



FOREVERWELL



MAY 2025 |

FOREST LAKE YMCA OF THE NORTH
19845 FOREST ROAD N, FOREST LAKE, MN

SENIOR HEALTH & FITNESS AT THE Y

WHOLE-PERSON WELLBEING

STITCH & BEAD TOGETHER

1PM-2:30PM
MAY 12TH

Everyone Welcome!
Bring your knitting, crocheting, needlework or beading projects.

Friendly coaching and mentoring and free supplies offered by Barb, Melissa and Joy.



SOCIAL & COFFEE

9AM-12PM

Monday-Friday

CARDS & GAMES

10AM-12PM

Come Learn & Play With Us!

Mondays

Mexican Train Dominoes

Mah Jong

Tuesdays

Hand & Foot (9:30AM)

Wednesdays

Mah Jong

BRIDGE **NEW!**

Fridays

Cribbage

Hand & Foot (9:30AM)

Pinochle



Wednesday

MAY 28TH

9:30am-10:30am



YMCA of the North | 1 | ymcanorth.org



WE ARE HERE TO SUPPORT YOU ON YOUR JOURNEY TO A HEALTHIER, MORE FULFILLING LIFE AND WANT TO ENSURE EVERYONE CAN ACHIEVE THEIR FULL POTENTIAL!

**WHOLE PEOPLE.
WHOLE LIVES.
WHOLE COMMUNITIES.**

We believe wellbeing is personalized, nonlinear, communal, and interconnected. There is no one-size-fits-all approach to wellbeing. Our circumstances and experiences are ever-changing. And the health & wellbeing of individuals and communities are interwoven.

FIVE DIMENSIONS OF WELLBEING



NOURISH

FOOD IS FUNDAMENTAL FOR PHYSICAL & MENTAL HEALTH.



MOVE

MOVING MATTERS FOR A STRONG SPIRIT, MIND, AND BODY.



REFLECT

PAUSING TO REFLECT HELPS US TO CONNECT WITH OURSELVES & OUR VALUES.



CONNECT

CONNECTION WITH OTHERS IS ESSENTIAL FOR OUR WELLBEING.



RESTORE

CREATING BALANCE IN OUR LIVES HELPS US TO RECHARGE & THRIVE.

BRANCH HOURS: Mon-Fri: 5am-9pm - Sat & Sun: 7am-5pm

National Senior Health and Fitness Day Wednesday, May 28th

CLASS SPOTLIGHTS:

8:30AM-9:15AM - FOREVERWELL COMBO (STUDIO 1)

9:30AM-10:15AM - FOREVERWELL COMBO (IN GYM)

10:45AM - FOREVERWELL STRETCH & STRENGTH (STUDIO 1)

10:45AM LINE DANCING POP-UP CLASS!
TAUGHT BY CATHERINE!



9:30AM-10:30AM - BINGO!

10AM-11AM Q&A WITH A PERSONAL TRAINER

Visit our "Ask a Trainer" table and engage with Jess Higgins on all things Health & Wellbeing!



10:30AM AARP PRESENTS:

Cyber Security & Fraud - Keep Yourself Safe Online

The internet is a goldmine for criminals and their scams. In 2023, the FBI received a record 880,418 complaints of online crimes, with losses exceeding \$12.5 billion.

In this discussion, we'll talk about the top types of cyber scams, tactics scammers use, and how to protect yourself.

This is a two-part series: AARP will be back on June 10th with the Forest Lake Police Department to talk more Cyber Security!

All are welcome to come to one part or both!

9AM-1PM GROUP PUZZLE

Stop by our Group Puzzle in the Lobby!

Put in a piece, or two, or more! Spend as much time as you want!

11:45AM NUTRITION WORKSHOP

with Certified Nutritionist JOAN MORRIS

(MIND) Mediterranean-DASH Intervention for Neurodegenerative Delay is a combination of the Mediterranean and Dash diets with specific components that supports brain health and has been shown to potentially reduce the risk of Alzheimer's and Dementia.

Join us for a MIND Nutrition learning session featuring Brain Healthy Trail Mix with specific components that supports brain health!

