



FOREVERWELL

April 2022 | Fergus Falls YMCA



SAVE THE DATE

April Craft Event:

Create some pottery at the Creation Shop!
April 14, 2022
2:00 - 3:30pm



Book Club

Interest Meeting



April 4, 2022
11:30-12:00

Schedule an orientation!

If you have questions on equipment, stop by the front desk to request an orientation today.

HAVE QUESTIONS?

Feel free to contact Nicole nskwwira@fergusfallsymca.org
ForeverWell questions and ideas welcome!



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.

NUTRITION SPOTLIGHT

Nutrition Class coming soon!

Spring can be a great time to start looking forward to gardens and fresh produce! Understanding what nutrients can fuel our body can help us be mindful when eating and improve our health. Food can have an effect on our energy, skin, hair, and overall quality of life. Certain foods can even help improve our mood! Learning what foods can help to energize our bodies and keep our body, mind, and immune system strong is a great way to improve quality of life!

FACILITY HOURS

Monday-Friday: 5am-9pm
Saturday: 6am-6pm
Sunday: Noon-7pm

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
12:00pm: Yoga

Tuesday:

8am: Functional Fitness
8:30am: Cycling
9:45am: Aqua Energy
10:00am: Tai Ji Quan
11:15am: Silver Sneaker Yoga

Wednesday:

8:00am: Early Bird Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic
12:00pm: Yoga

Thursday:

8am: Functional Fitness
8:30am: Cycling
9:45am: Aqua Energy
10:00am: Tai Ji Quan
11:15am: Silver Sneaker Yoga

Friday:

8:00am: Early Bird Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic
12:00pm: Yoga

- SCHEDULE IS SUBJECT TO CHANGE.

Stay active in all
seasons!
SPRING Ideas



Get your garden started!
Gardening can be a great way to stay active and is great for strength and

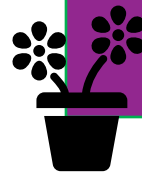
Take a bike ride!
Stay active and enjoy the warmer temps

Spring Cleaning!
Turn on some music and stay active while cleaning for Spring

Spend time with grandchildren!
Activities with a grandchild can help you stay active

The change in seasons and weather is a great time to change up our exercise routine and try something new!

www.nia.nih.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW & One-Time Events for April	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Register with Stacey at Stacey@fergusfallsymca.org for the Tai Ji Quan class. </div>			1
	4 Initial Interest Meeting for BOOK CLUB 11:30-12:00	5 10:00-11:00am Tai Ji Quan	6	7 10:00-11:00am Tai Ji Quan
11	12 10:00-11:00am Tai Ji Quan	13	14 Clay Creations Craft Event 2-3:30pm 10:00-11:00am Tai Ji Quan	15
18	19 10:00-11:00am Tai Ji Quan	20	21 10:00-11:00am Tai Ji Quan	22
25	26 10:00-11:00am Tai Ji Quan	27	28 10:00-11:00am Tai Ji Quan	29

What's Happening in ForeverWell

FOREVERWELL APRIL CRAFT EVENT

Clay Creations at Creation Shop



Thursday, April 14th, 2:00-3:30pm

Location: Creation Shop (119 N Mill St, Fergus Falls)

Fee: Additional fee of \$35 is required at registration

Register by: Wednesday, April 6th

Join the ForeverWell group and try **pottery at the Creation Shop!** ForeverWell participants will have the chance to create functional pottery by exploring two techniques. The workshop will begin with a group hand-building tutorial. Once familiar with the tools and processes you can freely explore hand-building and have a chance to try the pottery wheel. You also can keep the 2 pieces that you create!

FOREVERWELL BOOK CLUB



INITIAL INTEREST MEETING

Monday, April 4th, 11:30am-12:00pm

Interested in joining a book club? Join us at the initial interest meeting to decide on our first book and future meeting time. Free copies of the book chosen will be available to rent. If you are not able to make this time, but are still interested or have questions please email Nicole at [nswkura@ferqusfallsymca.org](mailto:nskwira@ferqusfallsymca.org).

Class Descriptions & Updates

TAIJI QUAN

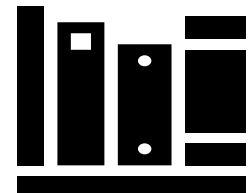
Tuesday & Thursday 10:00-11:00am

Classes starting April 5th

Try out this fun new class for better balance! If you are interested in joining tai ji quan to improve your balance and strength email stacey@ferqusfallsymca.org.



Check out Tai Ji Quan!
Moving for Better Balance



Book Club

Help us start a book club, great for socializing and getting involved!

Monday, April 4th,
11:30am-12:00pm



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

Building balance

Improve balance and strength to prevent falls!

- ❖ Yoga can be a great exercise to incorporate stretching and strength building. Stretching tight muscles can help improve posture and balance!
- ❖ Tai Chi moves can provide movement that can improve balance! This exercise involves gradual movements that challenge balance to help prevent falls.
- ❖ Walking, biking, and climbing stairs can help strengthen muscles in your lower body to help improve balance.

APRIL RECIPE

Egg Roll in a Bowl

Ingredients:

1 lb. meat of choice (can use ground turkey, chicken, beef, or pork)
1 sweet onion, diced
1 tablespoon sesame oil
2 teaspoon minced garlic
1 teaspoon ground ginger
¼ cup soy sauce (reduced sodium) *optional
1 (16oz.) bag coleslaw
½ cup grated carrots
2 green onions, thinly sliced
Salt and pepper, to taste

Directions:

Cook ground meat; drain; return meat to skillet. Add diced onion and sesame oil to skillet and cook until onion is tender. Add garlic, ginger, soy sauce, coleslaw mix, and carrots to the skillet. Cook, stirring, for approximately 5-7 minutes. Remove skillet from the heat. Stir in green onions and season with salt and pepper to taste.

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!
nswkura@fergusfallsymca.org

April dates:

4/1/22: April Fools' Day

4/17/22: Easter

4/22/22: Earth Day

Did you Know?

"April" ("Aprilis"), comes from the verb "aperire", which means to open or opening. It is often believed that this refers to the flowers and trees beginning to "open" and bloom

