



FOREVERWELL

MAY 2025 | HASTINGS AREA YMCA

New to the Y?

FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings, how to register for water classes & activities, and get a tour of the YMCA. Register at the Welcome Desk.

MACHINE ORIENTATION

Would you like to learn how to use the machines in the fitness center? **Tuesday, May 27, 1:00pm-2:00pm** is the next machine orientation with Jacob Stadler, Personal Trainer. Stop by our Member Service Desk to sign up for an appointment.



I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your Foreverwell Coordinator: Tracy.Spinks@ymcamn.org or call directly **651319-8009**.

SPRING INTO ACTION!

We are inviting you to spring into action and explore the world around you! Included in our outdoor summer adventures, starting in June, will be Nordic Walking Group, Yard Games, Potlucks and Coffee & Chat. On May 28, we are hosting an open house for Senior Health & Fitness Day. Bring a friend or family member to try out your YMCA for FREE!

PIE & COFFEE SOCIAL

FRIDAY, MAY 2

10:30AM-11:30AM

MULTI-PURPOSE ROOM



Join us for a slice of pie and a cup of coffee! Limited pie & coffee; first come first served! We would love to see you! **FREE!**

*We are accepting pie donations, store bought or home baked. Please drop off pies on Thursday or Friday morning prior to 10:00am. Thanks.

ARTS & CRAFTS GROUP

THURSDAY, MAY 8

10:00AM-12:00PM

MULTI-PURPOSE ROOM



Join us for a fun project as we paint a Garden Gnome! One Gnome of three choices will be supplied for each registrant, as well as paint and brushes. We will also have a pot of coffee and treats to enjoy as we design our little friends with some color! **10 Spots available! FREE!** Sign up on ForeverWell Bulletin Board by noon on Wednesday, May 7th.

HASTINGS AREA YMCA

85 PLEASANT DRIVE
HASTINGS, MN 55033
PH: 651-480-8887

BRANCH HOURS

Monday-Friday: 5:00am-9:00pm
Saturday: 7:00am-5:00pm
Sundays: 7:00am-5:00pm

Memorial Day, May 26 - Closed

LUNCH BUNCH

TUESDAY, MAY 13

11:30AM-1:00PM

LOCK & DAM EATERY, HASTINGS



Enjoy eating a fantastic lunch with friends from the YMCA. Lock & Dam Eatery offers casual dining, with a mix of Mexican, Asian, and Italian Dishes, including salads, chicken, pasta, burgers, and appetizers. Address: 101 2nd St East, Hastings. Cost at your own expense. **Sign up on ForeverWell Bulletin Board to attend.**

NORDIC WALKING

THURSDAY, MAY 15

9:15AM-10:00AM

MEET IN Y LOBBY



Join us for a 45-minute walk using Nordic Walking Poles. New to using Nordic Poles? We will show you how to set them up and use them while walking. Limited Poles: 20 pair **FREE!**

EDUCATIONAL PRESENTATION:

JOURNEY AUDIOLOGY

WEDNESDAY, MAY 21

10:30-11:00AM

MULTI-PURPOSE ROOM



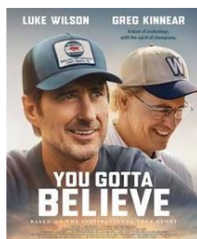
Join us as presenter Rachel Allgor, Owner and Doctor of Audiology at JOURNEY AUDIOLOGY, discusses the importance of identifying hearing loss early, signs and struggles to look for in all environments, recent advancements in hearing aid technology, and the services they have to offer to make life more enjoyable. Coffee & cookies provided during presentation. **FREE!**

FOREVERWELL MOVIE DAY

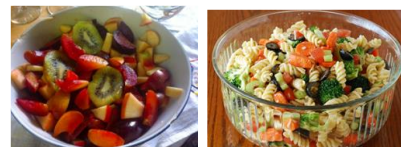
THURSDAY, MAY 29

11:30AM-1:15PM

MULTI-PURPOSE ROOM



Enjoy watching a movie with friends. Bring a bag lunch and a beverage if you like. You Gotta Believe: After dedicating the season to a teammate's ailing father, a group of underdog youth baseball players make it all the way to the 2002 Little League World Series, culminating in a record-breaking showdown. PG Released 2024. (1h 44m) **Sign up on ForeverWell bulletin board to attend. FREE!**



SENIOR HEALTH & FITNESS DAY

SUMMER SALAD POTLUCK

WEDNESDAY, MAY 28

11:00AM-NOON

MULTI-PURPOSE ROOM

Bring your favorite summer salad to share; Jello fluffs, pasta salad, lettuce/veggie salads and desserts. We will provide plates, napkins, forks, HOT DOGS and fixings. **FREE!**

Activities: Drawing for prizes, Best Salad recipe contest (paper votes), Drums Alive Demo at 10:15am, Board Games Group. Group Exercise classes to try if you have never been, today is your day!



