



FOREVERWELL

MAY 2024 | FOREST LAKE YMCA OF THE NORTH

MAKE WELLNESS YOUR PLAN FOR LIFE!

MOTIVATIONAL MONDAY WALKS

9:45AM, May 6, 13, 20

FISHING SEMINAR with BILL KUTKA

11AM, Friday, May 10

GLACIAL HILLS REGIONAL TRAILS

10AM, Tuesday, May 14

HOT DOG! IT'S A SPRINGTIME POTLUCK

11:30AM-12:30PM
Tuesday, May 21

SPLASH PAD! ADAPTIVE BIKES!

Open and Available
Memorial Day Weekend

NATIONAL SENIOR HEALTH & FITNESS DAY

9AM-12NOON
Wednesday, May 29

Open House
Pop Up Fitness Demos
Grab'n Go Snacks
Healthy Eating Talks
Crowd Shot Picture
Smug Pug Food Truck
Outdoor & Indoor Games



Aquatics is a key pillar of the Forest Lake Y. Director Julia Carson heads up pool schedules, hires, trains and supervises lifeguards and coordinates swim lessons and instructors each session. Julia also teaches CPR classes to team members, gives private swim lessons and oversees the opening and closing of the seasonal Splash Deck. Julia has remarked she is proud of the Forest Lake team of certified lifeguards, ranging from ages 17 through 67, and how they support one another while on the job!

Do You Know?

The Forest Lake YMCA is one of two branches that offers a vortex circulation pool on its aquatics deck. The vortex pool provides a cardio workout without joint impact, improves core and balance and can lower inflammation throughout the body.

Caleb Shockey, our Branch Maintenance Technician is a Certified Pool Operator. Caleb performs scheduled water chemistry checks, controls the temperature of the water, and oversees the operation of the pool, ensuring it stays safe and operational. Our pool temperatures are set at Lap Pool – 83 degrees; Leisure Pool – 87 degrees Spa – 104 degrees and Splash Pad – 84 degrees all Fahrenheit.

Last year alone, 850 young people joined swim sessions for 1500 water safety courses and swimming lessons!

More than 7000 senior adults participate and reap the benefits of Group Water Exercise classes annually.

Several hundred swimmers turn to the Forest Lake lap pool for their workout on a daily and weekly basis every year.

And, let's not forget those ForeverWell members who are also grandparents taking their "grands" to the leisure pool, cheering them on during swim lessons and applying sun screen to their "littles" while on the Splash Deck



BRANCH HOURS

Mon-Fri 5am-9pm
Sat & Sun 7am-5pm
Memorial Day 7am-12Noon
Customer Service-612-230-9622
Ask for Extension-38100

FOREST LAKE YMCA

19845 Forest Road, N., FL, MN 55025
Contact: ForeverWell Coordinator
651-747-0875
Welcome Desk: 651-728-5350
Mary.Rivard @ymcamn.org

FOREVERWELL GROUP EXERCISE

Fitness & Movement classes
designed for Adults 55 & over.

MONDAY

7am-Shallow Wtr Power-Pool
8am- Water Ex-Pool
8:30am-FW Cardio Dance-Studio 1
9am-Shallow Water Ex-Pool
10:55am- SS Circuit-Studio 1
11:10am-Yoga Sculpt-Studio 2
12:00pm- FW Yoga-Studio 1

TUESDAY

8am-Chair Yoga-Studio 1
8-8:45am- Shallow Water Ex-Pool
9-10am-Shallow Water Ex-Pool
11am-Zumba Gold-Studio 1

WEDNESDAY

7am-Water Ex Power-Pool
8am-Water Ex-Pool
8:30am- FW Combo-Studio 1
9:30am-FW Combo-Gym
10:30am-Chair Yoga-Studio 1
5:00pm-FW Cycle-Studio 2

THURSDAY

8-8:45am-Shallow Water Ex-Pool
9-10am-Shallow Water Ex-Pool
9:30am-FW Combo-Studio 2
10:30am-Chair Yoga-Studio 2
10:30am-Cardio Dance-Studio 1
11:30am-Gentle Yoga-Studio 2
6:00pm- Aqua Zumba-Pool

FRIDAY

8am- Shallow Water Ex-Pool
9 am-Deep Water Ex-Pool
8:30am-FW Combo-Studio 1
9:30am-FW Strength-Studio 1

MAKE WELLNESS YOUR PLAN FOR LIFE!

