



FOREVERWELL

August 2022 | Fergus Falls YMCA



SAVE THE DATE

FOREVERWELL BINGO Challenge
Earn BINGO and increase your wellness during the month of August!

Book Club
August Meeting
August 15, 2022
11:30-12:30

Coffee & Conversations
Come enjoy breakfast treats & coffee!
August 30, 2022
Stop by anytime between 12:30-1:30

Orientations Available
Stop by the front desk to request an orientation today!



GET ACTIVE. STAY FIT. BE SOCIAL

The Fergus Falls YMCAs ForeverWell program supports whole person wellbeing for those 55 years and older. Through fitness classes, social and educational groups, and volunteer opportunities, ForeverWell helps people remain healthy, active, and involved in their community.

VOLUNTEER OPPORTUNITIES

Make a difference & be part of a community!

The Fergus Falls YMCA is looking to expand our volunteer program. We are looking for volunteers within several departments. If you are interested, please call us at 218-739-4489 ext: 212 or you are welcome to complete a volunteer application which can be found at the front desk.

FACILITY HOURS

Monday-Thursday: 5am-9pm
Friday: 5am-8pm
Saturday: 7am-3pm
Sunday: Closed

Fergus Falls YMCA

1164 N Friberg Ave
Fergus Falls MN 56537
(218) 739-4489

GROUP EXERCISE CLASSES TO TRY



Here at the Fergus Falls Area YMCA we have a wide variety of group fitness to meet the interests of those we serve.

Here are some classes we would like to highlight for our ForeverWell members. All classes are Free with your YMCA Membership! Registration In advance is required.

Download the Fergus Falls YMCA App to easily register for classes!

Monday:

8:00am: Early Bird Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic

Tuesday:

8am: Functional Fitness
8:30am: Cycling
9am: Pickleball
9:45am: Aqua Energy
10:15am: Silver Sneaker Yoga

Wednesday:

8:00am: Early Bird Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic

Thursday:

8am: Functional Fitness
8:30am: Cycling
9am: Pickleball
9:45am: Aqua Energy
10:15am: Silver Sneaker Yoga

Friday:

8:00am: Early Bird Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic

- SCHEDULE IS SUBJECT TO CHANGE.

Walk Towards Better Health



Tips to be Successful at Walking

Mix It Up

Choose different places to walk to keep it interesting

Track Your Progress

Write down your walking minutes. Tracking your walking helps you stay focused and see your progress

Plan Ahead

Schedule a time each day to walk

Find a Friend

Ask a friend, coworker or family to walk with you to help you stay committed and pass the time

MN Department of Health

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW & One-Time Events for August	2	3	4	5
Wellness BINGO Challenge Entire Month of AUGUST!				
8	9	10	11	12
15 BOOK CLUB 11:30-12:30	16	17	18	19
22	23	24	25	26
29	30 Coffee & Conversations 12:30-1:30 pm	31	Remember to turn in your BINGO card once you complete 5 challenges and get BINGO! Cards due by 9/1/2022.	

What's Happening in ForeverWell

FOREVERWELL BINGO CHALLENGE

Participate in this August Wellness Challenge!

August 1st – August 31st

BINGO Cards due by September 1st

1. Grab a Bingo card from the Front Desk or our ForeverWell Staff to start!
2. Complete 5 challenges in a row to earn Bingo
3. Once you have Bingo, turn your card in (box located in the front lobby) to be entered into the drawing for a chance to win!

ForeverWell
BE ACTIVE. BE GREAT.
BINGO
CHALLENGE

Walk 6 laps around the indoor track	Drink 8 glasses of water in a day	Spend 30 minutes outdoors	Attend any YMCA fitness class	Check in at least 3 days in a week at the YMCA.
Enjoy a cup of coffee or tea with friends	Read the August ForeverWell Newsletter	Attend a water fitness class	Take a walk outside and enjoy the fresh air	Sign up to volunteer at the YMCA.
Try out a cardio machine upstairs	Play a game of pickleball		Take your blood pressure	Sit in the sauna for 10 minutes
Read a new book or article	Attend a class you've never tried at the Y	Ride a mile on a bike or stationary bike	Bring a friend to the Y as your guest!	Try out a weight machine upstairs
Attend a Silver-Seniors Class	Attend a Aug. Coffee & Conversations Event	Spend time volunteering within our community	Write down 5 things you are grateful for	Complete a puzzle or crossword

Name: _____ Phone: _____ Email: _____



Coffee & Conversations
Event occurs bimonthly!
Mark your calendars for the next one in October!



Book Club

YMCA Book Club meets the third Monday each month!
Pool Observation Room
11:30am-12:30pm

COFFEE & CONVERSATIONS

TUESDAY, AUGUST 30TH, 12:30-1:30PM

Community Room

Join the ForeverWell group to socialize and relax with some breakfast treats and great company!
Remember to register!



FOREVERWELL BOOK CLUB

AUGUST MEETING

Monday, August 15th, 11:30am-12:30pm

Join our ForeverWell Book Club. Please email

[nswkura@fergusfallsymca.org](mailto:nskwira@fergusfallsymca.org) if you have any questions.

August Book: *This Chair Rocks*



Grab some friends and stop by for Senior Cards each Tuesday & Thursday from 2:30-4:00pm
Pool Observation Room

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Need a reason to walk more?

Walking can have several positive benefits:

- ❖ Reduces pain & discomfort
- ❖ Improves mood
- ❖ Increases balance & strength
- ❖ Builds confidence in your ability to be physically active
- ❖ Improves overall health

AUGUST RECIPE

Stuffed Peppers: Cheesesteak

Ingredients:

2 Bell Peppers
1 Tbs. Oil
1 ½ lb. Sliced Sirloin Steak
1 Large Onion
16 oz. Mushrooms
Provolone Cheese
Salt & Pepper to Taste

Directions:

Half bell peppers and place in a baking dish at 400 °F for 20 minutes. In a large skillet heat oil and sliced steak for 1 minutes per side; set aside. Add sliced onion and sliced mushrooms to skillet and season with salt and pepper. Cook 5 minutes, then stir in steak. Add sliced provolone cheese to the bottom of the peppers and top with steak mixture and additional provolone cheese on top. Bake until cheese is melted. Enjoy!

Have feedback or suggestions?

We would love to hear from you about events and classes you want to see in your YMCA ForeverWell program!

Please email or talk to Nicole with any suggestions and ideas!
nskwira@fergusfallsymca.org

August dates:

8/21/22:
Senior Citizens Day

Did you Know?

August 5th is Green Peppers Day! Green peppers are high in vitamin C and are a good source of vitamin A, vitamin K, vitamin B6, potassium, manganese, folic acid, and fiber!

