



FOREVERWELL

MAY 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 at Fercho

Bring a dish to share and enjoy conversation with friends!
Mary Klabo from Blue Cross Blue Shield will be talking about a new Medicare plan.

May 21
11:15 - 11:45 am
Dawson Lounge - Fercho YMCA

Potluck at Schlossman

Bring a dish to share and enjoy conversation with friends!

May 24
11:15 - 11:45 am
Party Room Upstairs - Schlossman YMCA

Book Club

We will discuss "Same Kind of Different As Me" by Ron Hall and Denver Moore. All are welcome even if you haven't finished the book. June's book will be "The Women" by Kristin Hannah.

May 14
9:30 - 10:00am
Dawson Lounge - Fercho YMCA

MEMBER SPOTLIGHT:

Tom Sinner

Tom has been an active member of the YMCA since 2020. Tom joined the YMCA after he retired to keep active and healthy. Since becoming a member he goes to the YMCA 3-4 times a week. Tom attends Silver Sneakers classes, uses EGYM and plays pickleball.



Tom's favorite part of the YMCA is the friendships he has made. He believes that the active-ager needs social contact with their friends. Tom has made so many new friends at the YMCA and is impressed by the new activities he has tried. Our staff at the YMCA are welcoming to all and make the YMCA a great place to meet new people and try new things. ForvererWell potlucks are a great place to meet new people. This past holiday potluck, Tom sang Holiday carols with members. The YMCA has made a big impact on Tom's life because of the new friends and healthy habits he's adopted.

Tom is also an active player of Pickleball. Pickleball is the number one growing sport in the United States right now and interest in the sport has picked up in our region. This is why the YMCA dedicates time in the gym schedule for our members to play pickleball. Plus, the Y also pickleball equipment you can borrow through Member Services. Whether you're a beginner or have played for quite some time; pickleball is a great sport to work on your hand-eye coordination and burn off calories. It's also a great low-impact sport that is easier on the joints than some other sports. Tom can attest that it's fun to learn and can be played a leisurely pace.

Outside of his time at the YMCA, Tom enjoys playing music, cross country skiing, traveling, and watching his grandkid's activities. Because of the YMCA's classes, fitness center and EGYM, Tom can commit to a healthy lifestyle.

Bingo

Join us for bingo and prizes!

May 24

9:30 - 10:00am

May 20

11:15-11:45 am

Dawson Lounge - Fercho YMCA

Crafting Corner

Join us for Spring crafting club!

This month we will be making watercolor paintings.

May 16

9:30 - 10:00am

11:15 - 11:45am

Youth Center - Fercho YMCA

Card Club

Join us for a variety of card games.

We will be teaching the game

"Whist". All levels welcome!

No previous experience required.

May 28

11:15 - 11:45am

Dawson Lounge - Fercho YMCA

Pieces and Puzzles Club

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

May 23

9:15 - 10:00 am

Social Center - Fercho YMCA

Puzzle of the Month

Find the hidden spring words to solve the word search.

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

Birds

Blossom

Bunny

Butterfly

Calf

Caterpillar

Chicks

Flowers

Frogs

Garden

Grass

Insects

Ladybug

Lamb

Nature

Rabbit

Snail

Spring

Sprout

Spring

Tulip

Worm

Robin

Hatch

Answers from April's Puzzle:

1. Sunshine
2. Puddles
3. Caterpillar
4. Daffodil
5. Sapling
6. Wheelbarrow

Book Swap

Start saving your books for another Book Swap. Drop off your used books in the Fercho and Schlossman studios or by the aquatics sound system the Week of June 10 - 19.

June 20

9:30 - 10:15 am

11:15 - 11:45 am

Pool Event Room - 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:

- May 14 "Same Kind of Different As Me" by Ron Hall & Denver Moore
- June 11, "The Women" by Kirstin Hannah
- July 9, "Staggerford" by Jon Hassler
- August 13, "Ordinary Grace" by William Kent Kruger
- September 10, "Left to Tell" by Immaculee Ilibagiza

Every Second Tuesday from

9:30-10:00 am

Dawson Lounge - Fercho YMCA

ForeverWell Moments Captured on Camera!



Join us for our Annual Twins Game Bus Trip August 4!

Summer is almost here, and that means outdoor sports! Join us as we travel to Minneapolis to cheer on the MN Twins at Target Field! Beat the stress of traffic and parking while spending time with family and friends and taking part in a classic summertime tradition! [Cheer on the Twins as they take on the White Socks!](#)

- The price includes transportation, a game ticket in the Legends Landing section, and a pass for All You Can Eat. Participants must pre-register in advance.
- No refunds are available three weeks before game day or due to weather.
- Spots are limited to 30, so please register today!
- *NEW this year first free swag bag for the first 30 registered!
- *One stop made in Alexandria for a rest break and Supper.
- **BUS LEAVES THE FERCHO YMCA AT 7:30 AM. BE THERE 15 MINUTES EARLY!**
- **GAME STARTS AT 1:10 PM!**
- \$115 for Members and \$125 for Non-Members.



Scan Here to Register!

ForverWell Events Calendar!

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2 Pieces and Puzzles Club Social Center 9:15-10:00 am	3
6	7	8	9	10
13	14 Book Club "The Things we have Forgotten" Dawson Lounge 9:30-10:00 am	15	16 Crafting Corner Youth Center 9:15-10:00 am & 11:15-11:45 am	17
20 Bingo Dawson Lounge 11:15-11:45 am	21 Fercho Potluck Dawson Lounge 11:15-11:45 am	22	23	24 Bingo Dawson Lounge 9:30-9:45 am
27	28 Card Club Dawson Lounge 11:15-11:45 am	29	30	31 Schlossman Potluck Party Room 11:15-11:45 am