

# FOREVERWELL (55+)

## OCTOBER NEWSLETTER



### How to have a healthy Halloween.

FOR THE STAY-AT-HOME CREW

- **No self-service.** Hand out treats to each trick-or-treater – one per child – instead of letting them decide how much to take. If you have more than one item, ask them to choose which they prefer. This can help you get control of your Halloween budget, too!
- **Avoid the whole mess.** Want to avoid candy altogether, not to mention masses of kids at your door? Dress your family up in costumes and go see a movie or deliver healthy Halloween treats to your local police or fire station, nursing home or children's hospital.
- **Be *that* house.** You don't have to pass out candy on Halloween. Start a new tradition and give out healthier treats or non-edible items. Don't worry, we're not talking about toothbrushes! Get creative, and keep it colorful and kid-friendly. Here are some ideas.

#### Healthier Treats:

- Snack-sized packages of pretzels, popcorn, graham crackers, dried fruit or vegetables, trail mix, nuts or pumpkin seeds
- 100% real fruit strips, ropes or leathers
- Sugar-free gum
- Glow sticks or small glow-in-the-dark toys and bouncy balls

*Be careful to avoid giving very small items that could be a choking hazard to little ones.*

### IN THIS ISSUE

How to have a healthy Halloween

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: Heart Health Nutrition**

### **Lunch N Learn**

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

**in Teaching Kitchen Room**

**Meal: Polenta and Meatballs**

### **October Spooky Bingo**

**Complete your bingo card to earn some Halloween treats and enter into a raffle!**

### **One-On-One Stretching Services**

**Work on touch your toes better. Have a personalize stretching routine made and guided for you.**

**Schedule a Free Consultation by contacting [Klatkiewicz@swcymca.org](mailto:Klatkiewicz@swcymca.org)**



### **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  
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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. 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](mailto:klatkiewicz@swcymca.org)

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## Save the Date:

### Corn hole Tournament

Sunday October 13th 12-4pm

Battle out to see who is the best at  
Corn hole!

### Halloween at the Y!

Friday October 25th 5:30-8pm

Family Fun Night

Includes

Kid Friendly Haunted House, Games  
with Prizes, Costume contest, face  
painting and more.

Free with a donation of a non-  
perishable item.

### Community Forever Well Pot Luck.

October 28th 11:15-12:15pm in the  
teaching kitchen room.

### Live Strong Alumni Reunion

Thursday October 17th 12- 3pm at  
Camp Alexander

Food & Guest Speakers



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

### DID YOU ENJOY THIS ISSUE?

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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](mailto:klatkiewicz@swcymca.org)

# October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	2 Active Older Adult 8:15-9a Silver Sneakers 10:15-11a	3 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	4 Active Older Adult 8:15-9a	5
6	7 <b>Coffee &amp; Pop-corn</b> Silver Sneakers 10:15-11a	8 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	9 Active Older Adult 8:15-9a Silver Sneakers 10:15-11a	10 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	11 Active Older Adult 8:15-9a	12
13 <b>Corn Hole Tournament 12-4pm</b>	14 <b>Guest Speaker TBD</b> Silver Sneakers 10:15-11a	15 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	16 Active Older Adult 8:15-9a Silver Sneakers 10:15-11am	17 <b>Live Strong Alumni Reunion 12-3pm Mindful Eating: Heart</b>	18 Active Older Adult 8:15-9a	19
20	21 <b>Coffee &amp; Pop-corn</b> Silver Sneakers 10:15-11a	22 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	23 Active Older Adult 8:15-9a Silver Sneakers 10:15-11a	24 Silver Sneakers 10:15-11a Chair Flow 11:15-12p	25 <b>Halloween at the Y 5:30-7:30pm</b>	26
27	28 <b>Potluck</b> Silver Sneakers 10:15-11a	29	30 <b>Tianna's Lunch N Learn 11:15-12:15pm</b>	31 <b>Stepping ON: Falls prevention Program starts this Friday.</b>		