FOREVERWELL GROUP EXERCISE

Fitness & Movement classes designed for Adults 55 & over.

MONDAY

7am: Shallow Water Power - POOL
 8am: Water Exercise - POOL
 8:30am: ForeverWell Combo - STUDIO 1
 9am: Shallow Water Exercise - POOL
 10:45am: ForeverWell Combo - STUDIO 1
 12pm: ForeverWell Yoga - STUDIO 2

TUESDAY

8am: Shallow Water Exercise - POOL
 9am: Shallow Water Exercise - POOL
 10:15am: Silver Sneakers Classic - STUDIO 1
 10:15am: Water Exercise - POOL

WEDNESDAY

7am: Water Exercise Power - POOL
 8am: Water Exercise - POOL
 8:30am: ForeverWell Combo - STUDIO 1
 9:30am: ForeverWell Combo - GYM
 10:45am: Stretch & Strength - STUDIO 1

THURSDAY

8am: Shallow Water Exercise - POOL
 9am: Shallow Water Exercise - POOL
 9:15am: Cardio Dance - STUDIO 2
 10:15am: Water Exercise - POOL
 10:30am: Chair Yoga - STUDIO 1
 11:30am: Gentle Yoga - STUDIO 1
 6pm: Aqua Zumba - POOL

FRIDAY

8am: Shallow Water Exercise - POOL
 8:30am: ForeverWell Combo - STUDIO 1
 9am: Deep Water Exercise - POOL
 9:30am: ForeverWell Strength - STUDIO 1



DROP IN PICKLEBALL HOURS

All Levels Welcome

Mondays:

7am-10am

11:30am-2:30pm

Tuesdays:

7am-10am

11:30am-2:30pm

Wednesdays:

6am-9am

1:30am-2:30pm

6pm-8:45pm

Thursdays:

7am-10am

11:30am-2:30pm

Fridays:

7am-10am

11:30am-2:30pm

Saturdays

& Sundays

11am-1pm

SCHEDULES

Separate schedules are available at the Welcome Desk or on the Y website for Gym, Pool and all Group & Water Exercise classes

LEARN HOW TO PLAY!

UPCOMING FREE BEGINNER LESSONS:

JUNE 2, 9, 16, 23, 30

11AM-11:30AM

SIGN UP at Welcome Desk

ALZHEIMER'S & DEMENTIA SUPPORT PROGRAMMING AT THE FOREST LAKE YMCA

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP



**MAY GROUP DATE:
WEDNESDAY, MAY 7TH
1:30PM**

**THANK YOU TO OUR
FACILITATORS:**

KARI FRANCOIS AND SUE GILBERT



FamilyMeans
CAREGIVING & AGING

**EARLY MEMORY LOSS
RESPITE GROUP
HAPPENING EVERY TUESDAY
12PM-4PM**

To Register: Call 651-439-4840 or
email familymeans@familymeans.org

alzheimer's association®



MAY SPOTLIGHT



**"A TINY HOME JOURNEY"
TUESDAY, MAY 6TH - 10AM**

Come meet Robin Rick!

Join us on MAY 6TH to learn about Tiny Home Living, what motivated Robin to begin her Tiny Home lifestyle, and the rewards & benefits she's discovered along the way!

This is a Two-Parter!



Come ready to engage, learn and sign-up for a personalized tour of Tiny Timbers Agrihood Community & Robin's Tiny Home located near St. Croix Falls, Wisconsin, scheduled in June!





