



FOREVERWELL

JUNE 2022 | Fergus Falls YMCA

June

SAVE THE DATE

Herb Gardening

Celebrate national herbs & spices day by starting your own herb garden!

June 10, 2022

11:45am - 12:30pm

Book Club

June Meeting

June 20, 2022

11:30-12:30

Coffee & Conversations

Come enjoy breakfast treats & coffee!

June 16, 2022

Stop by anytime between 9:30-10:45

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 as well as a volunteer to coordinate the program. 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-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
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
12:00pm: Yoga

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.

Tips to Get the Most Out of Your Doctor's Visit

Decide what questions are most important to ask your doctor

Prep questions before your appointment and decide which ones are a priority.

Stay focused on why you are there

Time is often limited for visits, so provide brief descriptions and symptom details including: when it started, how often it occurs, and any changes.

Be honest with your doctor
Your doctor needs accurate info to suggest the best treatment.

Take Notes

Writing main points during a visit can help you remember the doctor's instructions. You can also ask for additional written resources about a health condition, like brochures or websites.

www.nia.nih.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW & One-Time Events for JUNE		1	2	3
	6	7	8	9
				10 Herb Gardening 11:45-12:30pm
	13	14	15	16 Coffee & Conversations Stop by anytime: 9:30-10:45 am
	20 BOOK CLUB 11:30-12:30	21	22	23
	27	28	29	30

What's Happening in ForeverWell

FOREVERWELL HERB GARDENING

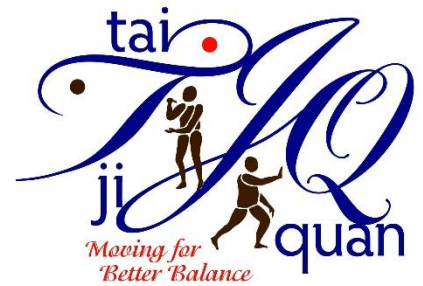
Herbs are easy to grow and delicious!

Friday, June 10th, 11:45–12:30pm

Community Room

Celebrate National Herbs & Spices Day June 10th by starting your own herb garden!

Registration Required by 6/8/2022!



Check out Tai Ji Quan!
Moving for Better Balance
Email stacey@fergusfallsymca.org
if you have questions.

COFFEE & CONVERSATIONS

THURSDAY, JUNE 16TH, 9:30–10:45AM

Community Room

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

Remember to register!



Book Club

YMCA Book Club meets the third Monday each month!

Pool Observation Room

11:30am–12:30pm

FOREVERWELL BOOK CLUB

JUNEMEETING

Monday, June 20th, 11:30am–12:30pm

Join our ForeverWell Book Club. Please email nskaira@fergusfallsymca.org if you have any questions.

June Book: *I Feel Bad about My Neck: And Other Thoughts on Being a Woman*



Class Spotlight

SAIL/SILVER SNEAKER CLASSIC

Monday & Wednesday & Friday

10:30–11:30am

TAIJI QUAN

Class Series April 5th – June 23rd

Check back in **July** for an updated class schedule!



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

Culinary Herbs

Majority of herbs grown in Minnesota are members of two plant families: mint & carrot

- ❖ *Mint Family:* basil, oregano, marjoram, catnip, mint, rosemary, thyme, lavender, summer savory, and sage.
- ❖ *Carrot Family:* dill, parsley, chervil, cilantro, fennel, and lovage
- ❖ *Additional herbs from other plant families include:* chives, borage, tarragon, and sorrel

Information from UMN

JUNE RECIPE

Zucchini-Herb Fritters with Garlic Yogurt

Ingredients:

- 2 small zucchinis
- 1 small russet potato, peeled
- ½ medium onion
- 2 tsp. salt
- 2 large eggs, beaten to blend
- 1 garlic clove, finely grated
- ½ tsp. ground cumin
- 3 tbsp. finely chopped fresh parsley
- 2 tbsp. finely chopped fresh mint
- 1/3 cup all-purpose flour
- ½ tsp. baking powder
- ½ cup oil

Directions:

Grate zucchini, potato, and onion. Toss with 2 tsp. salt and transfer to mesh sieve allowing veggies to release their liquid (up to 30 minutes). Mix eggs, garlic, cumin, 3 Tbsp. parsley, and 2 Tbsp. mint in a medium bowl; season with salt and pepper. Gather up half of zucchini mixture in a kitchen towel; squeeze out excess liquid. Add to bowl with egg mixture and repeat with remaining zucchini mixture. Sprinkle flour and baking powder over; mix gently.

Directions Continued:

Heat vegetable oil in a large skillet over medium-high. Working in batches, spoon scoops of mixture into skillet, flattening gently with a spatula. Cook until golden brown and crisp, about 3 minutes per side. Transfer to a wire rack; season with salt. Drizzle yogurt sauce with olive oil and top with more herbs; serve alongside warm fritters.

Garlic Yogurt Ingredients:

- ½ cup plain yogurt (not Greek)
- 2 tbsp. finely chopped mint
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tsp. honey
- 1 garlic clove, finely grated
- salt & pepper to taste

Directions:

Mix all ingredients in a small bowl; season with salt and pepper. Cover; chill.

Recipe from bon appetit

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

June dates:

6/14/22:

Flag Day

6/19/22:

Father's Day

6/19/22:

Juneteenth Day

Did you Know?

June has three birthstones: Pearl, Alexandrite, and Moonstone



