FOREVERWELL

MAY 2024 | ANDOVER
FOREVERWELL COORDINATOR: REWA GIROUX-DUMAS

***MEMORIAL DAY HOURS 7AM-NOON**

SAVE THE DATE

YMCA BIKE RIDERS

The **first ride** this summer will be on :
Thursday, June 6, at 10 a.m.
We will start from the Andover Y. The ride will be in northwest Andover. The distance will be about 16 miles. Bring a lunch and water.

Informational meeting: Friday, May 17, 9 a.m.

NO Balance Class 5/27
YMCA hours 7am-Noon

YMCA GYM

Adult Pickleball

M-W-F 8:00-12:00

Beginner Pickleball

Tuesday 8:00-12:00
Thursday 8:00-9:30

Forever Well
Orientations every Thurdays
10:00-10:45

MAY: WHOLE BODY WELLNESS

Celebrate National Senior Health & Fitness Day May 29th

Healthy Breakfast Options 8:00am
ForeverWell Room

Line Dancing w/ GINGER! 1200
studio 3

Pilates Reformer Demos 12:15
sign up required
*sign up is on ForeverWell white board

Meditation & Sound 3:00pm
ForeverWell Room

Saturday May 11th 9:00- 2:00

Red Cross Blood Drive Friday June 21st
American Red Cross 11:00-5:00 in the ForeverWell Space

BRANCH HOURS

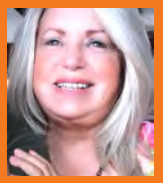
MAY 27TH 7AM-12
Weekdays 5am-9pm
Saturdays 7am-8pm
Sundays 7am-8pm

ANDOVER YMCA

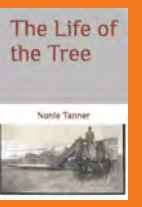
15200 Hanson Blvd, Andover, MN
Customer Service: 763 230-9622
Rewa Giroux-Dumas 612 465-0515
ForeverWell Coordinator
Rewa.Giroux-Dumas@ymcamn.org

UPCOMING FREE EVENTS

AUTHOR TALK! LIFE OF THE TREE



WEDNESDAY MAY 15, 2024
1:15-2:15
Presented by Nonie Tanner
Andover YMCA Chaplain



Power of Thought

Presented by Dulce Vida

Law of Attraction, Present Moment, and Gratitude

Tuesday, May 7th 12:15 - 1:15

"Believing in the power of thought and the boundless capabilities we each possess, I am dedicated to empowering individuals to cultivate unwavering self-belief."

MARIA BOILEAU

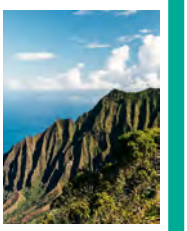
CUSTOMIZED ASSITED TRAVEL
FRIDAY MAY 10TH
12:00-1:00

Come learn all that Maria has to offer! Travel, medical appointments, relocation, celebrations and more!

Jeanie's Journeys

Come hear about their AMAZING Tours!

Friday May 31st 12:15-2:00



Flower Arranging Activity

Thursday May 30th 12:15-1:15

Hospice Information and Discussion

with Patty Zenz

TAKE your flowers home with you!

Mediterranean Bean Salad

By:Cookie & Kate

INGREDIENTS

- 2 cans red kidney beans (15 ounceseach), rinsed and drained, or 3 cups cooked kidney beans
- 1 can chickpeas (15 ounces), rinsed and drained, or 1 ½ cups cooked chickpeas
- 1 small red onion, diced (about1 cup)
- 2stalks celery, sliced in half or thirds lengthwise and chopped (about¾ cup)
- 1medium cucumber, peeled, seeded and diced
- ¾ cupchopped fresh parsley
- 2 tablespoonschopped fresh dill or mint
- ¼ cupextra-virgin olive oil
- ¼ cuplemon juice (about1 ½lemons)
- 3cloves garlic, pressed or minced
- ¾ teaspoonsalt
- Small pinch red pepper flakes

INSTRUCTIONS

1. In a serving bowl, combine the prepared kidney beans, chickpeas, onion, celery, cucumber, parsley and dill.
2. Make the lemon dressing: In a small bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper flakes until well blended. Pour the dressing over the salad and stir until combined.
3. Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours or longer. Leftovers will keep well, covered and refrigerated, for up to 4 days. If necessary, wake up leftovers with a little sprinkle of salt or drizzle of lemon juice.

