



FOREVERWELL

August 2025 | NEW HOPE YMCA
Active In August!

New to the Y?

FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER FOR NEW AND RETURNING MEMBERS

This assessment is a complimentary consultation to discuss your wellness goals, learn how to safely use equipment you are *most* interested in, ask questions about any programs like Personal Training or class offerings, and set up a plan to help you improve your health, fitness, strength, balance, and flexibility. The assessment includes a FREE In-Body Scan to determine your body composition between fat, water, and muscle.

Contact Gary Sandin, Health & Wellness Director to schedule your Fitness Assessment, 952-582-8284
gary.sandin@ymcanorth.org

DISCOVER ALL THE BENEFITS OF YOUR FOREVERWELL MEMBERSHIP

Tuesday afternoons 3-4pm or by appointment. Contact Nancy Danielson, ForeverWell Coordinator 763-592-5520
nancy.danielson@ymcamn.org

AARP SMART DRIVING COURSE

THURSDAY AUGUST 14, 8:45AM - 1:00PM

NEW HOPE YMCA MULTI-PURPOSE ROOM

You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

Cost: \$20 AARP member/\$25 for non-members.

Must show AARP Membership card to receive discount.

Space is limited, reserve your space at NHY Welcome Desk

FULL REGISTRATION AND PAYMENT (CHECK ONLY) ON DAY OF CLASS.



HENNEPIN HEALTHCARE HEALS ON WHEELS – HOLISTIC PAIN MANAGEMENT

THREE FREE 60-MINUTE SESSIONS:

Wednesday August 6, 2-3pm- Sleep, Rest, & Movement

Wednesday August 20, 2-3pm - Massage, Yoga, & Acupuncture

Wednesday August 27, 2-3pm - Nutrition

Enjoy a 60-minute relaxation experience where a team of Integrative Health providers guide you through holistic strategies to reduce pain—helping you feel, move and live your life with less pain and more wellbeing. Each participant will receive a "Holistic Pain Management Kit" with tools to help them continue to better manage pain on their own.

PRE-REGISTRATION FOR EACH SESSION REQUIRED AT MEMBER WELCOME DESK.

Branch Hours

Monday-Friday: 5am - 9pm
Saturday-Sunday 7am-5pm
Customer Service (including reservations)
612-230-9622

New Hope Y

7601 42nd Ave N, New Hope
Nancy Danielson
ForeverWell Coordinator
nancy.danielson@ymcanorth.org
Phone: 763-592-5520



FOREVERWELL IN - BRANCH GROUP EXERCISE CLASSES

MONDAY:

*8:00am	Water Exercise Power with Tracy	Pool
8:15am	ForeverWell Combo with Renee	Studio 1
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Ashley	Studio 1
1:00pm	Tai Chi with Tom	Studio 2

TUESDAY:

*8:00am	Aqua Zumba with Maren	Pool
8:15am	ForeverWell Combo with Angie	Studio 1
9:30am	ForeverWell Balance with Nancy	Studio 1
9:45am	Zumba Gold with Maren	Studio 2
10:30am	ForeverWell Combo with Renee	Studio 1
11:00am	Water Walking - No Instructor	Pool
11:30am	Chair Yoga with Shayna	Studio 1

WEDNESDAY:

*7:15am	Deep Water Exercise with Tracy	Pool
11:00am	Line Dancing with Colette	Studio 2
11:00am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:00pm	SilverSneaker® Classic (chair) Nancy	Studio 1
5:15pm	Group Active with Sallie	Studio 1

THURSDAY:

*7:45am	Aqua Zumba with Amanda	Pool
8:15am	ForeverWell Combo with Renee or Mary	Studio 1
9:30am	Zumba with Yasmin	Studio 2
9:30am	Group Active with Emily	Studio 1
11:00am	ForeverWell Combo - Virtually led	Studio 2
11:00am	Water Walking - No Instructor	Pool
7:15pm	Aqua Zumba with Amanda	Pool