**VIRTUAL Y
FRIDAYS
MAY 2ND & 16TH
12PM**
Learn How to Navigate
Virtual Y with Barb!



**UKULELE PLAYERS & FRIENDS
EVERY MONDAY
12PM**
Contact Gunny for details
Jamesr.Louisww@gmail.com
Everyone Welcome!

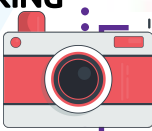


**HAPPY INTERNATIONAL PILATES DAY!
PILATES REFORMER DEMOS!**
FREE MAY 3RD FREE
9AM, 9:45AM, & 10:30AM
RESERVE YOUR SPOT AT THE
WELCOME DESK!
(Spots Are Limited)

**FREE SOUND BATH!
MONDAY, MAY 5TH
7:15PM-8:15PM**
BRING A PILLOW & BLANKET
ARRIVE EARLY TO GET YOUR SPOT

**FOREVERWELL PHOTO FOCUS -
FREE EVENT!
THURSDAY, MAY 8TH -10AM**
**MAY FOCUS:
PHOTO PROJECT WORKSHOP**

BRING A PHOTO PROJECT TO WORK ON OR BRING
YOUR QUESTIONS



- BRING YOUR COMPUTER AND WORK ON PHOTO ORGANIZING OR PHOTO MANAGEMENT PROJECTS
- BRING A BOX OF PHYSICAL PHOTOS TO SORT AND ORGANIZE
- BRING SUPPLIES TO CREATE A SCRAPBOOK PAGE.

PLAY BRIDGE?
WE ARE ADDING BRIDGE FOR THE
FIRST TIME ON WEDNESDAY
MORNINGS DURING OUR COFFEE
& GAMES TIME!
WE HOPE TO SEE YOU THERE!

GROUP HIKE
FRIDAY, MAY 9TH - 10:30AM
All levels and abilities welcome to join!
WILLIAM O'BRIEN STATE PARK
We are excited to check out the newly
renovated & opened Riverside/Riverway
area of the park!



THIS IS A TIME TO CONNECT WITH FELLOW MEMORY KEEPERS
AND SHARE STORIES AND TIPS WITH ONE ANOTHER.
Presented By: Photo Solution Advisor,
Jenny Kasa, & ForeverWell Member, Bill Herzog

Sign up at Welcome Desk!
More details on the hike will be emailed!

ONE-ON-ONE UKULELE LESSONS AVAILABLE THROUGH THE SUMMER!



TO SCHEDULE YOUR PRIVATE SESSIONS:
CONTACT TERRY DIRECTLY AT
CMCTSTAHL@YAHOO.COM



FREE PUZZLE & BOOK JUMBLE

WEDNESDAY, MAY 14TH

9AM-12PM



Bring in your puzzles and books to
swap (JUMBLE) with others!

Limit of 5 Items Each Category

SPECIAL NOTE: This will be our last
JUMBLE of the season!

YUM!



LUNCH & LAUGH!

THURSDAY

MAY 15TH

OLD LOG CABIN -
FOREST LAKE

11:30AM

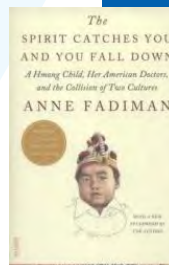
Please sign up at Welcome Desk
so we can reserve seating ahead
of time.

HOOKED ON BOOKS!

WEDNESDAY, MAY 21ST

10:30AM

Limited Number of Books are
available for check out at the
Welcome Desk



MAY BOOK:

"The Spirit Catches You and
You Fall Down"

by Anne Fadiman

Contact Cheryl
cdswinehart@gmail.com

or visit a meeting to check us out!

MEDICARE Q&A with Kirk Possehl

WEDNESDAY, MAY 21ST 1-3PM



Kirk Possehl & his team pride themselves in their Medicare Insurance expertise
and helping as many people as they can. As a 2-time breast Cancer Survivor, Kirk
has more than a bit of experience navigating the healthcare field!

Come ready with questions! Possehl Agency

LOOKING AHEAD

Hello 

SUMMER 

**STITCH & BEAD TOGETHER WILL BE TAKING A SUMMER BREAK!
JOIN US AGAIN IN SEPTEMBER!**

**PUZZLE & BOOK JUMBLE WILL BE PAUSING OVER THE SUMMER!
WE'LL RESUME AGAIN IN SEPTEMBER!**

JOIN OUR "HOOKED ON BOOKS" BOOK CLUB IN THE INTERIM!



**YMCA SCENIC BOAT TOURS, RIVER CRUISES & BEAR BOATING
WILL BE LAUNCHING SOON!**



KEEP AN EYE ON OUR UPCOMING NEWSLETTERS FOR DATES!

