

FOREVERWELL (55+)

SEPTEMBER NEWSLETTER



A Comment from Jacob

Health and Wellness is a broad term used to help represent the dimensions of wellness. Emotional, intellectual, physical, social, environmental, financial and spiritual. Each dimension directly effects the other and its important to upkeep. Offering a wide variety of opportunities in which participants will develop new skills, gather tools and information to help maintain these dimensions. At the end of the day, all of our activities revolve the core values of caring, honesty, respect and responsibility.

We are excited to provide adults the opportunity to care for each dimension during the upcoming months. Join us and check out the programs we will be offering surrounding Forever Well (55+)

South Wood County YMCA

601 West Grand Avenue

Wisconsin Rapids WI 54495

www.swcymca.org

IN THIS ISSUE

**A Comment
from Jacob**

YMCA Programs

What's New?

Save The Dates

Every Monday

11:15–12:15p

(in the Teaching Kitchen)

Forever Coffee & popcorn

If you have any questions
feel free to reach out to me.

Jacob Klatkiewicz Healthy
Living Director

715-818-6015

Klatkiewicz@swcymca.org



What's New at the Y?

Mindful Eating

September 19th Thursday from 5-6:30pm.

in Teaching Kitchen Room

Topic: Blood Sugar Nutrition

Lunch N Learn

September 25th : Wednesday 11:15-12:15pm

in Teaching Kitchen Room

Meal: Oven-Roasted Sweet Potatoes with Crispy Chickpeas
and Yogurt Sauce

Zumba

Wednesday 5-6pm & Saturday 8:30-9:30am

Zumba is a high energy, Latin-inspired dance workout that
combines fitness moves with choreographed dance routines
set to upbeat music

Additional fees apply. \$10 for 7 week session of Zumba.

Smart Start Weight Loss

Smart Start Weight Loss is a 10-week program
involving trainer-led exercise, stretching, behavior
change discussions, nutrition education, group
classes, and community support for a holistic
weight loss approach.

Schedule a Free Consultation by contacting
Klatkiewicz@swcymca.org



GROUP CLASSES

GROUP CLASSES

- ◆ **SILVER SNEAKERS**
M/T/W/TH 10:15-11AM
 - ◆ **CHAIR FLOW**
T/TH 11:15-12PM
 - ◆ **ACTIVE OLDER ADULT**
M/W/F 8:15-9AM
 - ◆ **WATER AEROBICS***
M/W 8-9AM, 10-11AM, 1-2PM,
5:30-6:30PM
T/TH 11-12AM
 - ◆ **WATER AEROBICS***
M/W 8-9AM, 10-11AM, 1-2PM,
5:30-6:30PM
T/TH 11-12AM
F 8-9AM, 10-11AM, 1-2PM
- * PUNCH CARDS NEED TO BE
PURCHASED AT THE FRONT DESK*

Feel free to share this newsletter with anyone who you think may find it useful.

you'd like to volunteer for our ForeverWell group, plan activities, or contribute to this newsletter, please contact

Jacob Klatkiewicz at klatkiewicz@swcymca.org

If

Save the Date:



Closed Labor Day September 1st

GROUP CLASSES

- ◆ **SILVER SNEAKERS**
M/T/W/TH 10:15-11AM
- ◆ **CHAIR FLOW**
T/TH 11:15-12PM
- ◆ **ACTIVE OLDER ADULT**
M/W/F 8:15-9AM
- ◆ **WATER AEROBICS***
M/W 8-9AM, 10-11AM, 1-2PM,
5:30-6:30PM
T/TH 11-12AM
F 8-9AM, 10-11AM, 1-2PM
** PUNCH CARDS NEED TO BE
PURCHASED AT THE FRONT DESK*

Falling Into Recovery: FREE!

September 8th 10-2pm

At Wildwood Station

Look forward to recovery resource tables,
Stone Press Food Trucks, Flash tattoo's and
Bounce house Obstacle Course.

Jacob—Healthy Living Director

September 9th 11:15-12:15

At Teaching Kitchen

We will be talking about common areas in nu-
trition that often come to question. Protein ,
Supplements, calories and other topics.

Bring Questions!!

*For more programs, please
check out the YMCA
website for current events
and schedules.*

www.swcymca.org

DID YOU ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.
If you'd like to volunteer for our ForeverWell group, plan activities, or contribute to this newsletter, please contact
Jacob Klatkiewicz at klatkiewicz@swcymca.org

September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Coffee & Popcorn Silver Sneakers 10:15-11a	3 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	4 Active Older Adult 8:15-9a Silver Sneakers 10:15-11a Zumba 5-6pm	5 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	6 Active Older Adult 8:15-9a	7 Zumba 8:30-9:30a
8 Falling in- to recovery 10-2pm	9 Guest Speaker Jacob-Nutrition Silver Sneakers 10:15-11a	10 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	11 Active Older Adult 8:15-9a Silver Sneakers 10:15-11a Zumba 5-6pm	12 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	13 Active Older Adult 8:15-9a	14 Zumba 8:30-9:30a
15	16 Coffee & Popcorn Silver Sneakers 10:15-11a	17 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	18 Active Older Adult 8:15-9a Silver Sneakers 10:15-11a Zumba 5-6pm	19 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	20 Active Older Adult 8:15-9a	21 Zumba 8:30-9:30a
22	23 Coffee & Popcorn Silver Sneakers 10:15-11a	24 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	25 Active Older Adult 8:15-9a Silver Sneakers 10:15-11a Zumba 5-6pm	26 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	27 Active Older Adult 8:15-9a	28 Zumba 8:30-9:30a
29	30 Potluck *Teaching Kitchen Silver Sneakers 10:15-11a					