NOTES

Recipe adapted from Ethnic Cuisine: How to Create the Authentic Flavors of Over 30 International Cuisines by Elisabeth Rozin.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR CYCYING CLUB

SUMMER 2024 !

Even if you can't make the meeting, don't let that keep you from riding. The ride schedule will be posted at the Y in the Forever Well Room after May 17. If you find a ride you'd like to do, just show up at the start with a bike, lunch and water. You will be welcome.

There will be weekly bike rides in June, July and August this coming summer. This will be our 8th year! For those who have participated in the past, the activity will be pretty much as before; some old routes and, hopefully, a couple of new ones. For those haven't ridden with us before, we ride a variety of different routes around the Twin Cities. Most rides are between 20 and 25 miles in length; some less and some more. We travel at moderate speed, usually between 8 and 12 miles per hour.

Our rides are not races. There is no prize for finishing first. We ride together, take breaks as needed, no one is left behind. There is no cost to ride. All you need is a bicycle, electric or pedal only, in good operating condition and the ability to safely operate it.

It's May, time to start thinking about getting yourself ready to ride and preparing your bike for the journeys you will make this summer. Bike shops get busier as biking season gets closer, so if you plan to take your bike in for service, sooner might be better than later.

There will be a **meeting at the Andover YMCA May 17th at 9:00 am** to give details of the plans for this summer. I hope you will consider riding with us this summer.

- Tom

These rides are hosted by volunteer: Tom Lammers

Questions? contact Rewa Giroux-Dumas
rewa.giroux-dumas@ymcamn.org 612 465-0515

Outdoor Bike Club

JUNE 2024 BIKE RIDES

1. ANOTHER NORTHWEST ANDOVER RAMBLE, Thursday, June 6, 10 a.m. Meet a Y in Andover, East Entrance. Directions below.

THE RIDE: This ride is a wandering on streets and trails north and west of the Y; as far west as 7th Avenue and as far north as 171st Avenue. We'll stop for lunch at Pine Hills Park. Bring your own lunch. Also, don't forget water. Distance 16 miles.

DIRECTIONS TO START: The Andover YMCA is located at the intersection intersection of Crosstown Boulevard and Hanson Boulevard in Andover.

2. MRT(Mississippi River Trail), RAMSEY TO COON RAPIDS DAM , Thursday, June 13, 10 a.m. Meet at RIVER'S BEND PARK in Ramsey. Directions below.

THE RIDE: From Ramsey we'll take the Rum River Trail to Anoka, pick up MRT and follow it to Coon Rapids Dam Regional Park. We'll have lunch in the park. After eating we'll cross the Mississippi on the dam and head back towards Ramsey on the west side of the river. Bring a lunch a water. Distance 23 miles.

DIRECTIONS TO START: Find your way to the intersection of Bunker Lake

Andover YMCA Outdoor Bike Club

JUNE 2024 BIKE RIDES cont.

3. MINNEAPOLIS TOUR OF LAKES, Thursday, June 20, 10 a.m. Meet at BREAD AND PICKLE Restaurant, Lake Harriet, Minneapolis. Directions below.

THE RIDE: We'll start near the Bread and Pickle and ride the bike trails around Bde Maka Ska, Lake of the Isles, Cedar Lake, Lake Nokomis and Lake Harriet. Bring a lunch. Don't forget water. Distance 25 miles.

DIRECTIONS TO START: The Bread and Pickle Restaurant is just west of the Lake Harriet Bandshell in Minneapolis. There are many ways to get there. Here's one. Choose your favorite way to get to Highway I-35W south of Minneapolis. Exit I-35W at 46th street heading west. Follow 46th street to E. Lake Harriet Parkway. Turn right onto the parkway and follow it to the Bread and Pickle. There is free parking on the street.

4. ST FRANCIS AND LAKE GEORGE: Thursday, June 27, 10 a.m. Meet at Rum River North Regional Park in St. Francis. Directions below.

