YMCA IN SHOREVIEW

NOVEMBER NEWS & EVENTS for members of all ages

FROM OUR COMMUNITY LEADER

JEN TRUMAN

The longest-running Harvard Study of Adult Development has followed people for more than 80 years, and its message is remarkably simple: the quality of our relationships is one of the strongest predictors of a happy, healthy life.

At the Y in Shoreview, we have the opportunity to build those meaningful connections every day. Whether we're greeting members at the front desk, encouraging one another in a fitness class, or sharing a conversation on the fitness floor, these everyday interactions create relationships that matter. They foster a sense of belonging, strengthen our community, and remind us that we are all connected.

Those ties are what make the Y more than just a building. It's an important place where people come together, support one another, and thrive.

With gratitude,



We asked you to Fall into Fall at the Y and you stepped up! **Thank you to our Giving Week donors who gave nearly $2,000 toward our swim lesson scholarship fund.**

With your support, dozens of kids will experience the benefits of learning to become confident, safe, and comfortable in the water.

We'd love your continued support of this important work.

For more info about swim lessons, contact Aquatics Director Lindsay Mikkelson. lindsay.mikkelson@ymcamn.org

BRANCH HOURS

Weekdays 5:00am - 9:00pm

Weekends 7:00am - 5:00

HOLIDAY HOURS

11/26 Thanksgiving - Closed

12/24 Christmas Eve 7:00am - noon

12/25 Christmas Day - Closed

12/31 New Year's Eve 7:00am - noon

This Month's Community Spotlights in Shoreview

SAM SINTLER, KID STUFF STAFF



Birthplace: Minneapolis

First job: Server at Giuseppe's Italian Restaurant in New Brighton

Favorite thing about the Y in Shoreview: I love the feeling of a small community here! It's been so fun watching kiddos grow in Kid Stuff and building relationships with parents.

Small joy: COFFEE. Running an errand or coming to work with an iced coffee in hand brings me joy!

Fun fact: I love the Minnesota Vikings! In 2016 I named my cat "Bradford" after that year's quarterback. In 2023, I named my daughter after Jordan Addison. He had a great game the day before I went into labor. SKOL!

ASHLEY READ (& FAMILY!), Y IN SHOREVIEW MEMBERS



Birthplace: Minneapolis

First job: Perkins hostess

Favorite YMCA activity: The healthy community. Also the Kids Stuff staff has become more like family and a second home for my kids.

Small joy: Nature walks and a good cup of (hot) coffee

Fun fact: I owned a small hair salon for about seven years and still do wedding hair

JAMES FLINSCH, Y IN SHOREVIEW MEMBER AND VOLUNTEER



Birthplace: Saint Paul

First job: Underwater ceramics technician (dishwasher) at the Bungalow Inn

Favorite thing about the Y in Shoreview: Connecting with people, growing stronger, more balanced and flexible, and giving back through volunteering

Small joy: Sharing laughter and everyday moments with my twin teenagers

Fun fact: I began playing piano at age three and became a performing jazz pianist.



ABOUT SPIRIT WEEK
(Hint: It's not a designated time to wear your pajamas, favorite team's jersey, or a crazy hairdo. Although, by all means, do those things if they bring you joy.)

The YMCA's core values of caring, equity, honesty, respect, and responsibility are integral to how we live our Y culture. During Spirit Week, we encourage you to explore your own spirituality and consider how the Y values can help all of us interact more fully with each other.

SPIRITUAL VITAMINS
One way we can explore our spirituality is through contemplation and reflection. We'll have Spiritual Vitamin questions available in the downstairs and upstairs lobbies as food for thought in getting to know yourself a little bit better. Use the questions for curiousity, journaling, prayer, meditation, or another type of reflection.

Scan here to learn more about Spirit Week and to sign up for daily theme emails.

Together in Wellness
A YMCA Gathering for Seniors

Spirit Week is a great time for us to take a breath from the business of life and come together in community. Stop by the Meeting Room and Upstairs Lobby for food, activities and conversation.

This special event is hosted by the YMCA in Shoreview, Northeast Youth and Family Services and YMCA Director of Mission, Noah Gulley.

Wednesday, November 11 | 10:30am – 2:30pm | Meeting Room & Upstairs Lobby

FREE & OPEN TO THE PUBLIC. INVITE FRIENDS AND FAMILY.

FOOD WE'LL PROVIDE
Veggie & Fruit Trays
Cheese & Crackers
Apple Cider
Popcorn
Cookies
(Please feel free but not obligated to bring a snack to share.)