Join Us on National Senior
Health & Fitness Day

Wednesday, May 29
9am-12noon

MORE GROUP EXERCISE

Try Out These Classes!

MONDAY

8am-Yoga-Studio 2
9:40am-Oula -Studio 1
10am-Yoga-Studio 2
6pm-Zumba-Studio 2
6:15pm-Grp Centergy-Studio 1

TUESDAY

9am-Body Pump-Studio 1
10:05am-Oula -Studio 2
10:10am-Yoga-Studio 1
6:15pm-Yoga-Studio 2

WEDNESDAY

9:30am-Oula -Studio 2
10:30am-Grp Active-Studio 2
6:05pm-Yoga-Studio 2
6:15pm-Zumba-Studio 1

THURSDAY

5:30am-Body Pump-Studio 1
5:45am-Grp Cycle-Studio 2
5pm-Grp Centergy-Studio 2
6:15pm-Yoga-Studio 2

FRIDAY

6am-Grp Cycle-Studio 2
12noon-Yoga-Studio 2

SATURDAY

8:10am-Body Pump-Studio 1
8:15am-Grp Cycle-Studio 2
9:30am-Yoga-Studio 2

SUNDAY

8:10am-Body Pump-Studio 1
8:30am-Zumba-Studio 1
12:30pm-Yoga-Studio 2

PICKLEBALL HOURS

Mon-Friday-7-10am
Drop In Pickleball
Mon/Wed/Fri-12:30-2:30pm
Drop In Pickleball
Wednesday-7pm-8:45pm
Drop In Pickleball
Tue/Thur-12:30-2:30 pm
A volunteer is available to coach those
new to Pickleball or
returning players.
Go to south court/gym in tennis shoes.

PICKLEBALL PLAYERS

5-Minute Dynamic Stretching Routine

1. March in place
2. Squats
3. Reverse lunges
4. Kickers
5. Trunk rotations
6. Chest openers
7. Swim Strokes

[www.aarp.org/health/healthy-living/info-2023/
exercises-to-prevent-pickleball-injuries](http://www.aarp.org/health/healthy-living/info-2023/exercises-to-prevent-pickleball-injuries)

Schedule your Fitness Assessment with
a Personal Trainer to review these injury
prevention strategies at the Front Desk.

GYM SCHEDULE

Forest Lake Gym Schedule

WATER EXERCISE

Forest Lake Pool Schedule

FITNESS CENTER TRACK

Forest Lake YMCA Hours

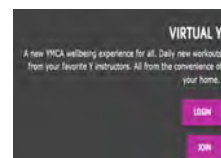
FITNESS ASSESSMENT

Sign up for a Fitness Assessment with
a Personal Trainer to learn how to
operate fitness equipment, help set
goals, become aware of exercise options.

VIRTUAL Y

Info on "How-to Access the Virtual Y"
available at Welcome Desk.

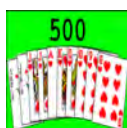
A special "How To" training scheduled for
12 Noon, Friday, May 31 in Comm Rm 1
with Barb, FW Volunteer!



SAFETY NEWS: 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 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 what you should do in the case of severe weather during your visit to the Y.



CARDS & GAMES

9am-12noon-Monday-Friday

Beginners are welcome! Check newsletter calendar for games, days & times.

Start a new game!

Mondays-Mex Train Dominoes & Mah Jong Tuesdays-Hand & Foot

Wednesday-Mah Jong Fridays-Cribbage, 500 & Euchre, Pinochle



9:30-11am

Wednesday, May 29

during

National Senior
Health & Fitness

Day
in

Community Room 1



No waste. Great food! Interested to learn more? A food pop up pantry.

Look for Katie, ForeverWell volunteer in the lobby to learn more!

HOOKED ON BOOKS at the Y!

10:30am, Wednesday, May 15

Conference Room

New to a Book Club? Join us! Books are available for check out at the Welcome Desk. Contact Cheryl swine001@umn.edu or visit a meeting to check it out.

May 15



July 17



June 19



August 21



STITCH TOGETHER! BEAD TOGETHER!

2pm, Monday, May 13

Last Meeting before Summer Break



Bring your Crocheting and Knitting projects. Make progress while being with a friendly group of like minded stitchers!

Beading catches your eye? All supplies and guidance is provided. Make and take your project!

Add your name to our email roster and receive a monthly notification.

