



FOREVERWELL

MAY | MAPLEWOOD

SAVE THE DATE

ASHLAND
PRODUCTION
1ST
7PM

BINGO
8TH
2PM

MOVIE DAY
"FORREST GUMP"
20TH
2PM

SENIOR
PREPAREDNESS
SEMINAR
21ST
9AM

HEALTH AND
WELLNESS
WEEK
27TH-29TH

LUNCHEON
19TH
1:30PM

MAY SHOWS, FRIENDSHIP GROWS

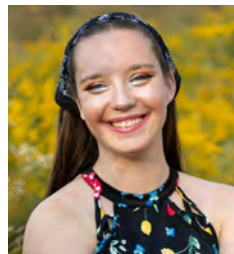
CLOSURE

MEMORIAL DAY (26TH)

For Memorial Day we will be closed. We will be going back to regular hours after this holiday.

BRANCH HOURS

Monday-Friday:
6am-8pm
Saturdays and
Sundays:
7am-5pm
Front Desk:
651-747-0922



MAPLEWOOD

2100 White Bear Ave.
Maplewood, MN 55109
Contact: Ketzie Leake
Ketzie.Leake@ymcamn.org
Phone:
612-268-0067

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

ASHLAND PRODUCTIONS

MATILDA JR.

On **May 1st**, Ashland Productions, our theater located here in our building, will be showing "Matilda Jr." You will be able to sign up with the Front Desk. There are only 150 seats available for the preview showing we get to see the night before opening night.



Rebellion is nigh in Matilda Jr., a gleefully witty ode to the anarchy of childhood and the power of imagination! This story of a girl who dreams of a better life and the children she inspires will have audiences rooting for the "revolting children" who are out to teach the grown-ups a lesson. Matilda has astonishing wit, intelligence... and special powers! She's unloved by her cruel parents, but impresses her schoolteacher, the highly loveable Miss Honey. Matilda's school life isn't completely smooth sailing, however – the school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace!

HEARTLAND SENIOR EXPO.

MAY 15TH

Heartland is hosting here their experience here in our banquet hall space. The mission of Heartland Senior Expos is to connect the 55+ demographic with local organizations through face-to-face events, expos and publications. Our expos are heavily advertised and feature free admission and public transportation (where available) for attendees. At a Heartland Senior Expo you can expect to see a variety of vendors, prizes every hour, giveaways, useful information from experts and free health screenings.

LUNCHEON

SOCIAL

This month for all members to socialize and get to know each other, we are hosting a luncheon sponsored by Caring Transitions. This month it will be on **May 19th from 1:30-2:30pm**. We will have food and beverages provided. This will be a monthly thing.

BOOK CLUB

The first Wednesday of the month we get together and discuss the book. If you are interested in learning more, please reach out to Ketzie.

MOVIE DAY

May 20th, we will be watching Forrest Gump. Forrest Gump is a movie about a man named Forrest Gump who suffers from a certain degree of mental retardation. Despite this, he becomes the protagonist of crucial events in his country for several decades thanks to his tenacity and good heart. The movie follows Forrest's life journey, from his childhood where he was often bullied and ostracized due to his low IQ and physical limitations, to his adulthood where he witnesses and unwittingly influences several defining historical events in the United States of the 20th century.



BINGO

Come to BINGO for fun and socialization. There will be prizes for the 10 rounds of BINGO we will be doing. To help continue BINGO as our monthly tradition, donations of prizes and money will be accepted at any time. Please bring them to Ketzie in the office across from Studio B at the Maplewood YMCA.

BALANCE ASSESSMENTS

Balance assessments will be Monday, May 5th, from 8-9am, as well as, May 22nd from 2-3pm.

CRAFT SALE

Ann will have a craft table on May 5th from 9am-2pm. She takes cash only. She sells photo greeting cards for a dollar so she only takes cash. Come support our members.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

SENIOR PREPAREDNESS SEMINAR

POLICE

On **Wednesday, May 21st, from 9am to 12pm**. The YMCA will be hosting a city event. It will consist of presentations from Maplewood Fire/EMS, Police, St. Croix Hospice, and we hope to have someone speaking about Medicare. Speaking on the importance of being prepared. Please register with the city for this event. The person in charge of this event is Barb. If you have any questions, please email her at barb.johnson@maplewoodmn.gov or you can call her at 651-249-2636.