ACTIVITIES
Famous Person Trivia
Friendship card writing for Johanna Shores senior living
Story Wheel
100 piece jigsaw puzzle
"Guess how many" game
Roses & Thorns
...and more!



EVENTS ARE OPEN TO YMCA MEMBERS & GUESTS.
(Guests are welcome with a valid ID for front desk check-in.)

BALANCE ASSESSMENTS
Fridays, 11/6 & 11/20 | 12:00 - 12:30pm
Fusion Studio
Robert Marson, Personal Trainer

In this 10-minute assessment, you'll go through a short series of balance tests and receive suggestions for exercises specific to your needs. Three appointments are available on each date.

Sign up in the binder at the Membership Desk.

BOOK GROUP
Wednesday, 11/18 | 2:30 - 3:30pm
Meeting Room

The Turn of the Key
by Ruth Ware

More info: Susan Taylor sjtaylor62@comcast.net

MEN'S BIBLE STUDY
Thursdays | 9:00 - 10:00am
Meeting Room
More info: Tim Larson
timothylarson1234@gmail.com

The group is studying the book of Job with focus on two questions: 1) The universal human (Job) question: Why do the righteous suffer? 2) And the deeper question posed by God: Why are the righteous pious? All are welcome to join the discussion.

FOOT CARE NURSE
Thursday, 11/5 | 12:00 - 4:00pm
Fusion Studio
Karin Hamerston RN, BSN, CFCN

Your appointment includes a brief medical history and discussion of your foot care concerns, followed by cutting, filing, and thinning of the toenails and reducing corns and callouses.

By appointment only. Call or text Karin:
651-484-4615

BONE HEALTH WORKSHOP
Wednesday, 11/18 | 1:30 - 2:15pm |
Meeting Room
Heather DeFrance, Personal Trainer

Join Heather to learn about weight-bearing, resistance and balance training exercises that will help keep your bones healthy.

Drop in. No sign-up necessary.

FOREVERWELL HAPPY HOUR
Wednesday, 11/25 | 3:00pm

Twin Cities 400 Tavern
1330 Industrial Blvd., Minneapolis

Please respond to barb.billings@gmail.com by noon, Nov. 24th, if you can come.



EVENTS ARE OPEN TO YMCA MEMBERS & GUESTS.
(Guests are welcome with a valid ID for front desk check-in.)

FOREVERWELL LUNCH BUNCH
Wednesday, 11/11
11:30am

Pizza Luce
2851 Snelling Ave., Roseville

Please respond to barb.billings@gmail.com by noon, Nov. 10th, if you can come.

FOREVERWELL ORIENTATIONS
Tuesdays
10:30 - 11:00am
Lobby

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

MAH JONGG
Tuesdays (beginner)
Thursdays (experienced)
1:00 - 3:00pm
Upstairs Lobby
Drop-in

More info: Reggie McCarthy
mccar072@yahoo.com

KINDNESS & INNOVATION LAB
Saturdays, 10:00 - 11:30am | Kids Stuff

This program is FREE for YMCA members and focuses on guiding children, ages 7 to 12, on how to build a better community.

Each week's Lab will begin with activities centered around kindness, empathy, and community connection and end with large motor movement activities in the gym.

OFFSITE VOLUNTEERING
Kids in Need Foundation
Tuesday, 11/17 | 2:00 - 4:00pm
200 S Owasso Boulevard E, Little Canada

Help organize and prepare classroom supplies for distribution to teachers in need.

Drop in. No sign-up necessary.

TOGETHER IN WELLNESS
GATHERING FOR SENIORS
Wednesday, 11/11 | 10:30am - 2:30pm |
Meeting Room & Upstairs Lobby

Join us for food, conversation and activities as we come together for a few hours of fun and community. We are pleased to offer this event in conjunction with YMCA Director of Mission, Noah Gulley, and our community partner, Northeast Youth and Family Services.