walk WITH a DOC

WALK WITH A DOC

FRIDAYS, MAY 9 & 23

12:00PM-1:00PM

MULTI-PURPOSE ROOM

Join Dr. Luke Krynski, PhD for Walk with a Doc! Each month learn about a different topic or research from healthcare professionals in your area. Attendees will be able to participate in a leisure walk or group exercise. You will meet new friends and have fun! No registration required. **FREE!**

FOREVERWELL GROUP EXERCISE CLASSES

MONDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 10:15am - SilverSneakers® Classic with DeAnn, Gymnasium
- 10:15am - ForeverWell Water X with Tracy, Pool
- 10:15am - Line dancing with Deena, Studio B
- 10:30am - Gentle Yoga with Corrie, Studio A
- 1:00pm - ForeverWell Balance with Tracy, Studio A
- 5:45pm - Water Exercise, Yvonne, Pool

TUESDAY:

- 8:00am - Gentle Yoga with Adeline, Studio B
- 8:00am - Drums Alive® with Tracy, Gymnasium
- 9:00am - ForeverWell Stretch with Tracy, Studio A
- 9:30am - SilverSneakers® Yoga with Julie P, Gymnasium
- 10:30am - Meditation/Breathwork with Julie, Studio C
- 10:30am - Group Active with Ashley, Studio B

WEDNESDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 9:15am - ForeverWell Cardio with Kelly, Studio A
- 10:15am - SilverSneakers® Classic with Kelly, Gymnasium
- 10:15am - ForeverWell Water X with Jennifer, Pool
- 10:15am - Line Dancing with Deena, Studio A
- 11:15am - Line Dancing Intermediate with Deena, Studio B

THURSDAY:

- 8:00am - Gentle Yoga with Tracy, Studio B
- 9:15am - Indoor Walking Group, Gymnasium
- 10:15am - SilverSneakers® Yoga with DeAnn, Gymnasium
- 10:30am - Group Active with Ashley, Studio B

FRIDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 10:15am - SilverSneakers® Classic with DeAnn, Gymnasium
- 10:15am - ForeverWell Water X with Tracy, Pool

SATURDAY:

- 8:00am - Water Exercise, Rotation, Pool

*Class registration needed for pool exercise classes.

MEMORIAL DAY

MONDAY, MAY 26 -CLOSED.

Memorial Day, originally called Decoration Day, was established after the Civil War to honor soldiers who died in service, primarily those who died in the Civil War. It was officially designated by the Grand Army of the Republic (GAR) in 1868. The holiday evolved to honor all American military personnel who died in service, regardless of the conflict.

COFFEE & CHAT

MONDAYS & WEDNESDAYS

9:00AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy connecting with friends and planning activities to attend. Coffee must be consumed in the Multi-Purpose Room-no take outs! **FREE!**

GAMES GROUP

MONDAYS & WEDNESDAYS

10:30AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy playing board games or cards with other ForeverWell members or bring a favorite from home. No registration required, just show up. **FREE!**

**Conference Room May 21 & 28*

BALANCE

ASSESSMENTS

TUESDAY, MAY 20

10:00-11:00AM

MULTI-PURPOSE ROOM

Are you at risk of falling? A balance assessment can measure where you are at and what you can work on to improve your balance and walking gait. Wear supportive shoes and bring water. Four time slots available, two people per time slot. 8 spots available. **FREE!** Register at the Welcome Desk.

BALANCE CLASS

MONDAYS 1:00PM-1:30PM

STUDIO A

Improve your balance and walking gait, all levels welcome. **FREE!**



MAY AT A GLANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	1	2 PIE & COFFEE SOCIAL 10:15-11:30am Multi-Purpose Room	3
4	5 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	6	7 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	8 ARTS & CRAFTS 10:00-11:30am Multi-Purpose Room <i>Sign-up required</i>	9 WALK WITH A DOC! Multi-Purpose Room 12:00PM-1:00PM	10
11 MOTHER'S DAY	12 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	13 LUNCH BUNCH LOCK & DAM EATERY 11:30-1:00pm <i>Sign-up required</i>	14 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	15 OUTDOOR NORDIC WALKING MISSISSIPPI RIVER TRAIL 9:15-10:00am <i>Sign-up required</i>	16	17
18	19 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	20 BALANCE ASSESSMENTS 10:00-11:00am <i>Registration Required</i>	21 PRESENTATION: JOURNEY AUDIOLOGY 10:30-11:00am COFFEE & CHAT 9:00-10:30am ForeverWell Orientation 12:30pm <i>Registration Required</i> <small>Games Group in Conference Room</small>	22	23 WALK WITH A DOC! Multi-Purpose Room 12:00PM-1:00PM	24
25	26 MEMORIAL DAY YMCA is CLOSED 	27 MACHINE ORIENTATION 1:00-2:00pm <i>Registration Required</i>	28 Senior Health & Fitness Day POTLUCK! Summer Salads 11:00am-12:00pm COFFEE & CHAT 9:00-11:00am <small>Games Group in Conference Room</small>	29 FOREVERWELL MOVIE DAY 11:30am-1:15pm Multi-Purpose Room <i>Sign-up required</i>	30	31 *Reservations are required for ALL Water Ex. Classes