Contact Barb- bjroberts2@gmail.com

FREE FISHING SEMINAR-11:00am, Friday, May 10, Comm Rm 1

Open to all ages at the Y and in the community!

Presenting Bill Kutka, experienced fishing guide and professional walleye tournament angler. Bill will discuss proven techniques and tactics for catching walleye and small mouth bass in lakes and rivers, with a special focus on the St. Croix River. This will be a great way to prepare for the Minnesota fishing opener which is the next day!

A free raffle will be held to give away brand new Razr Rose Extreme Series 7 foot medium spinning rod, retail value \$239. Sponsored by the Y We Go Fishing Club of the Forest Lake YMCA

HIKING! 1:30pm, Friday, May 10

Join in! All levels are welcome. This month we meet up at the Allemansratt Wilderness Heritage Park in Lindstrom. Note the 1:30pm afternoon time. Sign up at the Welcome Desk to receive more details via an email from Kiki Zusan, FW Volunteer that will be sent the week of the Hike!



GLACIAL HILLS Regional Trail Conversation

10:00-11:30am, Tuesday, May 14, Community Room 1
Open to all ages in the community



Please join Connor Schaefer and Andrea Rehm, Washington County planners, for a conversation centered on how you use trails, what amenities you want and need, and an adaptive bike demonstration.

This 90-minute session will inform the Glacial Hills Regional Trail Long Range Plan and future trail planning in the County.

Connor and Andrea will also demonstrate our Forest Lake YMCA adaptive bikes! (The bikes were funded by a Washington County grant in 2019 to offer riders who have physical and developmental challenges.)

One lucky participant will receive a free Washington County parks pass!

The Glacial Hills Regional Trail will be an east-west trail that will run through northern Washington County. Once fully developed, it will connect pedestrians, bicyclists and trail users to regional destinations, including Hardwood Creek and Central Greenway Regional Trails, Big Marine Park Reserve and William O'Brien State Park.

Please reach out with any questions to Andrea Rehm at andrea.rehm@co.washington.mn.us or 651-430-4332.



WELCOME NEW FOREVERWELL MEMBERS

SIGN UP FOR A
FOREVERWELL
ORIENTATION!

LEARN ABOUT THE VIRTUAL
Y ON MAY 31!

SENIOR FRAUD PRESENTATION

Protect Yourself from
Fraud and Identity Theft

1pm, May 23rd

Forest Lake Senior Community
Center at 767 4th St SW, FL

If you missed the educational program last fall, here is another opportunity to learn! Go to the Forest Lake Senior Community Center. The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. Fraud presentations cover a range of topics including: the Fraud Watch Network Basic Presentation, Cyber Security & Protecting Your Digital ID, Government Imposter Scams, and Online Romance Scams.



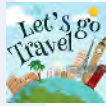
TRAVEL SHARING GROUP Travel Far and Travel Near: Two Part-er!
1pm , Wednesday, May 15

Let's Go to Greece and Walk in the Footsteps of Paul



Jill Bergman, Grp Ex Instructor and Church Pastor @ 1pm

Would you like to deepen your understanding of the Bible and learn about the spread of the Gospel in its earliest days? Jill will be leading a trip to Greece in May 2025 and would like YOU to come along. Join us to hear about our most recent journey to Greece and to learn information for the upcoming pilgrimage. If you cannot attend, join us at the Zoom meeting on Monday, June 3 at 7pm. Contact Jill for the Zoom link or with any questions at jillb@flcch.org.



Day and Short Term Travel Inside Info & Resources

Kathryn Danielson, ForeverWell Member @ 1:45pm

Kathryn will share her experiences on one day and extended day trips traveling with local travel groups and using bus company transportation. Kathryn has a wealth of resources for sight seeing and travel opportunities coming up this summer for you, your friends, maybe you and a grandchild! We encourage you to bring your resources and questions as well to share with others.

LUNCH & LAUGH!

11:30am, Thursday, May 16

PIZZA PUB

8241 North Shore Trail, FL



Join Lunch & Laugh at the PIZZA PUB!

Enjoy good company!

Sign up at Front Desk.

HOT DOG! IT'S A SPRINGTIME POTLUCK!

11:30AM-12:30PM

Tuesday, May 21

Hot dogs, buns and condiments offered FREE by the Y! Sign up at the Front Desk so we have a head count. On the day of, bring one side dish (fruits, veggies, salad, beans, chips, bars, etc.)

