



FOREVERWELL

OCTOBER 2024 | SHOREVIEW

FOREVERWELL CLASSES AND PROGRAMS FOR Y MEMBERS AGES 55 +



LET'S CONNECT

These ForeverWell Orientations are for new or returning members, those considering membership and interested friends and family.

**TUESDAYS & THURSDAYS
10:30 - 11:15am**

Drop in. No registration required.

Get help in creating a Y routine to help you stay active and feel your best.

Newcomers, we'll give you a tour of the facility and introduce you to Y classes and programs.

FOREVERWELL CO-COORDINATORS

Elen Bahr
elen.bahr@ymcamn.org
651-490-4891

Heather DeFrance
heather.defrance@ymcamn.org
612-230-3470



ONWARD INTO OCTOBER

ForeverWell Community,

Thank you for the many well wishes I received from you during my medical leave. I'm so happy to be transitioning back into the office a bit at a time. I'm mostly working remotely, and am available to you via phone and email.

There were big changes while I was away. From front desk check-in processes to the absence of beloved staff, this is an adjustment for all of us. These changes are difficult for some of you. I understand. I really do. Please use this as an opportunity to **practice kindness and grace to all of our staff** – especially those at the front desk. Our team, like you, is adjusting to new things and are sad to say goodbye to our colleague friends.

Should you have a concern about something related to the recent shifts, contact me directly so that we can have a conversation. I will listen to you and address your concerns as best I can. That doesn't mean we will be able to bring things back to the way they were. But it will help us all be in this together, as a community.

Please be kind. Please be patient. Please be compassionate.

We appreciate each and every one of you and, I assure you, our Y staff is doing what we can to navigate change with grace and determination. We are committed to living as a YMCA where all of us can thrive.

Blessings,

Elen

OCTOBER SPECIAL EVENTS

STEWARDS OF THE NORTH CAMPAIGN

SEPTEMBER 30 – OCTOBER 4



Will you join us in building growth to impact our Y community NOW and into the FUTURE?

For many years, donors who give on a recurring basis have helped fund key initiatives across the YMCA of the North, such as:

- Financial aid opportunities to keep our branch, camp, and youth development programs accessible to all
- Support for refugees and other newcomers navigating life in a new place
- Resources for families facing homelessness to assist them in securing basic needs, housing, and employment
- Tools to equip young people with the skills they need to become future leaders and changemakers

When you become a Steward of the North donor, you are joining a community of dedicated advocates who are advancing the Y's mission in significant ways through your ongoing support.

For more information, scan this code or visit ymcamn.org/stewards



DON'T MISS OUT ON THE OPPORTUNITY TO DOUBLE YOUR IMPACT: When you sign up during the campaign, each recurring gift will be matched dollar for dollar for a full calendar year!

OCTOBER SPECIAL EVENTS



ONSITE VACCINATION CLINICS

Saturday, October 5 | 10:30am - 12:30pm

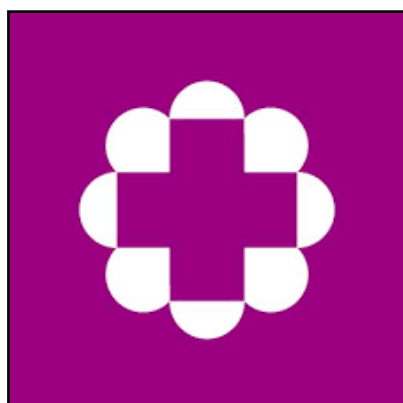
Wednesday, October 30 | 10:30am - 12:30pm

Seasonal Flu Vaccine (ages 3+)

COVID-19 Vaccine (ages 12+)

PRE-REGISTRATION IS REQUIRED

Scan the code or register at thriftywhite.com



HERSELF HEALTH INFO TABLE

Wednesday, October 16 | 10:30am - 12pm | Main Lobby

Herself Health is a primary medical clinic specifically designed for **women 65 and up**. The organization currently has five clinic locations throughout the metro area. Stop by to learn more from a Herself Health representative.