SENIOR HEALTH AND WELLNESS WEEK

WELLNESS

On **May 28th** it is senior health and wellness day. Throughout that week we will be doing different challenges and activities to celebrate fitness. We will be having tables throughout the week promoting local business and service during that time.

FREE UKULELE LESSONS

SOCIAL

Interested to see if ukulele lessons would be right for you? We will be offering lessons through the YMCA starting May 22nd from 10-11am. The next lessons will be June 5th, 12th, 26th and July 3rd. Those sessions are \$25 for the collective group of 4. They are not priced individually at \$25, they are roughly \$6.25 a session. If you can't make it to all of them, please talk to the instructor. Not sure where to start? This first intro lesson (May 22nd) will be free to see if this is the right thing for you. Email Ketzie that you would be interested in another free intro session if you can't make it to this one. If you like it, you can sign up with the Front Desk for the following sessions at \$25 for the group.

UKULELE LESSON

\$35

Already comfortable with Ukulele? Want to start with level 2? We will be offering level 2 lessons through the YMCA starting May 15th from 11am-12pm. The next lessons will be May 22nd, June 5th, 12th, 26th and July 3rd. Those sessions are \$35 for the collective group of . They are not priced individually at \$35, they are roughly \$5.85 a session. If you can't make it to all of them, please talk to the instructor. What should you look for in your skills to make it to level 2? you should already have an ukulele. Familiar with the C, F, and G chords but might struggle some between chord changes to move fingers to the next location.

BENIFITS OF MUSIC

Music is a powerful force that evokes strong emotions, brings back heartwarming memories, and provides a way to express yourself. With this type of impact, it's not surprising that music can be an effective tool and being therapeutic.

Directing a person's attention away from their pain with music therapy can help ease pain and lessen stress, too. Playing or listening to music helps you breathe rhythmically. This can improve respiratory health, help you release body tension, and lift up your mood all of which can positively impact your overall quality of life.

Physically, music therapy can help:

- Lower blood pressure
- Reduce heart rate
- Improve breathing
- Muscle relaxation

BENEFITS OF PLAYING MUSIC INCLUDE:

- Boosting memory
- Building task endurance
- Lightening your mood
- Reducing anxiety and depression
- Staving off fatigue
- Improving your response to pain
- Helping you work out more effectively
- Providing a total brain workout
- Reducing blood pressure
- Improving sleep quality
- Enhancing mental alertness and memory
- Alleviating stress

ANNUAL FUND

5,400

ANNUAL FUND

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
- Support for refugees
- Resources for families
- Programs for seniors

When you donate to the YMCA you help develop our community and give back to your friends, families, and neighbors. This year our goal is \$30,000, we have currently raised \$5,400.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

WHAT TO LOOK FOR IN THE COMING MONTHS

CAMP ST. CROIX PIZZA NIGHT

JUNE 26TH

This is an interactive pizza night—if you have been to pizza on a farm before, this might be different than you are expecting. You will purchase a pizza starter kit (box, sauce, veggies). This box will be located at the farm store, and then we'll guide you through the process of purchasing all your pizza ingredients from local farmers! Once all your ingredients are collected, you will come to the barn and assemble the pizza yourself. Before bringing it to the wood fired oven where the Farm Staff will cook it for you! Through this interactive experience, you will learn just how your food was grown or made, you will meet the farmers who grew it, and you'll notice that the flavor of these local ingredients is truly outstanding. Prepare for this experience to take time, especially the baking, so enjoy our gardens, or take a wagon ride around camp pulled by our vintage Farmall C tractor.

We will be having a small bus to and from the camp. The riding portion will be 30 minutes there and 30 minutes back. You will be charged \$25 to save your spot on the trip and to pay for the bus. Please bring roughly \$30 in cash to create your pizza yourself. The total cost for bus, food, and experience will be around \$55. If you have any questions, please contact Ketzie Leake at Ketzie.leake@ymcamn.org.

