



FOREVERWELL

JULY 2022 | Fergus Falls YMCA



SAVE THE DATE

FOREVERWELL CARD LEARNING

Learn or teach a
new card game!
Thursday, July 28th
1:00-2:00pm

Book Club

July Meeting
July 18, 2022
11:30-12:30

Interested in starting a group?

Cards, Walking,
Coffee, Biking....
We would love to hear
your ideas!

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
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

Thursday:

8am: Functional Fitness
8:30am: Cycling
9am: Pickleball
9:45am: Aqua Energy
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

- SCHEDULE IS SUBJECT TO CHANGE.

Hot Weather Safety



Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness.

To keep heat-related illnesses from becoming a dangerous heat stroke:

- Get out of the sun and into a cool place, air-conditioning is best
- Drink fluids, but avoid alcohol and caffeine, water and fruit or vegetable juices are good choices
- Shower, bathe, or sponge off with cool water
- Take a break and lie down and rest in a cool place
- Visit your doctor or go to an emergency room if you don't cool down



www.nia.nih.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW & One-Time Events for JULY				1
	4 YMCA CLOSED	5	6	7
	11	12	13	14
	18 BOOK CLUB 11:30-12:30	19	20	21
	25	26 Card Learning Event 1:00-2:00 pm	27	28
				29

What's Happening in ForeverWell

FOREVERWELL LEARNING CARDS

Learn or teach a new card game!

Thursday, July 28th, 1:00–2:00pm

Pool Observation Room

Stop by to learn a new card game to play or share your favorite game with others. Playing cards is a fun way to pass time and enjoy the company of others.

CARD GROUP

Opportunity to socialize and play cards!

Interested in joining or starting a card/game group. Email nskwira@fergusfallsymca.org if you are interested or have ideas!

FOREVERWELL BOOK CLUB

JULY MEETING

Monday, July 18th, 11:30am–12:30pm

Join our ForeverWell Book Club. Please email

nskwira@fergusfallsymca.org if you have any questions.

July Book: *The Girl in Building C*



Class Spotlight

SILVER SNEAKER YOGA

Tuesday & Thursday

11:15am–12:00pm

This class is designed to challenge you physically and mentally with a variety of safe Yoga exercises that you'll do at your own pace. Using a chair as support, you will work on increasing flexibility, building endurance and core strength.



Coffee & Conversations

Event occurs bimonthly!

Mark your calendars for the next one: 8/30/2022



Book Club

YMCA Book Club meets the third Monday each month!

Pool Observation Room

11:30am–12:30pm



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

What is your favorite card game to play?

Which ones do you know how to play?

- ❖ Bridge
- ❖ Euchre
- ❖ Rummy
- ❖ Cribbage
- ❖ Crazy Eights
- ❖ Golf
- ❖ Spades
- ❖ Up and Down the River
- ❖ Solitaire

JULY RECIPE

Pasta Salad

Ingredients:

1 (16ounce) Tri-Color Rotini
3 cups cherry tomatoes, halved
½ pound provolone cheese, cubed
½ pound salami, cubed
¼ pound sliced pepperoni, cut in half
1 large green bell pepper, cut into 1-inch pieces
1 (10ounce) can black olives, drained
1 (4ounce) jar pimentos, drained
1 (8ounce) bottle Italian salad dressing
Salt & Pepper to taste

Directions:

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente. Drain, and rinse with cold water.

In a large bowl, combine pasta with tomatoes, cheese, salami, pepperoni, green pepper, olives, and pimentos. Pour in salad dressing, and toss to coat.

can customize recipe and add red onions, zucchini, pepperoncini, or parmesan cheese

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

July dates:

7/4/22:
Independence Day

Did you Know?

Massachusetts was the first state to make July 4th a state holiday in 1781. It was made an official federal holiday in 1870.