JOINT HEALTH SERIES: HIPS

Tuesday, October 22

1:45 - 2:45pm | Meeting Room

FOR THOSE LIVING WITH HIP PAIN OR PREPARING FOR SURGERY

All of the workshops in this series will cover:

- Anatomy of the focus joint
- The benefits of strengthening, flexibility and balance exercises
- Simple exercises that will help you strengthen your hips or prepare for upcoming surgery

Sign up in the ForeverWell binder

OCTOBER SPECIAL EVENTS



HAPPY 53rd BIRTHDAY, SHOREVIEW YMCA

Wednesday, October 23

9:00am – 1pm | Main Lobby

We are 53 years **STRONG** because of members like **YOU**.

Stop by for coffee and muffins and please sign our **GIANT** birthday card!

SERVICE OPPORTUNITIES

Community Service is an integral part of our work. In 2022, the YMCA recorded:

- 4,300 volunteers
- 15,814 volunteer hours in social responsibility programs
- 73,011 volunteer hours in youth development programs such as sports, mentorship and camps

We'd love your support as we continue to grow our ability to reach the communities that surround the YMCA in Shoreview.



THRIVENT CLIENTS: YOU ARE ELIGIBLE FOR FUNDING FOR SPECIAL EVENTS & SERVICE PROJECTS.

As a Thrivent client, you probably qualify for a \$250 stipend toward a service project of your choosing. We'd love to talk with you about sharing that project at the YMCA in Shoreview. Let's work together to create a fundraiser, educational program, or service activity to strengthen how we bring the Y's mission to life.

Thrivent will provide the resources you need to get started – including up to \$250 in seed money. You can find more details on the Action Teams area of the Thrivent website. Email elen.bahr@ymcamn.org for more information on how to get your project started at the Y.

SERVICE OPPORTUNITIES



WRITE CARDS OF FRIENDSHIP FOR JOHANNA SHORES

Wednesday, October 9 | 1:30 - 2:30pm | Meeting Room
Drop in - no sign-up needed.

October cards of friendship and care will go to Johanna Shores Senior Living. Cards and pens are provided - all you need to bring is you! We'd like to write between 68 - 128 cards, depending on the number of writers.



ORGANIZE SCHOOL SUPPLIES

Tuesday, October 15 | 2:00 - 4:00pm
2719 Patton Road, Roseville
Sign up in the ForeverWell binder.

Kids in Need Foundation provides teachers and students with the supplies they so desperately need. YMCA volunteers are much appreciated to help the organization in several ways, which varies month-to-month.



DISTRIBUTE GROCERIES

Tuesday, October 15 | 2:30 - 5:00pm
Real Life Church
2353 North Chatsworth Street, Roseville
Sign up in the ForeverWell binder.

Fare for All purchases food in large quantities, repackages it and sells it at discounted prices. Your help is needed to walk with customers out to their cars and unload their groceries.

ONGOING ACTIVITIES

<p>BIBLE STUDY – MEN’S Thursdays 9:00 – 10:00am Meeting Room</p> <p>More info: David Sorley drdsorley@gmail.com</p>	<p>BINGO Fridays 1:00 – 2:00pm Meeting Room</p> <p>Drop-in</p> <p>Donations of snacks and prizes are always welcome.</p>	<p>BOOK DISCUSSION GROUP Wednesday, 10/16 2:00 – 3:00pm Meeting Room</p> <p>From Somalia to Snow by Hudda Ibrahim</p> <p>More info: Susan Taylor sytaylor62@comcast.net</p>	<p>CARD WRITING FOR JOHANNA SHORES Wednesday, 10/9 1:30 – 2:30pm Meeting Room</p> <p>Drop-in</p>
<p>CRIBBAGE Tuesdays & Thursdays 11:00am – 1:00pm Meeting Room</p> <p>Drop-in</p> <p>Feel free to bring a board and snacks to share.</p>	<p>FARE FOR ALL Tuesday, 10/15 2:30 – 5:00pm Real Life Church, Roseville 2353 N. Chatsworth Street</p> <p>Please arrive by 2:30pm</p> <p>Sign up in ForeverWell binder.</p>	<p>FOREVERWELL ORIENTATIONS Tuesdays & Thursdays 10:30 – 11:15am</p> <p>More info: Heather DeFrance heather.defrance@ymcamn.org 612-230-3470</p>	<p>HAPPY HOUR Wednesday, 10/23 3:00pm</p> <p>Lucky's 13 Pub 2480 Fairview Avenue North Roseville</p> <p>RSVP to Barb Billings by noon 10/22 barb.billings@gmail.com</p>
<p>KIDS IN NEED FOUNDATION Tuesday, 10/15 2:00 – 4:00pm 2719 Patton Road, Roseville</p> <p>Sign up in ForeverWell binder.</p>	<p>LUNCH BUNCH Wednesday, 10/9 11:30am</p> <p>Original Pancake House 1661 W. County Road B2 Roseville</p> <p>RSVP to Barb Billings by noon 10/8 barb.billings@gmail.com</p>	<p>MAH JONGG Tuesdays (beginners) Thursdays (experienced) 1:00 – 3:00pm</p> <p>Upstairs Lobby</p> <p>Drop-in</p> <p>More info: Reggie McCarthy mccar072@yahoo.com</p>	<p>WEEKLY PICNIC Tuesdays (weather permitting) 11:30am – 12:30/1pm Tony Schmidt Park (on the shores of Lake Johanna, lake side/boat launch)</p> <p>Drop-in</p> <p>Bring a chair and, if you'd like a lunch and/or beverage.</p>