GROUP UKULELE LESSONS WILL BE ON HOLD JULY & AUGUST!
JOIN OUR UKULELE JAM TIMES ON MONDAYS THROUGH THE SUMMER MONTHS!
OR CONNECT WITH TERRY FOR PRIVATE LESSONS!



"Y WE GO FISHING" CLUB IS IN FULL CAST! 2025 EXCURSION SCHEDULE:

- **May 7, 2pm**, Big Marine Lake, north end access, crappie and sunfish
- **May 21, 4pm**, Chisago Lake, channel access off Highway 8, crappie and walleye
- **June 4, 1pm**, Mille Lacs Lake, Wealthwood access, walleye
- **June 25, 2pm**, Lake Peltier, crappie, sunfish, northern
- **July 16, 6pm**, Mille Lacs Lake, Twin Pines Resort, fishing launch for walleye
- **August 13, 2pm**, South Center Lake, southwest access, walleye and crappie
- **September 17, 2pm**, St. Croix River access in Wild River State Park, walleye, crappie and smallmouth
- **October 15, 1pm**, St. Croix River, Franconia access, walleye, crappie and smallmouth bass



INTERESTED IN JOINING?

Mark Lofstrom, 612-723-9653, markvlofstrom@gmail.com

SPLASH DECK OPENS MEMORIAL DAY WEEKEND!

**ALL YMCA FACILITIES WILL BE CLOSED ON
MEMORIAL DAY – MONDAY, MAY 26TH**



A FOREVERWELL "FAREWELL" POTLUCK HONORING MARY RIVARD

PLEASE JOIN US ON
TUESDAY, MAY 20TH
AT 11AM TO WISH
MARY A HAPPY
RETIREMENT!



MARY HAS REQUESTED
A TACO THEME!

IF YOU'D LIKE TO
CONTRIBUTE A TOPPING
ITEM TO THE TACO THEME
PLEASE LET THE
WELCOME DESK KNOW!
TACO MEAT WILL BE PROVIDED
BY THE FOREST LAKE YMCA
LEADERSHIP TEAM



EVERYONE IS INVITED TO
BRING A DISH TO SHARE,
BUT IT'S NOT REQUIRED
COME BY AND SAY HI
EITHER WAY!

HAPPY
RETIREMENT!
POTLUCK

FOOD WILL BE AVAILABLE
UNTIL IT'S GONE - THE
MORE THE MERRIER!



SEVERE WEATHER CRISIS RESPONSE AT THE Y



This month we lift up the MN Dept of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it's essential to plan ahead for Minnesota's severe spring and summer weather. An informed, involved community is more resilient to disaster. Being prepared helps reduce the risks and costs of hazardous weather events.

Here are some great ways to help you, your friends and family prepare for Severe Weather:

Create or update emergency plans with your entire family so everyone knows what to do in an emergency. Ensure everyone has up-to-date contact info and knows what to do.

Practice your family plan during the tornado drills. Have everyone build a family emergency kit together.

Check with places your family spends time, such as schools, workplaces, churches, markets, or sports facilities to learn what their emergency plans are.

Share the plans for these areas with your entire family and talk about what you would do if your family was not together during a disaster.

Plan with your neighborhood. Ask your homeowners association, your tenants group or neighborhood association to make emergency preparedness an agenda item during your next meeting. Make sure there is an evacuation plan for your neighborhood.

Ask the front desk or your ForeverWell Coordinator what you should do in the case of severe weather during your visit to the Y.



①

Build an emergency kit.



What to pack:
Water, food, flashlight, battery-powered radio, first aid kit, medications, phone charger, copies of important papers, blankets.



②

Plan what you'll do.

- Decide **where you'll go** if you have to evacuate.
- Know how to **contact your kids**.
- Plan to **bring any pets** with you.



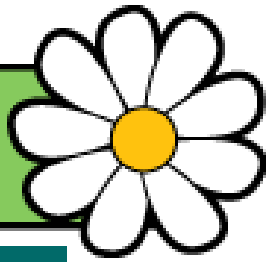
③

Know how to stay informed.