BRANCH ACTIVITIES AT A GLANCE

11/3	Tuesday	10:30 - 11:00am	ForeverWell Orientation	Lobby
11/3	Tuesday	1:00 - 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
11/5	Thursday	9:00 - 10:00am	Men's Bible Study	Meeting Room
11/5	Thursday	12:00 - 4:00pm	Foot Care Nurse	Fusion Studio
11/5	Thursday	1:00 - 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
11/6	Friday	12:00 - 12:30pm	Balance Assessments	Fusion
11/7	Saturday	10:00 - 11:30am	Kindness Innovation Lab	Kids Stuff
11/10	Tuesday	10:30 - 11:00am	ForeverWell Orientation	Lobby
11/10	Tuesday	1:00 - 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
11/11	Wednesday	10:30am - 2:30pm	Seniors Gathering	Upstairs
11/11	Wednesday	10:30am - 2:30pm	Card Writing	Meeting Room
11/11	Wednesday	11:30am	ForeverWell Lunch Bunch	Pizza Luce
11/12	Thursday	9:00 - 10:00am	Men's Bible Study	Meeting Room
11/12	Thursday	1:00 - 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
11/14	Saturday	10:00 - 11:30am	Kindness Innovation Lab	Kids Stuff
11/17	Tuesday	10:30 - 11:00am	ForeverWell Orientation	Lobby
11/17	Tuesday	1:00 - 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
11/17	Tuesday	2:00 - 4:00pm	Offsite Volunteering	Kids in Need
11/18	Wednesday	1:30 - 2:15pm	Bone Health Workshop	Meeting Room
11/18	Wednesday	2:30 - 3:30pm	Book Group	Meeting Room
11/19	Thursday	9:00 - 10:00am	Men's Bible Study	Meeting Room
11/19	Thursday	1:00 - 3:00pm	Mah Jongg (experienced)	Upstairs Lobby



BRANCH ACTIVITIES AT A GLANCE

11/20	Friday	12:00 – 12:30pm	Balance Assessments	Fusion Studio
11/21	Saturday	10:00 – 11:30am	Kindness Innovation Lab	Kids Stuff
11/24	Tuesday	10:30 – 11:00am	ForeverWell Orientation	Lobby
11/24	Tuesday	1:00 – 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
11/25	Wednesday	3:00pm	ForeverWell Happy Hour	400 Tavern
11/26	Thursday	YMCA CLOSED	Thanksgiving	
11/28	Saturday	10:00 – 11:30am	Kindness Innovation Lab	Kids Stuff

HOLIDAY HOURS

11/26 Thanksgiving – Closed
12/24 Christmas Eve 7:00am – noon
12/25 Christmas Day – Closed
12/31 New Year's Eve 7:00am – noon

ForeverWell Exercise Class Schedule

Water Exercise classes require pre-registration, which is available 97 hours prior to the start of class.

MONDAYS	TIME	DESCRIPTION	LOCATION
Weekly	9:05 - 9:50am	Water in Motion	Pool - Lacy L.
Weekly	10:00 - 10:45am	Water Exercise	Pool - Jennifer P.
Weekly NEW TIME:	11:20am – 12:20pm	Parkinson's Cycle	Fusion Studio – Susan T.
Weekly	11:35am - 12:20pm	SilverSneakers® Circuit	Studio – Mary T.
Weekly	12:35 - 1:20pm	ForeverWell Chair Yoga	Studio – Susan T.
Weekly	1:30 - 2:15pm	SilverSneakers® Classic	Studio - Jennifer P.

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 9:00am	FOREVERWELL Combo	Studio – Julie G.
Weekly	9:05 – 9:50am	Water Exercise	Pool - Stacia C.
Weekly	10:00 – 10:45am	Aqua Zumba	Pool – Darcy F.
Weekly	10:55 - 11:20am	Water Exercise	Pool - Kathy S.
Weekly	12:45 - 1:30pm	SilverSneakers® Circuit	Studio - Jennifer P.

WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	9:05 - 9:50am	Water Exercise	Pool – Lacy L.
Weekly	10:00 - 10:45am	Water in Motion	Pool - Lacy L.
Weekly	11:20am – 12:20pm	Parkinson's Cycle	Fusion – Jessie W.
Weekly	11:35am - 12:20pm	SilverSneakers® Classic	Studio – Susan T.
Weekly	12:35 - 1:20pm	ForeverWell Chair Yoga	Studio - Angie D.

ForeverWell Exercise Class Schedule

Water Exercise classes require pre-registration, which is available 97 hours prior to the start of class.

THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 – 9:00am	FOREVERWELL Combo	Studio – Jennifer P.
Weekly	9:05 - 9:50am	Aqua Zumba	Pool - Darcy F.
Weekly	10:00 - 10:45am	Water Exercise Power	Pool - Kathy S.