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***
INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

MONDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	9:05 - 9:50am	Water Exercise	Indoor Pool - Abby B.
Weekly	10:00 - 10:45am	Water in Motion	Indoor Pool - Lacy L.
Weekly	11:25am - 12:25pm	Parkinson's Cycle	Fusion Studio - Susan T.
Weekly	11:35am - 12:20pm	SilverSneakers® Circuit	Studio - Mary T.
Weekly	12:35 - 1:20pm	SilverSneakers® Yoga	Studio - Susan T.

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Heather D.
Weekly	9:00 - 11:30am	Coffee	Lobby
Weekly	9:05 - 9:50am	Water Exercise Power	Indoor Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Tabata	Indoor Pool - Kathy S.
Weekly	10:55 - 11:40am	Aqua Yoga	Indoor Pool - Elizabeth P.
Weekly	11:00am - 1:30pm	Cribbage	Meeting Room
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	11:30am - 1:00pm	Weekly Picnic	Tony Schmidt Park
Weekly	12:45 - 1:30pm	SilverSneakers® Circuit	Studio - Jennifer P.
*** 10/22	1:45 - 2:45pm	Joint Series Workshop - Hips	Meeting Room
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)
*** 10/15	2:00 - 4:00pm	Volunteering	Kids in Need Foundation
*** 10/15	2:30 - 5:00pm	Volunteering	Fare for All

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***

INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:05 - 9:50am	Water in Motion	Indoor Pool – Lacy L.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
10/23	9am - 1pm	Happy Birthday, Shoreview Y	Lobby
Weekly	10:00 - 10:45am	Water Exercise Power	Indoor Pool - Pat C.
10/16	10:30am - 12pm	Herself Health Info Table	Lobby
Weekly	11:25am – 12:25pm	Parkinson's Cycle	Fusion Studio – Angie D.
10/9	11:30am	Lunch Bunch	Original Pancake House
Weekly	11:35am - 12:20pm	SilverSneakers® Classic	Studio – Susan T.
Weekly	12:35 - 1:20pm	Chair Yoga	Studio - Angie D.
10/9	1:30 - 2:30pm	Card Writing	Meeting Room
10/16	2:00 – 3:00pm	Book Discussion Group	Meeting Room
10/23	3:00pm	Happy Hour	Lucky's 13 Pub

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***
INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Jennifer P.
Weekly	9:00 - 11:30am	Coffee	Lobby
Weekly	9:00 - 10:00am	Men's Bible Study	Meeting Room
Weekly	9:05 - 9:50am	Aqua Zumba	Indoor Pool - Darcy F.
Weekly	10:00 - 10:45am	Deep Water Power	Diving Well - Pat C.
Weekly	11:00am - 1:30pm	Cribbage	Meeting Room
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	12:35 - 1:20pm	ForeverWell Balance	Studio - Heather D.
Weekly	1:00 - 3:00pm	Mahjong	Upstairs Lobby
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)

FRIDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	8:00 - 8:45am	ForeverWell Cardio	Studio - Julie G.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	9:05 - 9:50am	Water Exercise Power	Indoor Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Exercise Power	indoor Pool - Abby B.
Weekly	12:35 - 1:20pm	SilverSneakers® Circuit	Studio - Jessie W.
Weekly	1:00 - 2:00pm	Bingo	Meeting Room
Weekly	1:30 - 2:15pm	SilverSneakers® Yoga	Studio - Jessie W.