



# FOREVERWELL

September 2022 | Fergus Falls YMCA



## SAVE THE DATE

**Frequent Y'er**  
Check into the Y at least 12 times in the month and be entered to win!

### BINGO

September 13  
1:45-3:00

### Living Well with Chronic Conditions

Starting 10/6/2022  
9:00-11:30AM

### Book Club

September 15  
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.

## 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  
9:15am: Aqua Fun & Fit  
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  
9:15am: Aqua Fun & Fit  
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  
9:15am: Aqua Fun & Fit  
9:30am: Morning Yoga  
10:30pm: SAIL/Silver Sneaker Classic

**\*SCHEDULE IS SUBJECT TO CHANGE\***

## Support Options

### Resources

#### Senior LinkAge Line

1-800-333-2433

MinnesotaHelp.info

- Planning for your long-term care needs
- Remaining independent in your community
- Arranging for in-home services
- Getting help from state agencies
- Finding a volunteer opportunity
- Understanding Medicare

<https://mn.gov/senior-linkage-line/>

#### National Suicide & Crisis Lifeline

Call: 988

Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress

<https://988lifeline.org/>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>NEW &amp; One-Time Events for September</b>			1	2	
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Frequent Y'er</b>            Check into the Y at least 12 times in the month and be entered to win!!!         </div>				
	5	6	7	8	9
	12	<b>BINGO</b> 1:45-3:00 pm	14	<b>BOOK CLUB</b> 11:30-12:30	16
	19	20	21	22	23
			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Remember to register for the Living Well with Chronic Conditions Class!</b>            Registration due by 9/23/2022.         </div>		
26	27	28	29	30	
		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Upcoming October Events:</b>            YMCA Open House Week: 10/2-10/9            Holiday Craft Event 10/4/2022            Coffee &amp; Conversations 10/6/2022         </div>			

# What's Happening in ForeverWell

## LIVING WELL WITH CHRONIC CONDITIONS

Register for this October Wellness Class!

**Thursdays October 6<sup>th</sup> – November 10<sup>th</sup>**

9:00-11:30am

Register by 9/23/2022

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues. Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition.

If you have questions please  
email: [nskwira@fergusfallsymca.org](mailto:nskwira@fergusfallsymca.org)  
or visit: [yourjuniper.org/classes/register/3519](http://yourjuniper.org/classes/register/3519)

## FOREVERWELL BINGO

**TUESDAY, SEPTEMBER 13<sup>TH</sup>, 1:45-3:00PM**

Community Room

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

## FOREVERWELL BOOK CLUB

**SEPTEMBER MEETING**

Thursday, September 15th, 11:30am-12:30pm

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

September Book: *Everything Here is Beautiful*



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



## **Book Club**

YMCA Book Club meets the third Thursday each month!  
**Pool Observation Room**  
**11:30am-12:30pm**



Interested in starting a Card or Cribbage group?  
Let Nicole know!  
[nskwira@fergusfallsymca.org](mailto:nskwira@fergusfallsymca.org)

**FOR YOUTH DEVELOPMENT<sup>®</sup>**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## JOURNALING?

There is no right or wrong way to journal  
Here are some ideas to get you started:

- ❖ Start a gratitude journal and write down things you are thankful for
- ❖ Write down goals and dreams
- ❖ Write down challenges and worries
- ❖ Write about your day, thoughts, or emotions
- ❖ Be creative- write a poem or sketch
- ❖ Utilize journaling prompts

Need help getting started? I would love to schedule a time in September to help! You can email me at [nskwira@fergusfallsymca.org](mailto:nskwira@fergusfallsymca.org) to set up a 10-15 minute meeting.

## SEPTEMBER RECIPE

### Caramel Apple Scones

#### Ingredients:

½ Cup Whole Wheat Flour	¼ Cup + 2 Tbsp. Half-and-Half Cream
½ Cup All-Purpose Flour	1 Large Egg Yolk, Room Temp.
2 Tbsp. Brown Sugar	1-1/2 Tsp. Vanilla Extract
1-1/2 Tsp. Baking Powder	2/3 Cup Shredded Peeled Apple
¼ Tsp. Salt	1 Tbsp. Caramel Topping
3 Tbsp. Cold Butter	

#### Directions:

In a small bowl, combine the flours, brown sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. In a small bowl, whisk the cream, egg yolk and vanilla; add to dry ingredients just until moistened. Stir in apple. Turn onto a floured surface; knead 10 times.

Pat into a 5-in. circle. Cut into 4 wedges. Separate wedges and place on an ungreased baking sheet. Bake at 400° for 15-20 minutes or until golden brown. Cool for 10 minutes. Drizzle with caramel topping.

<https://www.tasteofhome.com/recipes/caramel-apple-scones/>

### 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)

### September dates:

9/5/22 Labor Day

9/11/22  
Grandparents Day

Check back for new fitness classes coming soon!

Be sure to like our \*New\* Facebook Page!  
**Fergus Falls Area Family YMCA**  
[www.facebook.com/fergusfallsymca.org](https://www.facebook.com/fergusfallsymca.org)