FRIDAY:

*8:00am	Aqua Zumba with Amanda	Pool
9:30am	Gentle Yoga (floor) with Mary	Studio 2
11:45am	SilverSneaker® Yoga (chair) Nancy	Studio 1
12:45pm	SilverSneaker® Classic (chair) Nancy	Studio 1

SATURDAY:

*8:15am	Aqua Zumba with Maren	Pool
9:10am	Group Active with Sallie	Studio 1
11:00am	ForeverWell Combo - Virtually led	Studio

* These activities still require reservations:

Reserve your space using the Y app, this link

<https://www.ymcanorth.org/reservations>

Or call Customer Service 612-230-9622

FREE MEMBER WELLNESS BENEFITS

Members may participate in each opportunity one-time.

30-MINUTE WELLBEING

CONSULTATION (Virtual and In-Person Options*) (\$45 Value): A wellbeing consultation is a 30-minute conversation to explore what matters most to you on your wellbeing journey and help discover potential next steps.

- Register at [YMCAMN.org Health & Wellbeing Coaching In Twin Cities MN - Mind, Body & Spirit | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/Health&WellbeingCoachingInTwinCitiesMN-MindBody&Spirit)

30-MINUTE NUTRITION

CONSULTATION (Virtual and In-Person Options*) (\$45 Value): A nutrition consultation is a 30-minute conversation to discuss your primary concerns or goals, and opportunities to further support your wellbeing through food/nutrition.

[YMCA Nutrition Coach In Twin Cities MN - Online Nutrition Consulting | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/NutritionCoachInTwinCitiesMN-OnlineNutritionConsulting)

* In person Consultation Locations vary

PREFER TO EXERCISE AT HOME?

Live and recorded classes are available at [Online Fitness Classes At The YMCA - Get Started With Virtual Y](https://www.ymcanorth.org/OnlineFitnessClassesAtTheYMCA-GetStartedWithVirtualY)

To activate your Virtual Account, go to <https://www.ymcanorth.org/virtual-ymca-login>

If you need assistance activating your account, contact Customer Service at 612-230-9622

MARK YOUR CALENDARS!

DURING THE MONTH OF AUGUST WE WILL BE REFINISHING STUDIO 1 AND GYMNASIUM FLOORS. THE FIRST WEEK OF SEPTEMBER WILL BE ANNUAL POOL MAINTENANCE. PLEASE NOTE THE SCHEDULED DATES LISTED BELOW:

Studio 1 will be closed August 1-3, reopening on Monday August 4. **SilverSneaker Yoga and SilverSneaker Classic classes will be moved to Studio 2 on Friday August 1st.**

The Gymnasium will be closed August 7 - 10, reopening Monday August 11. Pickleball is cancelled Friday August 8.

The Pool and Whirlpool will be closed August 25 - September 1, reopening Tuesday September 2.

The New Hope Y will be closed for the Labor Day Holiday, Monday September 1st.

BACK OR NECK PAIN? JOIN A STUDY!

PARTNERS4PAIN IS NOW ENROLLING FOR FALL!

Partners4Pain is an exciting collaboration between community members, organizations and researchers. We have come together to listen, learn, develop and evaluate creative solutions for back and neck pain conditions.

Our goal is to partner with diverse communities to create safe, effective and accessible pain programs for all. Want to help?

The Partners4Pain Research Study is testing two pain education programs to help people cope with their pain. Programs begin in September at Blaisdell YMCA or on Zoom. It's free to participate and compensation is provided.

Visit www.partners4pain.org or call 612-626-6477 to learn more.



VOLUNTEERS NEEDED!

Games Group - do you have favorite games you like to play and would be willing to host a group at the Y?

Annual Senior Information and Craft Fair - I am looking for help starting Aug 1st contacting vendors prior to the fair. Also looking for volunteers on the day of the Fair, Tuesday October 7, to host the welcome table 9:30am - 12pm, set up tables and chairs beginning at 8am and tear down starting at 12:15pm.

