



FOREVERWELL

AUGUST 2025 | HASTINGS YMCA

SAVE THE DATE

FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings and classes, how to sign up for activities, and receive a YMCA tour. Register to attend at the Welcome Desk.

MACHINE ORIENTATION

Would you like to learn how to use the machines in the fitness center? **Tuesday, August 19, 1:00pm-2:00pm** is the next machine orientation with DeAnn Nicklay, Personal Trainer. Stop by our Welcome Desk to get registered.



I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your **Foreverwell Coordinator: Tracy.Spinks@ymcamn.org** or call directly **651-319-8009**.

ACTIVE ADVENTURES

This August we are inviting you to continue having active adventures in and around the Hastings YMCA! Included in our activities will be Nordic Walking Group, Line Dancing, Arts & Crafts, Summer Potluck Lunch, ForeverWell Balance Class. Have you ever tried a Group Exercise Class? How about trying a new class or activity that you have never experienced before? Continue staying active as we head into August!

ICE CREAM SOCIAL

WEDNESDAY, AUGUST 6

10:15AM-11:15AM

INSIDE STUDIO C

Join us for an ice cream treat and a cup of coffee! Limited treats & coffee; first come first served! Look for us outside in the grassy area by the pool window. Chairs in the shade provided. We would love to see you! **FREE!**



ARTS & CRAFTS GROUP

THURSDAY, AUGUST 14

10:30AM-11:30AM

STUDIO C

Join us for a cup of coffee and a fun project- Color By Number Design. No experience needed! You can use colored pencils, markers or crayons. A Color Key is included at the top of each page or create it as you wish! Bring your cheaters (reading glasses) if you have them. There are **15 spots** available.

Sign up on ForeverWell Bulletin Board by Wednesday, August 13. **FREE!**



HASTINGS AREA YMCA

85 PLEASANT DRIVE
HASTINGS, MN 55033
PH: 651-480-8887

BRANCH HOURS

Monday-Friday: 5:00am-9:00pm
Saturday: 7:00am-5:00pm
Sundays: 7:00am-5:00pm

LOOKING AHEAD:

Labor Day, September 1, CLOSED

NORDIC WALKING GROUP

THURSDAYS

9:15-10:00AM

MEET IN LOBBY

MISSISSIPPI RIVER TRAIL



Meet in the YMCA lobby. Our walk begins at 9:15am sharp, we head towards the Lock & Dam and then go back. Wear supportive shoes, sunscreen/hat and bring water. **FREE! No registration needed, just show up and join us.** Nordic Walking Poles are available to use, just ask Tracy!

LUNCH BUNCH

TUESDAY, AUGUST 19

11:00AM-12:30PM

AMERICAN LEGION POST 47



Enjoy eating a fantastic lunch with friends from the YMCA. The American Legion offers casual dining, appetizers, burgers, sandwiches, salads, & Taco Tuesday special. The cost is at your own expense. Address: 50 Sibley Street, Hastings, MN. **Please sign up on the ForeverWell Bulletin Board to attend, Limit 20.**

SUMMER POTLUCK

WEDNESDAY, AUGUST 27

11:00AM-12:00PM

INSIDE STUDIO C



Bring your favorite summer side dish or dessert to share with others. We will supply hot dogs & buns, plates, silverware, napkins. **FREE!** No registration required, just show up and bring a dish/dessert to share.

HEALTHY LIFESTYLE GROUP

4TH TUESDAYS, AUGUST 26

10:00AM-11:00AM

CONFERENCE ROOM



Join us to discuss healthy food choices, meal planning/prepping, moving our bodies and staying active all year long. We will share recipes, enjoy healthy snacks and discuss what drives us to make healthy choices one day at a time. **12 spots available, sign up on the ForeverWell Bulletin Board to attend. FREE!**

NORDIC WALKING BENEFITS:

- Burn 47% more calories
- Improves upper body strength & posture
- Increases core strength & Gentle on joints
- Reduces risk of falls
- Boosts cardiovascular health