THE RIDE: For the first time ever, we'll visit the streets and trails of the city of St Francis. We'll start by crossing to the west side of the Rum River and see what we can find. Eventually, we'll cross back over the river and head for Lake George Park where we'll have lunch. After lunch we'll head back to where we started by a different route. Bring lunch and water. Distance 18 miles.

DIRECTIONS TO START: First, you'll need to get to St Francis. From Andover, you can do this using Round Lake Boulevard, Anoka County Road 9 (CR9). Take CR9 north. The name of the road will change to Lake George Boulevard at 181st Avenue. Follow CR9 into St Francis to the roundabout, Anoka County 24. Take Hwy 24 west to the next roundabout. Take Hwy 72 north there. This is Rum River Boulevard. The first left north of the roundabout is the entrance to Rum River North Regional Park. Turn left there, then take the first right and go to the parking lot.

DEMENTIA CAREGIVER SUPPORT GROUP

1ST WEDNESDAY OF THE MONTH (05/01) 10:00 - 11:30AM

MEET IN THE TEEN ROOM

The purpose: to provide caregivers with updated information, emotional support, and problem-solving tools related to the challenges of giving care to those living with Alzheimer's disease.
Contact is kathy.besst@lifesparksl.com

NORTH METRO UKULELE CLUB!

WEDNESDAYS 9:00 - 10:30AM

When was the last time you did something for the first time?
Ukulele could be your next NEW adventure!

All are welcome, beginner through advanced. No pressure, just fun times :)

Concert with local Inspire Choir
Sunday, May 19th
6:00pm at

Faith Luthern Church
1115 Hanson Blvd NW

FOREVERWELL POTLUCK! 3RD TUESDAY OF THE MONTH

MAY 21ST 12:00 - 1:00 PM

NEXT MONTH'S POTLUCK JUNE 18TH 2024

THEME: PICNIC FAVORITES

CHAIR MOVEMENT & BALANCE WITH REWA

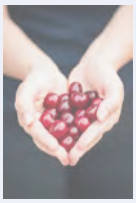
MONDAYS IN THE TEEN ROOM 12:00-12:45

WE WILL EXPLORE FUNCTIONAL, YOGA AND BALANCE BASED MOVEMENT THIS CLASS WILL IMPROVE RANGE OF MOTION, STRENGTH, BODY AWARENESS, BONE HEALTH AND BALANCE *NO CLASS MAY 27TH

TEEN ROOM IS LOCATED DOWN THE HALL FROM THE FOREVERWELL ROOM
HAVE QUESTIONS? PLEASE CONTACT FOREVERWELL COORDINATOR, REWA GIROUX-DUMAS AT:
REWA.GIROUX-DUMAS@YMCAMN.ORG 612 465-0515

Outdoor Walking Club

May 10th & 24th
We start walking at 9:30 am
Meet at ForeverWell Room



FRIENDS NIGHT OUT WEDNESDAYS AT 4:30PM

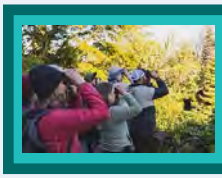
Come to the YMCA ForeverWell Senior Center for a low-key evening out with friends. Bring you own meal and beverage and enjoy some good company.

BIBLE STUDY W/MARY THURSDAYS AT 9:15AM TEEN ROOM

All are welcome to this thoughtful and welcoming discussion. Does NOT meet 4/4

WOMEN IN FAITH - TEEN ROOM

FRIDAYS AT 7:45 - 9:00 AM
Come to sit and share. Hosted by Bonnie



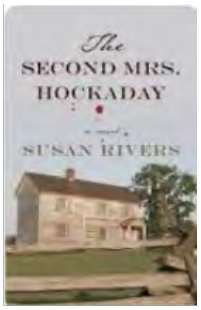
Birding with a Naturalist

Dates & Times: see full page

YMCA BOOK CLUB WITH PAM – TEEN ROOM

4TH WEDNESDAY OF THE MONTH (05/22) AT 10:30AM
May's Book: Title: The Second Mrs. Hockaday by Susan Rivers

Please come and share in our discussions. Everyone is welcome.
Reach out to Pam with any questions at pamequinox41@yahoo.com.



