



# FOREVERWELL

MAY 2022 | Fergus Falls YMCA



## SAVE THE DATE

**Nutrition Class:  
Utilizing Food to  
Improve Health &  
Wellness While Aging**  
May 5, 2022  
12:30 - 1:20pm

**BINGO**  
May 26, 2022  
12:30-1:15

**Sudoku Event**  
Learn how to play!  
May 17, 2022  
Stop by anytime  
between 9:15-11:15

**Book Club**  
May Meeting  
May 9, 2022  
11:30-12:30



## 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.

## ORIENTATIONS AVAILABLE

*Appointments are free and easy!*

Have questions on machines upstairs? Not sure where to start? If you have questions on equipment, stop by the front desk to request an orientation today. These customizable appointments can help answer questions and help you feel more comfortable using equipment.

## 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  
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  
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.

## May is National Blood Pressure Month

Ways to help control blood pressure:

### Exercise

**Eat a heart-healthy diet**  
An example of a balanced diet is the DASH-Dietary Approaches to Stop Hypertension eating plan

**Cut down on salt**  
With age your body and blood pressure can become more sensitive to salt

**Get a good night's sleep**

**Don't smoke**  
Smoking increases the risk for high blood pressure

**Manage stress**  
Reducing stress can help lower high blood pressure

**Drink less alcohol**  
Alcohol can affect your blood pressure

[www.nia.nih.gov](http://www.nia.nih.gov)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>NEW &amp; One-Time Events for MAY</b>	3	4	5 <b>Nutrition Class 12:30-1:20 pm</b>	6
9 <b>BOOK CLUB 11:30-12:30</b>	10	11	12	13
16	17 <b>Learning SUDOKU Event Stop by anytime: 9:15-11:15 am</b>	18	19	20
23	24	25	26 <b>BINGO 12:30-1:15pm</b>	27
30 <b>Memorial Day</b>	31			

# What's Happening in ForeverWell

## **FOREVERWELL NUTRITION CLASS**

Utilizing Food to Improve Health & Wellness While Aging

Thursday, May 5<sup>th</sup>, 12:30-1:20pm



Community Room

Jill, a registered dietitian, will be speaking about nutrition and providing information on how diet impacts our overall health and wellness as we age. It will be a great educational event to attend! Remember to register!

## **FOREVERWELL BINGO**

THURSDAY, MAY 26<sup>TH</sup>, 12:30-1:15 PM

Community Room

Join the ForeverWell group and test your luck with bingo for a chance to win gift cards! Please register online or stop by the front desk to get signed up.

## **FOREVERWELL BOOK CLUB**

MAY MEETING

Monday, May 9<sup>th</sup>, 11:30am-12:30pm



Join our ForeverWell Book Club. Please email [nswkura@fergusfallsymca.org](mailto:nskwira@fergusfallsymca.org) if you have any questions.

May Book: Jack & Rochelle

## **LEARNING SUDOKU EVENT**

Tuesday, May 17<sup>th</sup>, Pool Observation Room

Stop by anytime between 9:15-11:15am

Sudoku is a great activity to learn that can improve logical thinking, memory, recall, and concentration!

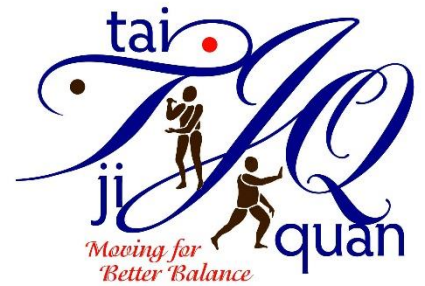


## **Class Spotlight**

### **TAIJI QUAN**

Classes April 5<sup>th</sup> – June 23<sup>rd</sup>

Check back in July for the next class series!



Check out Tai Ji Quan!  
Moving for Better Balance  
Email [stacey@fergusfallsymca.org](mailto:stacey@fergusfallsymca.org)  
if you have questions.



### **Book Club**

YMCA Book Club meets the second 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**

## Self-Compassion

Caring and having compassion for ourselves!

Ideas to increase self-compassion:

- ❖ *How would you treat a friend?* Try showing yourself the same compassion you would show a friend.
- ❖ *How do you critique yourself?* Challenge your critical self-talk and talk to yourself in a friendlier way.
- ❖ *What motivates you?* Encouraging and supportive motivation is more helpful than fear.

*Information from Dr. Kristin Neff*

## MAY RECIPE

### Chicken Lettuce Wraps

#### Ingredients:

1 1/2 lbs. thin cut chicken  
2 cups, shiitake mushrooms  
2 tablespoon oil  
3 cloves garlic, chopped  
4 teaspoon grated ginger \*optional  
1 orange, zested  
½ red bell pepper, diced small  
1 small tin (6-8 oz.) chestnuts, drained and chopped  
3 scallions, chopped  
3 tablespoons hoisin or barbecue sauce  
½ large head of iceberg lettuce  
Salt and pepper, to taste

#### Directions:

Cook small pieces of chicken in a skillet with oil for 2-3 minutes. Add mushrooms (remove tough stems) and cook for an additional 2 minutes. To season add salt, pepper, garlic, and ginger. Next grate zest into pan, add bell pepper pieces, chopped water chestnuts and scallions. Cook for another 1-2 minutes. Add hoisin/barbecue sauce and continue to stir mixture. Remove from heat. To serve, spoonfuls of mixture can be added into lettuce leaves.

### 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!  
nswkira@fergusfallsymca.org

### May dates:

5/8/22:  
Mother's Day

5/30/22:  
Memorial Day

### Did you Know?

May is national bike month!  
A bike ride is a great way to build endurance and strength.