WALK WITH A DOC

FRIDAYS, AUGUST 8 & 22

12:00PM-1:00PM

STUDIO A

Join Dr. Luke Krynski, PhD for Walk with a Doc! Each month learn about a different topic or research from healthcare professionals in your area. Attendees will be able to participate in a leisure walk or group exercise. You will meet new friends and have fun! No registration required. **FREE!**

COFFEE & CHAT

MONDAYS & WEDNESDAYS

10:00AM-11:15AM

OUTSIDE BY STUDIO C

Enjoy connecting with friends and planning activities to attend. Exit at the door by Studio C. Chairs and tables provided. **FREE!**

GAMES GROUP

MONDAYS & WEDNESDAYS

10:30AM-11:30AM

CONFERENCE ROOM

Enjoy playing board games or cards with other ForeverWell members or bring a favorite from home. No registration required. **FREE!**

FOREVERWELL GROUP EXERCISE CLASSES

MONDAY:

8:00am – Water Exercise with Tracy, Pool
9:15am – SilverSneakers® Circuit with Tracy, Gymnasium
10:15am – SilverSneakers® Classic with DeAnn, Gymnasium
10:15am – ForeverWell Water X with Tracy, Pool
10:15am – Line dancing with Deena, Studio B
10:30am – Gentle Yoga with Corrie, Studio A
1:00pm – ForeverWell Balance with Tracy, Studio A
5:45pm – Water Exercise, Yvonne, Pool

TUESDAY:

8:00am – Gentle Yoga with Adeline, Studio B
8:00am – Drums Alive® with Tracy, Gymnasium
9:00am – ForeverWell Stretch with Tracy, Studio A
9:30am – SilverSneakers® Yoga with Julie P, Gymnasium
10:30am – Meditation/Breathwork with Julie, Studio C
10:30am – Group Active with Ashley, Studio B

WEDNESDAY:

8:00am – Water Exercise with Tracy, Pool
9:15am – SilverSneakers® Circuit with Tracy, Gymnasium
9:15am – ForeverWell Cardio with Kelly, Studio A
10:15am – SilverSneakers® with Kelly, Gymnasium
10:15am – ForeverWell Water X with Jennifer, Pool
10:15am – Line Dancing with Deena, Studio A
11:15am – Line Dancing Intermediate with Deena, Studio B
1:00pm – ForeverWell Balance with Tracy, Studio A

THURSDAY:

8:00am – Gentle Yoga with Tracy, Studio B
9:15am – Open Walking In Gymnasium
9:15am – Nordic Walking Group, Meet In Lobby
10:15am – SilverSneakers® Yoga with DeAnn, Gymnasium
10:30am – Group Active with Ashley, Studio B
5:45pm – Water Exercise, Yvonne, Pool

FRIDAY:

8:00am – Water Exercise with Tracy, Pool
9:15am – SilverSneakers® Circuit with Tracy, Gymnasium
10:15am – SilverSneakers® Classic with DeAnn, Gymnasium
10:15am – ForeverWell Water X with Tracy, Pool

***Class registration needed for pool exercise classes.**

BALANCE ASSESSMENTS

TUESDAY, AUGUST 26

1:00–2:00PM

STUDIO A

Are you at risk of falling? A 15-minute balance assessment can measure where you are at and what you can work on to improve your balance and walking gait. Wear supportive shoes and bring water. **Register at the Welcome Desk, 8 spots available. FREE!**

FOREVERWELL BALANCE CLASS

MONDAYS & WEDNESDAYS

1:00–1:30PM

STUDIO A

Improve your balance, mobility, and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Conquer your fear of falling, supplement your weekly work outs, and improve your gait.

FREE!

COMMUNITY PRAYER

2ND TUESDAY, AUGUST 12

10:00–11:00AM

CONFERENCE ROOM

How can we pray for you and our community? A Prayer Request box is on the corner of our Welcome Desk. Feel free to drop off a written prayer that is on your heart. All requests remain confidential. Interested in joining us? Contact Tracy Spinks.

