



# FOREVERWELL

October 2022 | Fergus Falls YMCA



## SAVE THE DATE

### Holiday Craft

10/4/2022

2:00-3:00pm

Community Room

### Book Club

October 20, 2022

11:30-12:30

### Coffee & Conversations

Come enjoy breakfast  
treats & coffee!

October 6, 2022

Stop by anytime  
between 9:00-10:15

### YMCA Open House Week

10/2/22-10/9/22

### Living Well with Chronic Conditions

Starting 10/6/22

Frequent Y'er

All of October



## 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-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. Specific classes are also available for non-members, if interested in bringing a friend ask us about options!  
**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  
10:15am: 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  
10:15am: 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\***

## Steering into the Skid Event

### Free Community Event

Learn, increase awareness, and receive resources for the early progression of dementia and the effects of memory loss.

Everyone is welcome to attend whether for yourself or for a family member or friend.



**Wednesday, November 9<sup>th</sup>, 2022**

**10:00am-12:00pm**

**In-person or virtual attendance options**

To reserve a spot visit:

<http://CCAW-skid2022.eventbrite.com>  
or call (218) 354-7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>NEW &amp; One-Time Events for October</b>	4 <b>Holiday Craft</b> 2:00-3:00 pm	5	6 <b>Coffee &amp; Conversations</b> 9:00-10:15 am  Living Well with Chronic Conditions	7
10	11	12	13	14
<div style="border: 1px solid black; padding: 5px;"> <p><b>Frequent Y'er</b> Check into the Y at least 12 times in the month and be entered to win!!!</p> </div>		<div style="border: 1px solid black; padding: 5px;"> <p><b>NEW Class</b> Foundational YOGA Thursdays 6:15 PM Classes begin October 6th</p> </div>		
17	18	19	20 <b>BOOK CLUB</b> 11:30-12:30  Living Well with Chronic Conditions	21
24	25	26	27   Living Well with Chronic Conditions	28
31  <b>Happy Halloween</b>			<div style="border: 1px solid black; padding: 10px;"> <p><b>Remember to stop by the first week of October for our open house week!</b></p> </div> 	

# What's Happening in ForeverWell

## HOLIDAY CRAFTS

Join us for this fun holiday activity to decorate your home for Fall!

**Tuesday, October 4<sup>th</sup>, 2:00-3:00PM**

Remember to register!



## COFFEE & CONVERSATIONS

**THURSDAY, OCTOBER 6<sup>TH</sup>, 9:00-10:15AM**

Pool Observation Room

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

Remember to register!



## FOREVERWELL BOOK CLUB

**OCTOBER MEETING**

Thursday, October 20th, 11:30am-12:30pm

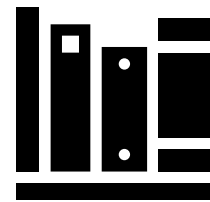
Join our ForeverWell Book Club. Please email

[nskaira@fergusfallsymca.org](mailto:nskaira@fergusfallsymca.org) if you have any questions.

October Book: *The Bluest Eye*



**Coffee & Conversations**  
Event occurs bimonthly!  
Mark your calendars for the next one in December!



## **Book Club**

YMCA Book Club meets the third Thursday each month!

**Pool Observation Room**

**11:30am-12:30pm**



**Open House Week Activity!**  
Find the candy jar in the front lobby and guess how many pumpkins are in the jar!

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## OCTOBER RECIPE

### Apple Cider Chicken

#### Ingredients:

- 4 teaspoons extra-virgin olive oil (divided)
- 1 1/2 pounds boneless skinless chicken thighs (about 8, depending on size)
- 1 teaspoon kosher salt divided
- 1/2 teaspoon freshly ground black pepper divided
- 1/2 cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm sweet apples, cored and cut into 1/2-inch slices
- 2 teaspoons chopped fresh rosemary

#### Directions:

Heat 2 tsp. of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 tsp. kosher salt and 1/4 tsp. pepper. Once the oil is hot, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.

In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 tsp. salt and 1/4 tsp. pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top.

Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

Retrieved from: <https://www.wellplated.com/apple-cider-chicken/>

### 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](mailto:nskwira@fergusfallsymca.org)

### \*\*\*NEW Class\*\*\*

#### Foundational Yoga

Learn more about the practice of yoga or deepen your current yoga practice. Class open to all levels.

Class Beginning:  
**OCTOBER 6TH**  
6:15 PM

Be sure to like our Facebook Page! **Fergus Falls Area Family YMCA**

[www.facebook.com/fergusfallsy](http://www.facebook.com/fergusfallsy)

