crafting Corner at Schlossman

Join us for winter crafting club! This month will be winter crafts and cards.

January 26,

11:15 - 11:45am

Conference Room - Schlossman YMCA

Future Book Club Books

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

- January 9, "Boys in the Trees" by Carly Simon
- 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

Dawson Lounge - Fercho YMCA

Recipe of the Month

House Favorite Roasted Brussels Sprouts

Ingredients:

- One 12oz. package raw brussels sprouts, halved
- 2 tablespoons olive oil
- A pinch of salt and pepper
- A handful of walnuts
- A handful of dries cranberries
- 1 teaspoon Dijon mustard
- 2 tablespoons maple syrup
- Extra olive oil, more salt and pepper, maybe some red pepper flakes if you want to spice things up.

Instructions:

1. Preheat the oven to 425 degrees. Place brussels sprouts cut-side down directly on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.
2. Roast brussels sprouts for 15-20 minutes, until cut sides are very brown and some of the leaves are crispy. Add walnuts, mustard, and maple; return to oven for 5-10 minutes to get the walnuts toasted. (You can choose to either add the sauce now, or when the pan comes out of the oven in step 3. If you add it now, it gets kind of baked into the brussels, but if you add it when they're done baking, it'll be a little more saucy. I like it both ways. Your choice!)
3. Remove from oven. Toss with cranberries directly on the baking sheet. Season and serve immediately.

<https://pinchofyum.com/house-favorite-brussels-sprouts>

Puzzle of the Month

Find the hidden winter words to solve the 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

- | | | | |
|---------|------------|-----------|-----------|
| Cold | Footprints | Snowman | Snow |
| Gloves | White | Soup | Snowflake |
| Ice | Jacket | Frost | Migrate |
| Skating | Mittens | Scarf | Hat |
| Winter | Socks | Hibernate | Boots |

Answers from Decembers Sudoku:

2	9	1	7	6	3	4	5	8
3	6	4	8	5	9	7	2	1
7	5	8	1	4	2	6	3	9
4	3	9	2	7	5	8	1	6
1	8	2	9	3	6	5	7	4
5	7	6	4	8	1	2	9	3
6	2	7	3	1	4	9	8	5
8	1	5	6	9	7	3	4	2
9	4	3	5	2	8	1	6	7

ForeverWell Moments Caught on Camera!

Snowshoeing

Join us in January and February for two magical snow shoeing excursions. We will be taking a walk around Island Park. Snow shoes 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.

**January 17, February 21,
11:15 - 11:45 am
Social Center - Fercho YMCA**

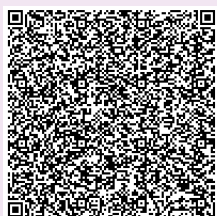


Snowshoeing at Camp Cormorant

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**



ForeverWell Holiday Party!