Annual ForeverWell Holiday Party Thursday December 11. I am looking for Ideas and Planners, as well as help on Dec 11th - setup at 11am and cleanup at 2pm.

If Interested, call or email Nancy 763-592-5520 nancy.danielson@ymcamn.org

WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

MONDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

MONDAYS: ADULT WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS - 2:00-4:00pm Pool Lobby

TUESDAYS: COFFEE CHAT - 8am-10am Lobby

TUESDAYS: MAH JONGG - 12:30pm-2:30pm Pool Lobby

TUESDAYS: NEW MEMBER WELCOME AND ORIENTATION - 3-4pm. Meet at Welcome Desk

WEDNESDAYS: COFFEE CHAT - 8am-10am Lobby

WEDNESDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

WEDNESDAYS: ADULT WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

WEDNESDAYS: CRIBBAGE - 1:00pm Pool lobby. Cribbage board and cards available at Welcome Desk.

FRIDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

FRIDAYS: ADULT WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

BOOK DISCUSSION GROUP MEETS THIRD THURSDAY OF THE MONTH AT 2PM

July 17th	Horse - by Geraldine Brooks
Aug 21st	First Lie Wins - by Ashley Elston
Sep 18th	The Roman Hat Mystery - by Ellery Queen
Oct 16th	Being Henry The Fonz . . . And Beyond - by Henry Winkler
Nov 20th	Thursday Murder Club - by Richard Osman

**LOOK FOR MORE
FOREVERWELL
PROGRAMMING AND
COMMUNITY OPTIONS
ON THE FOREVERWELL
BULLETIN BOARD NEAR
THE VENDING AREA IN
THE POOL LOBBY.**



Living Well with Chronic Conditions

Chronic Disease Self-Management Class

This is a six-week class developed at Stanford University's Patient Education Research Center and offered around the world. The class has helped participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, osteoporosis, heart disease and other chronic conditions to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

The class is taught by two trained peer leaders and will meet for 6 weekly sessions of 2.5 hours each week. New topics are covered each week and provide opportunities for interaction and group problem solving.

Join us for this free class:
Tuesdays September 23 – October 28
1:00-3:30pm

New Hope YMCA
7601 N 42nd Ave
New Hope, MN 55427

This class is free, but space is limited – register early!

To register: yourjuniper.org or contact Mindy at (763)581-5580 or mindy.ouellette@northmemorial.com



ForeverWell Activities and Events - August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	2
3	4 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	5 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby ForeverWell Orientation 3-4pm	6 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Heals on Wheels 2-3PM MPR PRE-REGISTRATION REQUIRED	7 Gym Closed	8 Water Volleyball 11am-1pm Gym Closed	9 Gym Closed
10 Gym Closed	11 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	12 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby ForeverWell Orientation 3-4pm	13 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm	14 AARP Smart Driver Course 8:45am – 1:00pm Pre-registration requested.	15 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm	16
17	18 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby	19 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby ForeverWell Orientation 3-4pm	20 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm Heals on Wheels 2-3PM MPR PRE-REGISTRATION REQUIRED	21 Book Group 2pm Multi-purpose Room	22 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Red Cross Blood Drive	23
24	25 Pickleball in Gym 10:30am-1:30pm Knitters and Crocheters 2-4:00pm Pool lobby Pool and Whirlpool Closed 8/25 through 9/1 reopens 9/2	26 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby ForeverWell Orientation 3-4pm Pool and Whirlpool Closed	27 Coffee Chat 8-10am Lobby Pickleball in Gym 10:30am-1:30pm Cribbage 1:00pm Heals on Wheels 2-3PM MPR PRE-REGISTRATION REQUIRED Pool and Whirlpool Closed	28 Pool and Whirlpool Closed	29 Pickleball in Gym 10:30am-1:30pm	30 Pool and Whirlpool Closed