- **Download** the free Red Cross Emergency app.
- **Follow reputable local accounts** on social media for updates.



April Showers Bring May Flowers



FOREVERWELL COORDINATOR
Mary Rivard
Mary.Rivard@ymcamn.org



ENGAGEMENT DIRECTOR
Kelsey Davis, 651-330-3068
Kelsey.Davis@ymcamn.org

A MESSAGE FROM YOUR EDITORS

YMCA TWIN CITIES LOCATIONS are collecting used rods, reels, tackle and tackle boxes in partnership with Fishing For Life's **REEL EM' IN PROGRAM**



We are partnering with our local Forest Lake Student Council in collecting non-perishable food items **MAY 5TH-23RD**

THE DONATED RODS AND REELS ARE THEN CLEANED, REFURBISHED, & REBUILT - AND GIFTED TO OVER 1,000 KIDS AND YOUTH PROGRAMS IN OUR COMMUNITY AND AROUND THE NATION.

FOOD DRIVE



CANNED FOODS, BOXED FOODS, & OTHER NON-PERISHABLE FOOD ITEMS CAN BE DROPPED OFF IN THE LOBBY

DONATIONS CAN BE DROPPED OFF IN THE LOBBY

APRIL 15TH - MAY 15TH



We Want to Pray for You!

On behalf of the YMCA Christian Principles Mission Network, The Forest Lake Y now has a Prayer Box in our Lobby!

Prayer requests are kept confidential and shared with a small group of Team Members who are praying!

INTERESTED IN VOLUNTEERING AT THE Y? CONNECT WITH KELSEY!



VOLUNTEER

HAVE A YMCA QUESTION?

Customer Service - 612-230-9622

Ask for the FOREST LAKE YMCA

Ask a Team Member or a ForeverWell Volunteer at the Y!



MAY 2025 HIGHLIGHTS

See the FLOWER? - Please Sign Up at the Welcome Desk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 Ukulele Players & Friends Group 12PM STITCH & BEAD TOGETHER 1PM	29  SENIOR SEMINAR & EXPO 9AM-1PM	30	1	2 How To Navigate Virtual Y 12pm 	3 International Pilates Day FREE PILATES REFORMER DEMOS! 
4	5 Ukulele Players & Friends Group 12PM SOUND BATH 7:15PM  FREE	6 TINY HOME PRESENTATION 10AM 	7  Caregiver Support Group 1:30pm Y WE GO FISHING EXCURSION 2PM	8 FREE PHOTO FOCUS 10AM 	9 GROUP HIKE 10:30AM WILLIAM O'BRIEN STATE PARK  HIT THE TRAIL	10
11	12 Ukulele Players & Friends Group 12PM STITCH & BEAD TOGETHER 1PM LEVEL 2 UKULELE LESSONS START!	13	14 PUZZLE & BOOK JUMBLE 9AM-12PM	15 LUNCH & LAUGH Old Log Cabin 11:30AM 	16 How To Navigate Virtual Y 12pm 	17
18	19 Ukulele Players & Friends Group 12PM 	20 FAREWELL POTLUCK HONORING MARY RIVARD 11AM 	21 BOOK GROUP 10:30AM Medicare Q&A with Kirk Possehl 1PM-3PM Y WE GO FISHING EXCURSION 4PM 	22	23	24
25	26 YMCA CLOSED Happy Memorial Day 	27 Pottluck	28 NATIONAL SENIOR HEALTH & FITNESS DAY! 9:30AM-10:30AM AARP Minnesota FRAUD PRESENTATION 10:30AM NUTRITION TALK 11:45AM	29 TRACK TIME WITH KELSEY 11:00AM	30 Important Notice NO VIRTUAL Y WITH BARB THIS FRIDAY	31

SOCIAL & COFFEE
Monday-Friday 9AM-12PM

EXPLORE THE FIVE DIMENSIONS OF WELLBEING

Every YMCA of the North program connects to our Five Dimensions of Whole-Person Wellbeing. So, whether you're looking for a specific program, or looking for new opportunities to take your journey further, the Y is here for You!