HAPPY HOUR

BEEF 'O' BRADY'S
GOOD FOOD, GOOD SPORTS

3RD THURSDAY OF THE MONTH (05/16) AT 4:30PM

Ready for a night out? Meet at Beef O' Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.

Address: 15190 Bluebird St. NW Andover, MN 55304

ANDOVER YMCA
NORTH METRO UKULELE CLUB
CONCERT SCHEDULE

Andover YMCA North Metro Ukulele Club will be preforming at the Inspire Choir Spring Concert!

Sunday May 19th at 6:00 pm

at Faith Lutheran Church
11115 Hanson Blvd. NW
Coon Rapids, MN

Andover YMCA North Metro Ukulele Club
SUMMER CONCERT!

Wednesday June 19th
10:00-11:00

at Andover YMCA – out front

Reception to follow in ForeverWell Room

Bird Outings with Naturalist *Emily Thomson*

Time: 8:30-9:30am

Days:

Monday May 6th - Rum River Central Regional Park

Thursday May 30th - Bunker Hills Regional Park

Thursday June 6th - Bunker Hills Regional Park

Tuesday June11th - Rum River Central Regional Park

Rum River Central Regional Park

17955 Roanoke St NW, Ramsey, MN 55303

Meet at the first parking lot on your left by the kiosk

Bunker Hills Regional Park

550 Bunker Lake Blvd NW, Andover, MN 55304

Meet at the parking lot nearest the playground, Veterans Memorial, and pavilion #3

** Parking passes are required for Anoka County Parks. Annual passes are available online, day passes available upon arrival. Please be prepared and arrive early if you need a parking pass.

Dress for the weather, we will only cancel if there is heavy rain or unsafe conditions. We will mainly stay on paved trails unless a cool bird calls us onto a grassy trail. Bring binoculars if you have them and anything else you need to be comfortable (water, snack, sunglasses, hat, sun screen, bug spray, etc...)

If you feel so inclined, there is a fantastic (and free) app that is very helpful for identifying birds. If you'd like to download and practice ahead of time, I highly recommend it! It is not necessary, but it is fun. Info is below:

Merlin Bird ID by Cornell Lab of Ornithology

https://play.google.com/store/apps/details?id=com.labs.merlinbirdid.app

Questions? Contact Rewa Giroux-Dumas ForeverWell Coordinator

Email: rewa.giroux-dumas@ymcamn.org Phone: 612465-0515

the YMCA

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TR = teen room HFT Hand foot and Toe CR=community room $ = charge for activity WIF - Women in Faith ** see front page			1 7-9a coffee 9-1030a Ukulele 10:00-11:30a Dementia Support TR 1200 Farkle 4:30 Friends night out	2 7-9a Cofee 9:15 Bible study w/ Mary 1045a Dimes Bingo 1-4p 500 YMCA	3 7-9a Coffee 745 WIF TR 9:30 HFT 1:00p Cribbage 1:00 Cards; Dimes	4 1:00p HFT
5	6 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR	7 7-9a coffee 9:30 Dimes Bingo 11am Sevens Presentation: Power of Thought 1:30 Mahjogg	8 7-9a coffee 9-1030a Ukulele 1200 Farkle 4:30 Friends night out	9 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 1-4p 500 YMCA	10 7-9a Coffee 745a WIF 9:30 HFT 9:30 Outdoor WALKING 12:00-1:00 travel talk Maria 1:00p Cribbage	11 NO HFT 9:00 -2:00 Craft & Plant Sale
12 MOTHERS DAY!	13 7-9a coffe 9:30 & 1:00 HFT 1200-1245 Movement & Balnce TR	14 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 Lunch Bunch 1:30 Mahjogg	15 7-9a coffee 9-1030a Ukulele 1200 Farkle 1:15 Author Talk Life of a Tree 4:30 Friends night out	16 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 12:30-1:30 Presentation VA benefits	17 7-8:30 Coffee 745a WIF 9:30 HFT 9:00 YMCA Bike Club meeting 1:00p Cribbage 1:00 Cards; Dimes	18 1:00p HFT
19 Ukulele concert with : 	20 7-9a coffee 9:30 & 1p HFT 1200-1245 Movement & Balnce TR Painting Class Night Landscape $	21 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 POTLUCK ! Picnic FAVORITES 1:30 Mahjogg	22 7-9a coffee 9-1030a Ukulele 10-1130 YMCA bookclub Pam 1200 Farkle 4:30 Friends night out	23 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 1-4pm YMCA 500	24 7-9a Coffee 745 WIF 9:30 HFT 9:30 Outdoor WALKING 1:00p Cribbage	25 1:00p HFT
26	27 MEMORIAL DAY OPEN 7am-Noon 7-9a coffee 9:30 no HFT NO CLASS TODAY Movement & Balnce TR	28 7-9a coffee 9:30 Dimes Bingo 11am Sevens 1200 Lunch Bunch 1:30 Mahjogg	29 NSHW EVENTS** 7-9a coffee 9-1030a Ukulele 1200 Farkle 4:30 Friends night out	30 7-9a Cofee 9:15 Bible study w/Mary 1045a Dimes Bingo 12:15 - 1:15 Flower arranging & hospice talk	31 7-9a Coffee 745 WIF 9:30 HFT 12:15-2:00 Jeanies Journies tour presentation 2:00p Cribbage	ForeverWell Orientations Every Thursday 10:00 am

