



## ForeverWell Newsletter

Blaisdell Y—October 2019

Time to  
**CELEBRATE!**

**Tuesday, October 15th**  
**Active Aging Week**  
**Celebration**  
**11:00am -11:15am**  
**Studio A**

### ForeverWell Fitness Find-Out

Wednesday, Oct 16th 9:45-10:15

Thursday, Oct 17th 10:30-11:00

Fitness Floor

Come to the Fitness Floor and Find-Out exercises that you can add to your current routine. Learn some technology on the treadmills and bikes and ask a certified personal trainer any questions you have.



**Wednesday, October 23rd**  
**12:00-2:00pm in The Warehouse**

**First Meeting**  
**of the**  
**Blaisdell Social Club (BSC)**

**Come to the Warehouse on 10/23 and be the first to participate in the Blaisdell Social Club, The BSC! We'll talk about activities and events of interest to ForeverWell members. Think about what you'd like to do within the community, shops, restaurants, book club events, and so much more! Prepare to share your ideas.**

## ForeverWell Classes

### Mondays:

- 8:15-9:00am: Water X
- 9:15-10:00am: M4BB
- 10:15-11:10am: Drums Alive
- 11:15-noon: SilverSneakers® Classic
- 12:05-12:50pm: Water X

### Tuesdays:

- 8:15-9:00am: Water X
- 10:35-11:05am: ForeverWell Balance
- 11:15-12: SilverSneakers® Yoga

### Wednesdays:

- 8:15-9:00am: Water X Bootcamp
- 10:15-11:10am: Cardio Dance
- 11:15-noon: ForeverWell® Combo
- 12:05-12:50pm: Water X

### Thursdays:

- 8:15-9:00am: Water X Power
- 11:15-noon: SilverSneakers® Circuit

### Fridays:

- 7:15-8:00am: ForeverWell Water X
- 10:15-11:10am: ForeverWell Cardio
- 11:15-noon: SilverSneakers® Yoga
- 12:05-12:50pm: Water X

### Saturdays:

- 8:00-8:45am: Water X Power
- 9:40-10:40am: Tai Chi Instructor Training
- 10:45-11:45: Tai Chi Practice

### Sundays:

- 10:30-11:30am: Deep Water X Power



# ForeverWell September Newsletter

## More Details, Information and News!

Monday, October 7th *The Gathering*,  
T-shirts available  
starting October 1st

Wednesday, October 2nd 12:30pm,  
The Warehouse  
Blaisdell presents: Movie & Popcorn  
Choose from the following movies,  
one of these 3 will win!



### Potluck!

Tuesday, October 29th  
12-2pm  
The Warehouse

**Come mingle with Staff  
and other ForeverWell  
members!**

**Bring a Halloween or Fall  
themed dish to share.**

Questions?  
Comments?

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**Fitness Assessment  
Follow-Ups  
November 4th-8th**

6-week check ins. How have you improved  
since your assessment. If you want help  
or have questions, ask for Tami or Ramona



Make sure to bring a lunch or snack to share.  
We will provide the popcorn!