

FOREVERWELL (55)+ APRIL NEWSLETTER

Aging in April



Some tips on aging gracefully this spring

Refresh Your Routine!

☀️ Stay Active

🥗 Nourish Yourself

😊 Embrace Change

🧘♀️ Prioritize Wellness

🌿 Stay Social

No race to chase, no need to hide,
With April's grace, we walk with pride.

For aging's not a thing to fear,
It's just more memories to hold so dear.



IN THIS ISSUE

Save the dates!

Every Monday

11:15-12:15PM

Forever well coffee
and popcorn

Located In the
teaching kitchen!

**We look forward
to seeing you!**

If you have any questions please
feel free to reach out to us

715-818-6015

Stay up to date!

Mindful Eating April 10th

5:00-6:30 PM

Ground Turkey Taco Bowls with
Avocado Lime Dressing and Spicy Pepitas

Forever well River walk!

Monday April 14th

Meet in Teaching Kitchen 11:15-12:15pm

Lunch and learn April 30th

11:15-12:15pm

Egg roll in a bowl with orange
Tahini sauce

Guest Speaker Markis Losey April 28th

11:15-12:15pm

Speaking on technology usage and how
to avoid scams

**Don't forget to ask the front Desk
about our 24 hour access!**

Did you enjoy this issue?

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**Group classes
to look out for!**

**Yoga flow with
coach Amy
4:30-5:15**

**Tai Chi with Markis Losey
Tuesdays 8:15-9**

**Forever Active
M/T/W/TH
10:15am-11:00am**

**Chair flow T/TH
11:15am-12:00pm**

**Active older adult
M/W/F 8:15-9:00**

**For more info please
check out the YMCA
website**