APP CLASS

JUNE 24TH

On June 24th from 11am-1pm, Ketzie will be talking about all of the new positive things that are happening with the new app. From 11am-12pm she will be talking about all of the great new positive things associated with the new app and where to find it on your phone. From 12pm-1pm, if you have not set up your app already, Ketzie will also help you set it up as well.

GYM FLOOR CLOSED

MID JUNE

Mid June we will be closing the gym down to redo our floor. Please don't mind our dust. We will be canceling classes and open gym time while that is happening. Once it starts it will be closed for 6-8 weeks.



GAMES



COMPETITIVE GAMES:

Interested in playing games? The YMCA has games every week. If you want to see more games or something new, please reach out to Ketzie. These games are all located in the Woodland Room, unless otherwise specified.

MONDAY:

SCRABBLE- 10:30AM-12PM

Test your language skills. A dictionary is provided.

CARDS- 11AM-12PM

Learn to play card games. We will have a variety of games going. We also have one Cribbage board if people want to play and are interested.



TUESDAY:

MAHJONG- 11:30AM-2PM

It is a tile-based game. Fun for all to play.

THURSDAY:

CRAFTS AND CHAT- 12-2PM

Bring your knitting, crocheting or other crafts, and socialize.



FRIDAY:

TEXAS HOLD-EM- 12:30-3PM

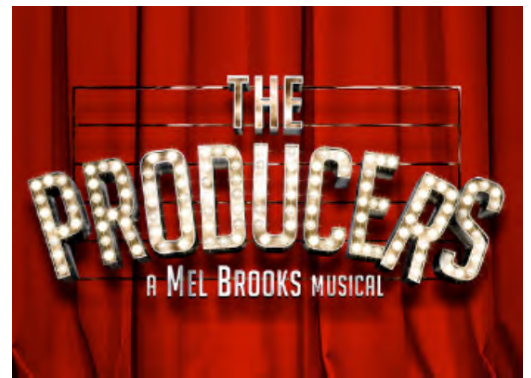
Come play Texas Hold-Em. It is one of the most popular variations of the card game Poker.

DOMINOES- 1-3:30PM

Come play Dominoes with modern versions included. Examples being Mexican train, chicken foot, etc. These games will be hosted in [Dakota Room](#) unless otherwise noted.

THE PRODUCERS:

SEE KETZIE PERFORM AGAIN?



STORY LINE

The Producers is a Broadway musical comedy by Mel Brooks. It follows a down-on-his-luck Broadway producer, Max Bialystock, and his timid accountant, Leo Bloom, who scheme to produce a flop in order to swindle investors. They choose the worst musical ever written, Springtime for Hitler, but unexpectedly, the show becomes a massive success. The story is filled with outrageous humor, quirky characters, and catchy songs, culminating in a hilarious and chaotic conclusion.

This production is a satirical comedy which contains mature themes, strong language, and adult humor, including references to the Holocaust and offensive stereotypes.

Recommended for ages 13+.

OPEN DOOR
COMMUNITY THEATRE

PERFORMANCES AT THE LOFT STAGE AT
EAST RIDGE HIGH SCHOOL



FRI JUNE 13
SAT JUNE 14
MON JUNE 16*
*PAY WHAT YOU CAN
FRI JUNE 20
SAT JUNE 21
SUN JUNE 22**
**ASL INTERPRETED

SCAN ME

USE CODE FRIENDS
FOR 10% OFF TICKETS

Friday June 13th- 7pm

Saturday June 14th- 7pm

Monday June 14th- 7pm

Friday June 20th- 7pm

Saturday June 21st- 7pm

Sunday June 22nd- 2pm- ASL

LOCATION:

All of the performances will be held at-

[The Loft Stage at East Ridge High School, 4200 Pioneer Drive, Woodbury.](#)

TICKET COST--

Adults \$30 --Students/Seniors \$25

Discount code- FRIENDS, for 10% off

A portion of all ticket proceeds will be donated to ONE Woodbury - a vibrant community event celebrating the diverse people, perspectives, backgrounds, and experiences in Woodbury.

DONATED PROPS:

We are looking for some props to be donated for the show, If you would like it back at the end of the show please let me know.

