



# FOREVERWELL NEWSLETTER

## July Events & Activities

### See Event Details Below

Activity	Day	Time
Member Orientation	Thursdays	11:00am-12:00pm
Game Day	Mondays	11:00am-3:00pm
Pickleball	Tues & Thurs	11:00am-12:30pm
	Wed & Fri	9:00am-11:00am
Coffee	Fridays	11:00am-1:00pm
U of M "Colorectal Cancer Fighting Foods"		
	Tuesday July 9 <sup>th</sup>	11:00am-12:00pm
Jean Henjum "Healthy Aging/Healthy Becoming"		
	Wednesday July 17 <sup>th</sup>	1:00pm-2:15pm
ForeverWell Summer Potluck		
	Friday July 19 <sup>th</sup>	11:30am-1:00pm
July Birthday Celebration	Friday July 26 <sup>th</sup>	11:00am-1:00pm
Healthy Cooking Demo	Wednesday July 31 <sup>st</sup>	12:00pm-1:00pm

### Game Day

Mondays from 12:00pm-3:00pm

Open to anyone in the Conference Room. Games typically played include Scrabble and Dominos. If you have a game, you would like to play please share it with the group. Coffee is provided; please bring a snack to share.

### Pickleball

Tues & Thurs from 11:00am-12:30pm and Wed & Fri 9:00am-11:00am

All are welcome in the gym to join in the game, whether you are just learning or an expert player.

### Coffee

Fridays from 11:00am- 1:00pm

Free and in the Conference Room. Bring a snack to share, all are welcome. Coffee is provided.



### **St. Paul Eastside YMCA**

875 Arcade St.

St. Paul, MN 55106

Service Desk: (651) 747-0922

#### Hours:

Monday-Thursday 5am-10pm

Friday 5am-9pm

Saturday & Sunday 6am-8pm

### Good Neighbors at the Y:

Please see the ForeverWell Board for a fun new monthly posting called, *Good Neighbors at the Y*, which will feature our ForeverWell members and their stories. ForeverWell Ambassador, Jena Henjum is going to be connecting with some of you to do a quick and easy interview, so we can share as many stories as possible. The questions are easy to answer and give us all a way to learn about each other. This month features Steve Bougie and Irene O'Ryan . We can't wait to learn more about all of you

### Camp ForeverWell: Adventure Awaits at Camp St. Croix in Hudson WI

September 9-10 9:00am-3:00pm

Fee \$50-\$105 and Register at [campstcroix.org/campforeverwell](http://campstcroix.org/campforeverwell) by 9/5 to attend!

Sign up for a 2 day camp and enjoy time at this beautiful camp. You choose a variety of activities that fit your interests and activity levels. Transportation offered from select YMCA branches, but bus capacity is limited.

**Chelle Bird**

**Program Manager  
GX/ForeverWell**

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**(651) 793-7288**

### **U of M "Colorectal Cancer Fighting Foods"**

Tuesday July 9<sup>th</sup> from 11:00am-12:00pm-Conference Room 1

Our second installment of this series, we will explore the

### **Jean Henjum "Healthy Aging/Healthy Becoming"**

Wednesday July 17<sup>th</sup> from 1:00am-2:15pm-Conference Room 1

After a successful introduction in May, Jean will facilitate group conversations and self-work while exploring the early years of your lives and discussing some of the influences and circumstances that have made you who you are. You will consider new perspectives while creating an enjoyable, interesting experience.

\*Group meets monthly through September, but new people are always welcome and encouraged to attend!

### **ForeverWell Summer Potluck**

Friday July 19<sup>th</sup> from 11:30am-1:00pm-Conference Room 1

Come learn the best way to stay in your own home and tips to make your home accessible to all of your needs with small changes so that you do not fall.



### **July Birthday Celebration**

Friday July 26<sup>th</sup> 11am-1:00pm

Join us in the Conference Room to honor our friends with April Birthdays. All are welcome and invited. Coffee and celebration snacks is provided.

### **Healthy Cooking Demo with Dwenda**

Wednesday July 31<sup>st</sup> from 12:00pm-1:00pm-Conference Room 1

Dwenda will give you healthy and delicious ideas to alter your diet and teach you how to make a new recipe. Small tasting is included.

**ANNOUNCEMENT** 

### **Save the Date for the Gathering!**

Monday, 10/7 10am-2:00pm at the Minneapolis Convention Center

Reserve your spot for this fun event! Registration begins on Monday 8/12, sign up early, as spots are limited! Cost is \$18 for Members and \$30 for Non-Members and include T-Shirt, lunch, and transportation. Registration is limited and this fills up fast, so be ready to sign up on 8/12 to make sure you have a spot!