IT'S ALL FUN & GAMES!
ANDOVER FOREVERWELL

HANDS, FOOT & TOE CARDS

MONDAYS AT 9:30AM & 1PM
FRIDAYS AT 9:30AM
SATURDAYS AT 1PM

FARKLE!

WEDNESDAYS AT 12PM

SEVENS

TUESDAYS 11AM-12PM

HAND FOOT & TOE CARD TOURNAMENT!

Monday June 3rd starts at 1:00

Sign up in ForeverWell Room by May 31st

CRIBBAGE

FRIDAYS 1PM

MAHJONGG

TUESDAYS 1:30PM

DIME BINGO

TUESDAYS AT 9:30AM
THURSDAYS AT 10:45AM

DIMES CARD GAME

1ST AND 3RD FRIDAY
MAY 3RD & 17TH
1:00 PM

YMCA 500

1ST, 2ND AND 4TH THURSDAYS 1-4PM

Please show up early so we can figure out seating and start on time

DON'T SEE WHAT YOU'RE LOOKING FOR? DO YOU HAVE IDEAS FOR A NEW ACTIVITY?
REACH OUT AND WE'LL WORK TO GET IT STARTED!
CONTACT REWA, FOREVERWELL COORDINATOR REWA.GIROUX-DUMAS@YMCAMN.ORG

FOREVERWELL
GROUP EXERCISE CLASSES

Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership.

COMPLETE group exercise schedule which include classes that are at an increased intensity are on the Group Exercise page and online.

MONDAY

8:00am - Water Exercise
8:30 am Mat Pilates
9:15am - Gentle Yoga

11:00am - Silver Sneakers Circuit
5:00pm - Yoga Flow
5:15pm - Aqua Zumba
7:00pm - Mat Pilates

TUESDAY

6:15am - Yoga (& 8:30am & 6:30pm)
7:00am - Aqua Zumba
8:00-8:45 Silver Sneakers Circuit
9:00am - Water Exercise |
9:30am SHINE dance fitnes
10:15 am Foreverwell Cycle
10:30am - Yoga Flow
11:00am - Silver Sneakers Classic
12:00pm -Silver Sneakers Yoga
6:15 pm - SHINE dance fitness
6:30 pm - yoga

WEDNESDAY

8:30 am - SHINE dance fitness
9:00am - Water Exercise |
9:30am - Yoga
9:45am - Tai Chi Move For Better Balance
10:20-10:50 - Foreverwell Cycle
10:45am - Restorative Yoga
11:00am - ForeverWell Stretch
12:00pm - Zumba Gold **NEW!**

THURSDAY

6:15am - Yoga & 6:35pm
7:00am - Aqua Zumba
8:00-8:45 Silver Sneakers Circuit

8:30am - Mat Pilates
9:00 am - water exercise
9:30am - SHINE dance fitness
10:45am - Gentle Yoga |
11:00am - SilverSneakers Circuit
12:00pm - Chair Yoga
6:45 pm - Cardio dance