AUGUST SAFETY TOPIC

KEEPING OURSELVES SAFE ONLINE

As our YMCA programs expand into the virtual world, we recognize the need to expand our knowledge of how to stay safe online as well. Follow these tips for staying safe while exploring Virtual Y and beyond:



Online Security Tips

Protect yourself when you're online!



Passwords and privacy settings matter
Choose strong passwords and never share them with anyone else. Regularly check your privacy settings, too.

Be careful of what you download.
Some programs and apps carry malware and try to steal your information. Download content from trusted sites only

Shop safely
Shop from secure websites and avoid saving your credit card information. Take time to read reviews and ask questions when shopping online

Think before you post.
Be mindful of every post you create. Do not publish content you wouldn't want family, friends, and potential employers to see.

Be careful with our online social life.
Exercise caution with each online interactions so you can steer clear of scammers and fake users. Do not give personal information or send private photos.



AUGUST AT A GLANCE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Concerts in the Orchard: LeDuc Historic Estate 1629 Vermillion St</p> <p>Sundays: 6:30-8pm FREE! Bring a chair.</p> <p>See Sunday musicians below:</p>					1	2
<p>3</p> <p>The Eclectics 6:30-8pm</p>	<p>4</p> <p>OUTDOOR COFFEE & CHAT 10:00-11:00am</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p>	5	<p>6</p> <p>ICE CREAM SOCIAL 10:15-11:15am Studio C</p> <p>COFFEE & CHAT 10:00-11:15am Studio C</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p>	<p>7</p> <p>NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby</p>	<p>8</p> <p>WALK WITH A DOC! 12:00-1:00pm Studio A</p>	9
<p>10</p> <p>Darlene & the Boys 6:30-8pm</p>	<p>11</p> <p>OUTDOOR COFFEE & CHAT 10:00-11:00am</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p>	12	<p>13</p> <p>COFFEE & CHAT 10:00-11:30am Studio C</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p>	<p>14</p> <p>NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby</p> <p>ARTS & CRAFTS 10:30am-11:30am Studio C <i>Sign-up required</i></p>	<p>15</p> <p>WALK WITH A DOC! 12:00-1:00pm Studio A</p>	16
<p>17</p> <p>Darlene & The Boys 6:30-8pm</p>	<p>18</p> <p>OUTDOOR COFFEE & CHAT 10:00-11:00am</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p>	<p>19</p> <p>LUNCH BUNCH American Legion 11:00am-12:30pm <i>Sign-up required</i></p> <p>Machine Orientation 1:00-2:00pm <i>Registration Required</i></p>	<p>20</p> <p>COFFEE & CHAT 10:00-11:30am Studio C</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p> <p>ForeverWell Orientation 2:00-3:00pm <i>Registration required</i></p>	<p>21</p> <p>NORDIC WALKING GROUP 9:15-10:00am Meet in Lobby</p>	<p>22</p> <p>WALK WITH A DOC! 12:00-1:00pm Studio A</p>	23
<p>24</p> <p>Crimson Roots 6:30-8pm</p>	<p>25</p> <p>OUTDOOR COFFEE & CHAT 10:00-11:00am</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p>	<p>26</p> <p>HEALTHY LIFESTYLE GROUP 10:00-11:00am <i>Sign-up Required</i></p> <p>Balance Assessment 12:30-1:30pm <i>Registration required</i></p>	<p>27</p> <p>POTLUCK PICNIC 11:00am-12:00pm Studio C</p> <p>COFFEE & CHAT 10:00-11:00am</p> <p>GAMES GROUP 10:30-11:30am Conference Room</p>	<p>28</p> <p>NORDIC WALKING GROUP 9:15-10:00AM Meet in Lobby</p>	<p>29</p>	<p>30</p> <p>*Reservations required for Water Exercise classes.</p>
<p>31</p> <p>The Double Down Daredevils 6:30-8pm</p>						