We need:

13 walkers



2-3 Vintage Adding Machines



Please no wheels-
Will be ok if there is just a preference

Please bring them ASAP

BRAIN GAME



Spring Word Search



N	B	I	Z	D	A	F	F	O	D	I	L	M	E	L	T
M	Q	L	F	F	N	M	W	A	K	E	U	P	N	V	Q
L	J	D	O	L	V	C	O	Q	A	P	R	I	L	W	C
P	L	O	W	O	T	H	L	T	B	H	X	K	A	B	N
G	P	T	F	W	M	E	M	C	H	E	S	Y	D	T	V
R	I	U	B	E	A	R	N	P	B	E	A	H	K	V	V
O	A	L	U	R	H	R	C	K	V	D	R	S	Y	T	G
W	V	I	D	C	R	Y	H	A	S	L	L	S	T	P	V
G	F	P	I	T	E	B	E	L	S	B	F	M	D	E	D
R	Y	F	N	N	C	L	O	C	S	P	A	M	R	A	R
M	W	A	U	Z	W	O	R	L	I	O	R	S	F	N	Y
W	L	J	E	E	F	S	O	I	J	T	M	O	T	K	X
P	A	M	N	L	Z	S	G	Z	L	H	E	Q	U	X	E
F	K	R	I	C	R	O	P	S	J	A	R	R	R	T	I
R	Q	R	M	S	O	M	F	R	D	W	S	A	J	A	N
C	P	Y	D	S	E	A	R	T	H	D	A	Y	H	R	H
A	B	U	D	D	H	A	S	B	I	R	T	H	D	A	Y
T	S	E	E	D	R	S	H	O	W	E	R	M	A	Y	N

Find the words below in the grid to the right:



April
 April Fool's Day
 bloom
 bud
 Buddha's Birthday
 cherry blossom
 crops
 daffodil
 Earth Day

Easter
 farmer
 flower
 grow
 June
 May
 melt
 Mother's Day
 new leaves

plant
 plow
 seed
 shower
 sprout
 thaw
 tulip
 wake up
 warm

5

	Farm	Pot-- outside	Pot-- inside	Backyard	Watermelon	Corn	Kale	Radishes
Washington								
Houston								
Lane								
Smith								
Watermelon								
Corn								
Kale								
Radishes								



Use the clues to find how each family plants their Spring vegetable garden.

- The Houston family plants watermelons each year, but they do not plant them in a pot.
- The corn seeds were planted in a family's backyard.
- The kale was planted outside, but not by the Smith family.
- The vegetable that grows under the soil was planted by the Lane family.

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Washington-- Pot- Outside-- Kale

Houston-- Farm-- Watermelon

Lane-- Pot- Inside-- Radishes

Smith-- Backyard-- Corn



MONTH GAMES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Color System Red- Repeats monthly on specific week Green- City not YMCA. Purple- Ashland Orange-Only for this month				Crafts and Chat- 12pm-2pm Ashland Productions- 7pm-8pm	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
				01	02	03
	Cards- 10:30am-12pm Scrabble- 11am-12pm Craft Sale- 9am-2pm	Mahjong- 11:30am-2pm	Book Club- 2pm-3pm	Crafts and Chat- 12pm-2pm Bingo- 2pm-4pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
04	05	06	07	08	09	10
	Cards- 10:30am-12pm Scrabble- 11am-12pm	Mahjong- 11:30am-2pm		Heartland Senior Expo. Crafts and Chat- 12pm-2pm Ukulee Lessons-Lv2- 11am-12pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
11	12	13	14	15	16	17
	Cards- 10:30am-12pm Scrabble- 11am-12pm Luncheon- 1:30pm-2:30pm	Mahjong- 11:30am-2pm Movie day- 2pm-4pm	Senior Preparedness Seminar- 9am-12pm	Ukulee Lessons-Lv1- 10am-11am Crafts and Chat- 12pm-2pm Ukulee Lessons-Lv2- 11am-12pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
18	19	20	21	22	23	24
		Mahjong- 11:30am-2pm	Senior Health and Wellness Day	Crafts and Chat- 12pm-2pm	TX Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm	
25	26	27	28	29	30	31