Program	ENTRY DIMENSION				
	Nourish	Move	Reflect	Connect	Restore
Adventure Lab		●			
Bodywork*				●	●
Camp				●	
Community Advocacy				●	
Counseling					●
Child Education and Development			●		
ForeverWell				●	
Gardens and Farms	●				
Group Exercise classes		●			
Leadership Development			●		
Mind/Body Classes**					●
Nutrition Workshops	●				
Individual Health Coaching			●		
Individual Nutrition	●				
Personal/Small Group Training		●			
Pilates Reformer		●			
Resource Navigation					●
Retreats					●
School Aged Care				●	
Sports		●			
Strength Training		●			
Training and Development			●		
Volunteer				●	
Wellbeing Workshops			●		
Youth Programs				●	

Programs vary by location. * Bodywork includes massage, community acupuncture, traditional Chinese medicine, and reiki. ** Mind/Body classes include, yoga, meditation, sound baths, breathwork, and Tai Chi.

YMCA OF THE NORTH

ymcanorth.org/5DoW

The YMCA is a 501(c)(3) not-for-profit social services organization.



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREST LAKE YMCA
19845 Forest Road North
Forest Lake, MN



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NATIONAL PILATES DAY!

PILATES REFORMER DEMOS

Pilates reformer strengthens your core muscles, improves your posture and flexibility, and strengthens overall muscle tone.

Sign Up for a FREE DEMO at the Welcome Desk!

SATURDAY, MAY 3RD

9AM-9:30AM

9:45AM-10:15AM

10:30AM-11AM

LOVED YOUR DEMO?

Packages and Subscriptions are available for purchase Online or at the Welcome Desk!

You can now customize your experience to meet your unique needs and goals. Whether you want to improve your fitness, reduce stress, or boost your overall health, we have something for everyone.

QUESTIONS? CONTACT TAMMY SEXTON
FOREST LAKE YMCA WELLBEING DIRECTOR
TAMMY.SEXTON@YMCAMN.ORG





SOUND BATH SCHEDULE

A sound bath is an immersive experience that uses various instruments — often crystal singing bowls — to create calming vibrations and soundscapes. These vibrations promote relaxation, reduce stress, and improve overall wellbeing.

MONDAY

MAY 5TH

7:15PM-8:15PM

STUDIO 2

Recommended to bring a pillow & blanket for comfort

THIS IS A FREE CLASS!

ymcanorth.org

22-GE01



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JUNE PAINTING CLASS

TUESDAY

JUNE 24TH

1PM – 3:30PM



HAPPY LITTLE BLUEBIRD
CANVAS

\$30 Member

\$35 Non-Member

SIGN UP AT
THE WELCOME
DESK OR
ONLINE!

SANDY DANUS

Owner/Instructor

<https://www.cheerfulheartspaint.com/>



UKULELE AT THE FOREST LAKE YMCA

UKULELE PLAYERS & FRIENDS JAM SESSIONS

EVERY MONDAY AT 12PM

Contact Gunny for details
Jamesr.Louisww@gmail.com

ONE-ON-ONE UKULELE LESSONS AVAILABLE THROUGH THE SUMMER MONTHS!

TO SCHEDULE YOUR PRIVATE
SESSIONS:

CONTACT TERRY DIRECTLY AT
CMCTSTAHL@YAHOO.COM

LEVEL 2 LESSONS

6 SESSIONS

\$35/Member

\$40/Non-Member

MAY 12 & 19

JUNE 2, 9, 23, 30

11AM-12PM

LEVEL 2 CLASS DESCRIPTION

Continue on your ukulele learning path, and increase your chord library. In this level learners will add more chords and additional songs to their library. Prerequisites: know the location of the C, F, and G chords on your ukulele. Students who complete this level are encouraged to attend ukulele jams hosted by individuals all around the Twin Cities.

NO LEVEL 2 LESSONS – MAY 26 & JUNE 16

SIGN UP AT THE WELCOME DESK OR ONLINE!