FRIDAY

9:00am - Water Exercise
9:30am - Yoga
9:45am - Thai Chi-Move for better balance
10:45am -Restorative yoga
11:00am - SilverSneakers Classic
12:00pm - Zumba Gold **NEW!**

SATURDAY

8:00am - Water In Motion
9:30 am - Cardio dance

SUNDAY

10:00am - SHINE dance fitness
10:45am - Yoga

*Check our app or website for the most up-to-date

JOIN THE YMCA!

INQUIRE ABOUT YOUR INSURANCE BENEFITS

Our YMCA of the North offers memberships to those who have SilverSneakers, One Pass, Renew Active, and Silver & Fit.

Stop in with your photo ID and insurance card to sign up today. Share with your friends!

FITNESS ASSESSMENTS

Want to schedule a one-on-one 60-minute session with a certified personal trainer? Appointment will include:

- Conduct a fitness assessment
- Idetify areas of strength
- Identify areas that need improvement
- Goal setting
- Develop a custom path to help you achieve your well being goals. * with package
- Tour of fitness center and equipment
- Awareness of all Y well-being modalities
- Some locations also offer an InBody Assessment to quickly and accurately measure your body fat percentage and basal metabolic rate at no charge to the member.

Stop by our member service desk today to sign up for a fitness assessment. One FREE assessment per membership.

EXERCISE WITH THE YMCA FROM HOME

Live and recorded classes are available through our website at www.ymcanorth.org/live-fitness-and-wellbeing.
If you would like assistance activating your account, contact Customer Service at 612-230-9622

Watercolor Class!

Monday, June 3rd

1:00 – 3:00 pm

Instructor: MaryLeah

Curious about WATERCOLOR?

Take time for YOU!

Using watercolor paint, students will make their own unique composition of flowers of their choice. We will bring a few books and magazines as references or individuals may work from a photo they have on their personal devices.

Bring friends and family! Enjoy an afternoon painting wild flowers.

Registration required

$25 members $30 non-members

ages 15+

Sign-up at Members Service desk or online

Questions? Contact Rewa Giroux-Dumas

rewa.giroux-dumas@ymcsmn.org 612 465-0515

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANDOVER YMCA CHAPLAIN

NONIE

In our Andover YMCA, we have a Chaplain and, a prayer box, where we welcome members and staff to share their requests. THe prayer box is located in the waiting area just under the TV.

NONIE'S SCHEDULE:

Nonie is available in person on Mondays and Fridays from 2:00-4:00 pm.
When you see her, feel free to approach and have a conversation.

We all need prayer! Often, there are things that we place in our life where we need others to pray for us. Share your requests with Chaplain Nonie. Your requests go directly to Nonie. If you would like to connect with her directly, you may place that request in the box as well.

Note: All requests are kept confidential..

Submit your request for yourself or others today.
Email:
AndoverYMCAchaplain@gmail.com

22-GE01

May Safety Topic:

SEVERE WEATHER CRISIS RESPONSE

This month we lift up the MN Dept of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it's essential to plan ahead for Minnesota's severe spring and summer weather. An informed, involved community is more resilient to disaster. Being prepared helps reduce the risks and costs of hazardous weather events. Here are some great ways to help you, your friends and family prepare for Severe Weather:

Create or update emergency plans with your entire family so everyone knows what to do in an emergency. Ensure everyone has up-to-date contact info and knows what to do.

Practice your family plan during the tornado drills. Have everyone build a family emergency kit together.

Check with places your family spends time, such as schools, workplaces, churches, markets, or sports facilities to learn what their emergency plans are.

Share the plans for these areas with your entire family and talk about what you would do if your family was not together during a disaster.

Plan with your neighborhood. Ask your homeowners association, your tenants group or neighborhood association to make emergency preparedness an agenda item during your next meeting. Make sure there is an evacuation plan for your neighborhood.

Ask the front desk or your ForeverWell Coordinator what you should do in the case of severe weather during your visit to the Y.