



FOREVERWELL

MAY | DAYTON YMCA

SAVE THE DATE

FW HAPPY HOUR!

WOOD AND
PADDLE EATERY
31 S 7TH ST
4-6PM

THANKS FOR ATTENDING
CHEERS TO THE Y, A
FUNDRAISER FOR THE
DAYTON Y! OUR EVENT WAS
A SUCCESS AND WE
GREATLY APPRECIATE YOUR
SUPPORT.



May is Mental Health Month

Your mental health is just as important as your physical health.

That's why the YMCA of the North and the Minneapolis Health Department are teaming up in May to encourage those who are struggling to **Talk, Reach Out and Find Help**. In Minnesota:

- 1 in 7 adults have a mental health condition
- 1 in 14 adults aged 12 or older have substance use disorder

988 Suicide and Crisis Lifeline

Do you need help or know someone who is struggling? You can call or 988 24 hours a day to get free, confidential support.

[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](https://988lifeline.org)

Take care of your mental health

Throughout May, the Minneapolis Health Department will engage in a range of initiatives aimed at raising awareness, reducing stigma, and providing resources to support mental health.

They are partnering with buildings, bridges, and stadiums that will go green on May 3 to recognize Mental Health Awareness Month.

United, we can combat stigma, offer support, educate the public, and champion policies that benefit our city. Together, we are building healthier communities and a more resilient and mentally healthy Minneapolis for all.

[Mental Health Resources - City of Minneapolis \(minneapolismn.gov\)](https://minneapolismn.gov)

BRANCH HOURS

Monday - Thursday: 6am-8pm
Fridays: 6am-7pm
Saturdays: 7am-12pm

DAYTON YMCA AT GAVIIDE

651 NICOLLET MALL
MPLS, MN 55402
612-230-3475

FOREVERWELL at YMCA of the NORTH

Discover everlasting
wellness with YMCA
programs tailored
for individuals age
55 and above!

Experience
invigorating group
exercise classes,
rejuvenating aquatic
exercises, and
engaging social
events. Benefits
from specialized
wellness programs
and connect with
your community.

WEDNESDAY

MAY 22ND

**FOREVERWELL
FITNESS CENTER
ORIENTATION -
10AM**

COME WITH ANY
QUESTIONS
REGARDING CARDIO OR
STRENGTH TRAINING
EQUIPMENT ON THE
FITNESS FLOOR.

FOREVERWELL/SILVER SNEAKERS FRIENDLY CLASSES

MONDAYS		
	FW Strength	10:15-11:00am
	Yoga	5:15-6:15pm
TUESDAYS		
	FW Combo	9:30-10:30am
	Meditation	1:00-1:30pm
	SS Yoga	1:15-2:00pm
	Mat Pilates	4:30-5:15pm
WEDNESDAY		
	Water Exercise	8:30-9:15am
	Gentle Yoga	10:30-11:15am
	Yoga	5:30-6:30pm
THURSDAY		
	FW Combo	9:30-10:30am
	Water Exercise	10:45-11:30am
	SS Classic	11:00-11:45am
	Meditation	12:30-1:00pm
	Group Centergy	5:00-6:00pm
FRIDAY		
	Mat Pilates	9:30-10:15am
	Gentle Yoga	10:30-11:15am
SATURDAY		
	Water Exercise	9:00-9:45am
	Yoga	9:30-10:30am



SENIOR SOCIAL AT THE LOPPET

Come have fun with us at Theodore Wirth Park!



10a – 11a: Eat & Mingle

11a – 12p: Welcome & Bingo

12p – 2p: Optional Bird Watching
(Walks & Patio Sitting Options)

FRIDAY MAY 3RD | 10A - 2P

THE TRAILHEAD
1221 THEODORE WIRTH PKWY | MPLS, MN 55422

LEARN MORE AT: LOPPET.ORG

SATURDAY, MAY 4TH

POWERED BY CONNECTION

It's time to celebrate Older Adults Month!



JOIN US IN CELEBRATING OLDER ADULTS MONTH BY CREATING A TRAVELING MURAL TO BE DISPLAYED AT SITES ACROSS HENNEPIN COUNTY.

LET'S COME TOGETHER AND CREATE SOMETHING BEAUTIFUL THAT WILL INSPIRE OTHERS TO APPRECIATE AND RESPECT THE VALUE OF OUR OLDER GENERATIONS.

NO EXPERIENCE REQUIRED

**ARTIST LED BY CADEX HERRERA
WWW.CADEXHERRERA.COM**

LIGHT BRUNCH WILL BE SERVED

SPONSORED BY :



Cadex Herrera, ARTIVIST



Westminster
Presbyterian Church



WHEN & WHERE



10:00AM - 12:00PM



**THE MAGNET 55+
WESTMINSTER PRESBYTERIAN CHURCH
FELLOWSHIP HALL
1200 MARQUETTE AVE MINNEAPOLIS, MN**

RSVP

Capacity for this event is limited to 20 people. Kindly reserve your spot, RSVP to The Magnet 55+ message line at 612.540.2928 or email Angelique at akingsbury@wpc-mpls.org

Community Safety Center Engagement Session



The Minneapolis Office of Community Safety invites our City's older residents who live, work, and play in South Minneapolis to come learn about the community safety center concept and help decide services that could be found there

May 6, 2024

10:30 a.m.—12:00 p.m.

Westminster Presbyterian Church

1200 Marquette Ave., Minneapolis, 55403

Please scan for more information about the Office of Community Safety and the Community Safety Centers

