



FOREVERWELL

March 2022 | Fergus Falls YMCA

March

SAVE THE DATE

March Coffee & Conversations:

Come enjoy breakfast treats & coffee!

March 21, 2022
11:15 – 12:15am

BINGO

March 17th, 2022
12:30-1:15pm

GET ACTIVE & TRY SOMETHING NEW!

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

HAVE QUESTIONS?

Feel free to contact Nicole nskwire@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.

READY FOR SPRING?

March into Spring

Take advantage of the warmer weather to enjoy the outdoors and celebrate more sunshine and the birds and flowers returning. Spring can be a good time to start increasing your body's vitamin D levels by spending some time in the sun/outdoors (*don't forget the sunscreen*). Vitamin D has many benefits including helping to promote strong bones, immune function, and cardiovascular health. For some people vitamin D deficiency may present itself as regular sickness, low mood, hair loss, muscle/bone pain, or fatigue. *Stay healthy and take advantage of the start of Spring weather!*

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:

8:30am: Combined Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic
11:00am: Tai Ji Quan

Tuesday:

8am: Functional Fitness
9:45am: Aqua Energy
11:15am: Silver Sneaker Yoga

Wednesday:

8:30am: Combined Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic
11:00am: Tai Ji Quan

Thursday:

8am: Functional Fitness
9:45am: Aqua Energy
11:15am: Silver Sneaker Yoga

Friday:

8:30am: Combined Water Fitness
9am: Beginner's Pickleball
9:30am: Morning Yoga
10:30pm: SAIL/Silver Sneaker Classic
11:00am: Tai Ji Quan

- SCHEDULE IS SUBJECT TO CHANGE.

Tips for Staying Motivated to Exercise

Find simple ways to make exercise fun and enjoyable

Find ways to fit exercise into your day

Make exercise a social activity

Keep track of you exercise progress

We can help! Reach out if you are interested in joining a class to make exercise more fun and social. We can also help find ways for you to track progress!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW & One-Time Events for February	1 2:30-4:00pm Senior Cards	2	3 2:30-4:00pm Senior Cards	4
7 11:00-12:00pm Tai Ji Quan	8 2:30-4:00pm Senior Cards	9 11:00-12:00pm Tai Ji Quan	10 2:30-4:00pm Senior Cards	11 11:00-12:00pm Tai Ji Quan
14 11:00-12:00pm Tai Ji Quan	15 2:30-4:00pm Senior Cards	16 11:00-12:00pm Tai Ji Quan	17 St. Patrick's Day  St. Patrick's Day BINGO 12:30-1:15	18 11:00-12:00pm Tai Ji Quan
21 ForeverWell Coffee & Conversations 11:15-12:15 11:00-12:00pm Tai Ji Quan	22 2:30-4:00pm Senior Cards	23 11:00-12:00pm Tai Ji Quan	24 2:30-4:00pm Senior Cards	25 11:00-12:00pm Tai Ji Quan
28 11:00-12:00pm Tai Ji Quan	29	30 11:00-12:00pm Tai Ji Quan	31	
Register with Stacey at Stacey@fergusfallsymca.org for the Tai Ji Quan class.				

WHAT'S HAPPENING IN FOREVERWELL

FOREVERWELL COFFEE & CONVERSATIONS

Monday, March 21st, 11:15-12:15am

Pool Observation Room

Join the ForeverWell group and celebrate the start of Spring with some breakfast treats and great company!

Remember to register!



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

FOREVERWELL BINGO

Thursday, March 17th, 12:30-1:15pm

Community Room

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

Class Descriptions & Updates

SAIL/SILVER SNEAKER CLASSIC

Classes March 7th – April 29th

IN PERSON at YMCA:

Monday & Wednesday & Friday 10:30-11:30am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities of daily living. This class can also reduce the risk of falling for participants. Hand-held weights, elastic tubing with handles and balls are offered for resistance and a chair is used for seated and/or standing with support.

TAI JI QUAN

Monday & Wednesday & Friday 11:00-12:00pm

Classes starting March 7th!

Try out this fun new class for better balance!

Remember to register with Stacey at Stacey@fergusfallsymca.org for the Tai Ji Quan class.



BINGO

Register for some fun BINGO and change to WIN!
Thursday, March 17th,
12:15-1:15pm



Check out the schedule and register for Tai Ji Quan!
[Moving for Better Balance](#)

Benefits of Tea

Incorporate some tea into your diet to support your health!

- Dandelion Tea ➡ Can help support kidney function & digestion
- Chamomile Tea ➡ Can help calm nerves & support digestion
- Peppermint Tea ➡ Can help soothe & alleviate digestive discomfort
- Hibiscus Tea ➡ Can help support the cardiovascular system
- Lemon Balm Tea ➡ Can help calm the nervous system
- Licorice Root Tea ➡ Can promote respiratory health
- Echinacea Tea ➡ Can help the immune system
- Nettle Leaf Tea ➡ Can help support joint health
- Red Clover Tea ➡ Can help with skin health

MARCH RECIPE

Ginger Cardamom Tea

Ingredients:

- 2 cups water
- 4 teaspoons honey
- 1 tablespoon minced fresh gingerroot
- ½ teaspoon ground cardamom
- 6 tea bags
- 1-1/2 cups fat-free milk

Directions:

In saucepan, combine water, honey, ginger, and cardamom; bring to boil. Reduce heat; simmer for 10 minutes. Pour over tea bags in at least a 2-cup glass container or measuring cup. Steep 3-5 minutes. Strain tea back into saucepan, discarding ginger and tea bags. Stir in milk; heat through.

PREVENT FALLS

Classes to
build strength,
increase balance
and get on
with your life.

yourjuniper.org



NO FALLS
MINNESOTA

Juniper® offers free
and low-cost classes that
help you feel your best.