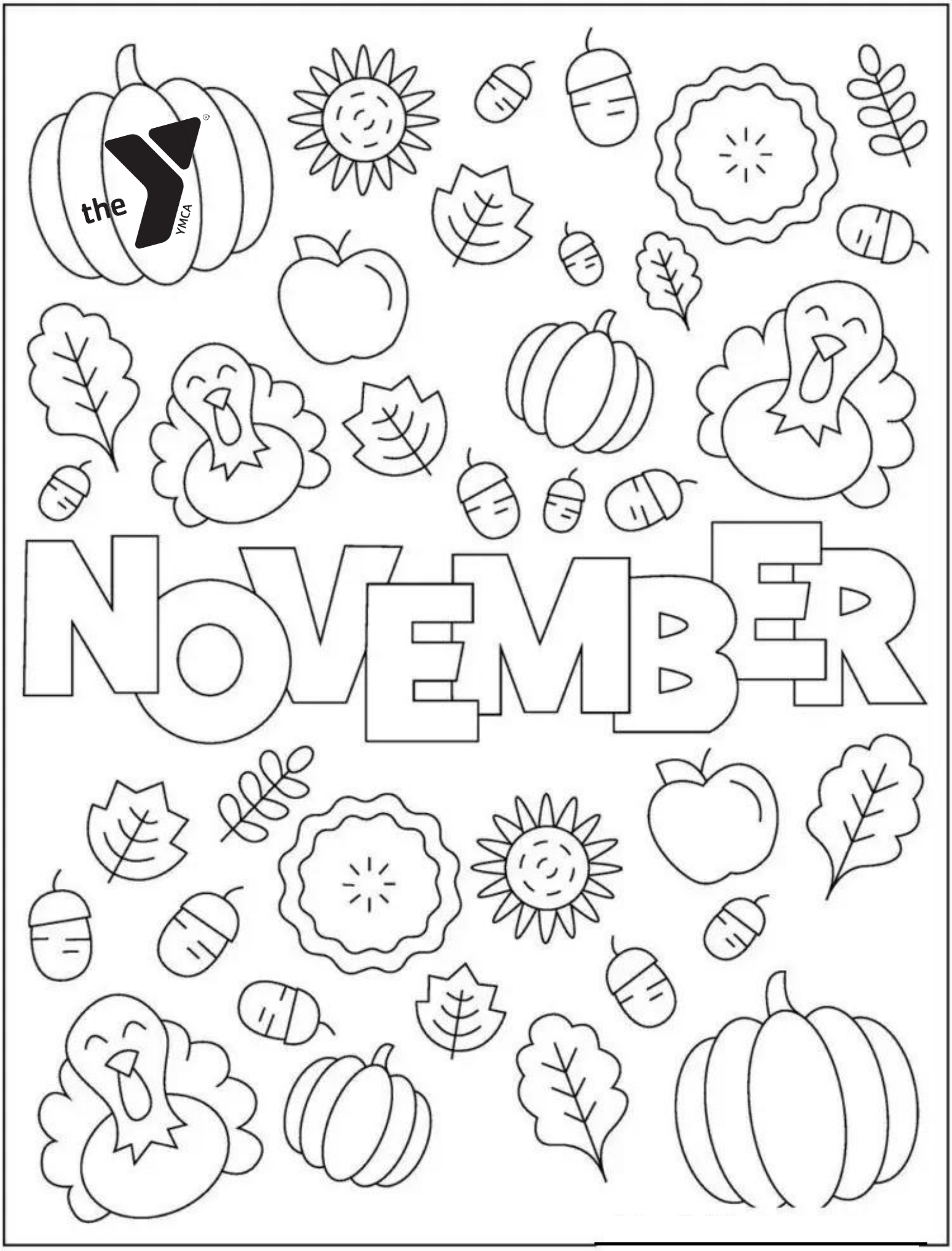
FRIDAYS	TIME	DESCRIPTION	LOCATION
Weekly	9:05 – 9:50am	Water Exercise	Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Exercise	Pool - Mike B.
Weekly	12:35 – 1:20pm	SilverSneakers® Circuit	Studio – Jennifer P.
Weekly	1:30 - 2:15pm	ForeverWell Chair Yoga	Studio – Jennifer P.

SATURDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:30 - 9:15am	Water Exercise	Pool - Stacia C.

SUNDAYS	TIME	DESCRIPTION	LOCATION
Weekly	11:05 - 11:50am	Water Exercise	Pool - Stacia C.

HOLIDAY HOURS

11/26 Thanksgiving - Closed
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12/25 Christmas Day - Closed
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the YMCA
NOVEMBER