This is a member led potluck gathering. Kiki and Pat, ForeverWell volunteers will organize and are looking for a few more helpers. Don and Neil will master the grill. Drop off items after 11am in Community Room 1. Dine in the Comm Rm or outside with nice weather! Limited to 40 participants.

Sign up at the Welcome Desk. Volunteer to be a helper.

We need a few more!

NATIONAL SENIOR HEALTH and FITNESS DAY

Make Wellness Your Plan for Life

9am-12noon, Wednesday, May 29

ForeverWell Open House! Facility Tours, ForeverWell Orientations and Grab'n Go Snacks!

Pilates Reformer Pop Up Demo -9am-10am with Rob Hanson, Personal Trainer
Advanced Training Room

ForeverWell Combo Group Exercise Class with Tammy Sexton, Health and Wellness Director
9:30am, Gymnasium

Crowd Picture! 10:15am Shout out to all ForeverWell Members!
Meet in the Gym for an Ariel Crowd Picture!

Indoor & Outdoor Games: BINGO: 9:30am-11:00am & MahJong:11am-1pm

Healthy Eating Conversations: 9:30-10am, 10:30-11am & 11:30am-12noon, Conf Rm

Line Dancing Pop Up Demo: 10:45am with Catherine Springer, Group Exercise Instructor in Studio 1

SMUG PUG Food Truck: 10am-1pm

Open to All Senior Adults in the Community! We Welcome You!



MAY 2024

21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Volunteer Appreciation Breakfast Mah Jong- 10:30am CAREGIVERS Support Group Meeting 1:30pm Conference Room MEDICARE SEMINAR 3pm , Comm Rm 1	2	3 Cribbage, Games Pinochle & Etc! 9:30am 	4
5	6 Motivational Monday Walks 9:45am Meet in Comm Rm 1 Mah Jong & Mexican Train Dominoes 10:30am	7 Hand & Foot 10:30am 	8 Mah Jong 10:30am 	9	10 Games 9:30am Comm Rm 2 FREE FISHING SEMINAR 11am Comm Rm 1 HIKE 1:30Pm	11
12	13 Motivational Monday Walks 9:45am Meet in Comm Rm Mah Jong & Mexican Train 10:30am STITCH & BEADING TOGETHER-2pm Comm Rm 1	14 GLACIAL HILLS 10am Hand & Foot 11:30am	15 Mah Jong 10:30am Comm Rm 1 HOOKED ON BOOKS 10:30am, Conf Rm TRAVEL SHARING 1pm Comm Rm 1	16 LUNCH & LAUGH PIZZA PUB 11:30am ★	17 Cribbage, Games 9:30am	18
19	20 Motivational Monday Walks 9:45am Meet in Comm Rm 1 Mah Jong & Mexican Train 10:30am	21 FOREVERWELL POT LUCK 11:30am to 12:30pm ★	22 Mah Jong 10:30am	23	24 Cribbage, Pinochle & Etc! 9:30am	25 MEMORIAL DAY WEEKEND Splash Pad Open! Adaptive Bikes Available!
26 	27 MEMORIAL DAY MONDAY Hours 7am-12noon 	28 Hand & Foot 10:30am 	29 NATIONAL SENIOR HEALTH and FITNESS DAY 9am-12noon 	30	31 Cribbage & Etc! 9:30am  12 Noon A How To Training on the Virtual Y	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NATIONAL SENIOR HEALTH AND FITNESS DAY

9AM-12NOON, WEDNESDAY, MAY 29

FREE! OPEN TO ALL IN COMMUNITY!

FOREVERWELL TOURS & ORIENTATIONS Every Half Hour

Pop Up Fitness Demos: 9-10am: PILATES REFORMER, Advanced Training Room

10:45-11:30am: LINE DANCING, Studio 1

FOREVERWELL COMBO Group Exercise Class: 9:30-10:15am, Gymnasium

Indoor & Outdoor Games: BINGO: 9:30am-11:00am & MahJong: 11am-1pm

Healthy Eating Conversations: 9:30-10am, 10:30-11am, 11:30-12noon, Conf Rm

CROWD PICTURE @ 10:15am
Shout out to all ForeverWell Members!
Meet in the Gym for an Ariel Crowd Picture!

Make Wellness Your Plan for Life Free! Open to All!
9am-12noon, Wednesday, May 29

**FOREST LAKE
YMCA**

19845 Forest Road North

22-GE01