



FOREVERWELL

Active Older Adult Newsletter • January 2024

Welcome to 2024 at the Y!

Happy New Year! Your quarterly emailed newsletter has a new look and a new name. ForeverWell.

ForeverWell is an ever-expanding set of Y programs and activities designed for active adults and seniors, provided by a dedicated and trained ForeverWell team.

As a leading voice on improving overall health, the Y accepts the responsibility to find ways to serve our aging population, not only for individual health and well-being, but for overall community health. The YMCA at Pabst Farms encourages all adults to develop behavior that is crucial to healthy aging, including healthy eating, physical activity and social interaction.

Your newsletters, the Y's website, the locker room hallway bulletin board, and the pool atrium wall are your best locations to keep up with the opportunities offered to our 50+ population. Let us know how we can help you achieve your 2024 goals!

Cathi Dorn | Senior Adult Program Director

Supporting Heart Wellness Together

Mended Hearts

Join us for a peer support group for heart patients, their families and caregivers.

**Last Wednesday of the month
6:30-8:00pm at YMCA at Pabst Farms**

FREE TO Y MEMBERS AND THE COMMUNITY!
Non-Members please stop by Member Services to register and obtain building access pass prior to first meeting.

Click [here](#) for more details and dates!



The Mended Hearts, Inc.



Classes and Clinics



Stay Active this Winter

Beat the winter blues with our AOA Group Fitness Classes both on land and in the pool.

Check out our [schedule online](#) or grab one at Member Services to keep up to date with all of our offerings.



ART MADE FROM THE HEART

Valentine's Paper Crafting Class

Do you enjoy handmade paper crafts? Come join us for a one day crafting class & make three beautiful 3D projects just in time for Valentine's Day.

**Wednesday, January 31st
1:00-2:00pm**

Fee: \$6.00

Register [here](#) or at Member Services

For more details, click [here](#).



SADDLE UP Line Dancing Clinic

Boot Scootin' Boogie

Join us for a Line Dancing Clinic with instructor Dianne Thayer for an afternoon full of whirls and twirls. Everyone is welcome including beginners!

**Sunday, February 18th
1:00-3:00pm**

FREE to everyone!

Register [here](#) or at Member Services

For more details, click [here](#).

Trips and Events

ADULT TRIPS



BLOOD DRIVES



Community Events and Resources

Crites Field Flannel Fly-In: Waukesha County Airport

Saturday, January 27th
10:00am - 2:00pm, 6:00pm movie
2525 Aviation Drive, Waukesha, WI 53188

FREE to the community!

As part of the Waukesha JanBoree, wear your favorite flannel and come out to Waukesha County Airport to learn about flying and the airfield, see planes, and have fun with our fix n' fly passport. Multiple aeronautical organizations will be participating. Enjoy snacks, food and more! Then join us at 6:00pm that evening for a showing of Devotion held in the Atlantic Aviation hangar. Please bring your own chairs and blankets.

Senior Dining Center: Oconomowoc Community Center

The Senior Dining Center at the Oconomowoc Community Center is open to ANYONE age 60 or older (and their spouse) with NO INCOME REQUIREMENT.

Reservations are required at least 24 hours in advance. Call the dining center at 262-567-5177 between 9:30am-1:30pm. If the center is closed, call the Aging and Disability Resource Center of Waukesha County at 262-548-7826.

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and Rideline programs for \$1.00 each way. This fare subsidy must be authorized in advance by calling the ADRC.

Healthy Reminders

According to the Journal of the American Geriatrics Society, injuries from falls are one of the top causes of death among people aged 65 and older, and research shows that even mild hearing loss more than doubles the risk of falls.

Make sure to get your hearing checked in 2024!

Holiday Celebration

The YMCA at Pabst Farms was thrilled to celebrate the holiday season with our Senior Christmas Party. Our Y Staff served up a delicious lunch and our guests danced and sang with our entertainer Eric Diamond Productions. We were overwhelmed by all the beautiful desserts that were brought to share!

Thank you to those that joined us, to Eric Diamond for filling the air with music and to our staff for helping to make this holiday celebration a success!





YMCA AT PABST FARMS | GLCYMCA.ORG



Glacial Community YMCA | 1750 E. Valley Road, Oconomowoc, WI 53066

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