



FOREVERWELL

JULY | MAPLEWOOD

SAVE THE DATE

BOOK CLUB
2ND
STUDIO C
2PM

BINGO
10TH
2PM

MOVIE DAY
GUYS AND DOLLS
15TH
2PM

PATIO PARTY
7TH
POOL AREA
4PM

ASHLAND MUSICAL
INTO THE WOODS
10TH
7PM

CHRISTMAS IN JULY
25TH
STUDIO C
10AM



BRANCH HOURS

Monday-Friday:

6am-8pm

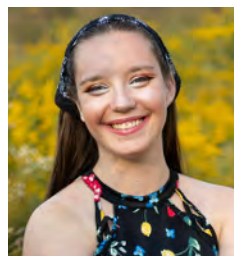
Saturdays and

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

PATIO PARTY

JULY 7TH

Get ready to make a splash at our Summer Pool Party on Monday July 7th, from 4:00-6:00 pm! Bring your swimsuit, towel, and best summer vibes for two hours of fun with music, games, and plenty of pool time. Whether you're lap swimming, floating around, or just enjoying the atmosphere, there's something for everyone to enjoy. This is a perfect way to cool off and connect with friends and family during the summer break. We'll have pool toys, light refreshments, hot dogs, and plenty of lifeguards on duty to ensure a safe and fun experience for all ages. This event is free for members and open to the community, so spread the word and invite your neighbors. There will be no limit to guest passes during that time, so invite as many people as you would like!

ASHLAND PRODUCTIONS

INTO THE WOODS

On July 10th, Ashland Productions, our theater located here in our building, will be showing "Into the Woods." You will be able to sign up with the Front Desk. There are only 120 seats available for the preview showing we get to see the night before opening night. You can pick up your tickets as early as 6pm, doors will open around 7pm. Please keep in mind this is the last day of their practice, so if there are needs for pauses they will take them. For this show there will be an intermission. It WILL seem like the end of the show. If you like happy endings, you may leave during this point. If you like to sit with the uncomfortable... Stay for the whole tale.

One of Sondheim's most popular works, the story follows a Baker and his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; and Jack, who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch's curse, the two set off on a journey to break the curse. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

CHRISTMAS IN JULY

JULY 25TH

On July 25th, from 10am-12pm, we will be celebrating Christmas in July. We will be watching a Christmas movie and making paper snowflakes. Paper, scissors and the movie will be provided. Come join us for our little Christmas celebration. It's never too early to spread joy.

BOOK CLUB

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

MOVIE DAY

This month on July 15th we will be watching Guys and Dolls. Guys and Dolls is a musical set in New York City that follows the intertwining stories of two gamblers: Nathan Detroit, who is trying to find a location for his floating craps game, and Sky Masterson, who bets he can win over Sarah Brown, a serious Salvation Army Sergeant. The musical explores themes of love, gambling, and the clash between the carefree lifestyle of gamblers and the moral convictions of the missionaries. Alongside these main characters, the story also features Miss Adelaide, Nathan's long-suffering fiancée, who dreams of a stable life. Ultimately, the characters navigate their relationships and the challenges of their respective worlds, leading to humorous and heartfelt moments.



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 the Front Desk.

BALANCE ASSESSMENTS

Balance assessments Monday July 7th, 8am-9am. Thursday July 17th, from 2pm-3pm.

LUNCHEON

This month for all members to socialize and get to know each other we are hosting a luncheon. This event is hosted on the last Monday of every month; this month it will be on July 28th from 1:30pm-2:30pm. We will have food and beverages provided. We are going to start requiring sign- ups. Please understand that this is to have a better understanding of how much food to order for this event. If your name is on the list before 12pm the Friday before (25th), you are guaranteed the drink and food for this luncheon. Sign-ups will be available at the Front Desk. Please sign up the Friday before the last Monday. This month it will be July 28th from 1:30-2:30pm.

TRY IT TUESDAYS

This month we are trying to encourage new experiences. The goal is to try a new group class or activity each Tuesday in July. Options could include yoga, aerobics, chair strength, or pickleball.

Date	Instructor/ Experience Leader	New Activity tried
7/1		
7/8		
7/15		
7/22		
7/29		

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

ASHLAND PRODUCTIONS

THE LIGHTNING THIEF

On July 31st, Ashland Productions, our theater located here in our building, will be showing "The Lightning Thief." You will be able to sign up with the Front Desk. There are only 120 seats available for the preview showing we get to see the night before opening night. You can pick up your tickets as early as 6pm, doors will open around 7pm. Please keep in mind this is the last day of their practice, so if there is any need for pauses they will take them. As the half-blood son of a Greek god, Percy Jackson has newly-discovered powers he can't control, a destiny he doesn't want, and a mythology textbook's worth of monsters on his trail. When Zeus's master lightning bolt is stolen and Percy becomes the prime suspect, he has to find and return the bolt to prove his innocence and prevent a war between the gods. But to succeed on his quest, Percy will have to do more than catch the thief. He must travel to the Underworld and back; solve the riddle of the Oracle, which warns him of betrayal by a friend; and come to terms with the father who abandoned him. Adapted from the best-selling book The Lightning Thief by Rick Riordan and featuring a thrilling original rock score, The Lightning Thief: The Percy Jackson Musical is an action-packed mythical adventure "worthy of the gods"

WHAT TO LOOK FOR IN THE COMING MONTHS TIE DYE

\$20

As a fun summer activity we will be doing tie dye. On August 21st from 2pm-4pm. We will be providing the table, the colors, and smiles. This will be hosted on the upstairs patio. Tie-dye is a vibrant and playful art form that transforms plain fabric into bursts of swirling color using simple techniques like twisting, folding, and binding. The YMCA will provide rubber bands, dye and laughter. Please bring your own shirt, pillow case, or item to dye.

DJ DANCE PARTY

AUGUST

To end our summer we are going to be doing a DJ dance party with all of your favorite artists, the Beach Boys, ABBA and some slow dance music brought to you by Patsy Cline. If you have any specific song requests you wish to hear in the 2 hour dance party, please email or talk to Ketzie about your ideas.



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 on the first floor in Studio C, unless otherwise specified. (Studio C are the doors right across from the Locker Rooms.)

MONDAY:

SCRABBLE- 10:30AM-4PM

Test your language skills. A dictionary is provided.

CARDS- 10:30AM-4PM

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-5PM

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

THURSDAY:

CRAFTS AND CHAT- 12PM-4PM

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.

Pinochle- 9:30am- 12pm

Join us for Pinochle. It is a trick-taking card game, typically for two to four players and played with a 48-card deck. It is derived from the card game Bezique; players score points by trick-taking and also by forming combinations of characters into melds.

RECIPE:

PEANUT BUTTER APPLE NACHOS

Ingredients:

Apples

Chocolate Chips

Melted Caramel

Melted Chocolate

Melted Peanut Butter



This food can be such a fun snack to have on a boat or to have as a "walking taco". This recipe can be made to make your own. I have had this recipe with Caramel, Chocolate Chips, Mini M and M's, Butterscotch Chips, Granola, and other salty treats.

Food list steps:

Slice the Apples and place them on a plate- it is better if you slice them verses dice them or put them into chunks, depending on how you want to eat your snack- place on plate or in bowl (paper boats work very well.)

Melt the Peanut Butter in the microwave in 20 second increments until it is melted to your desire.

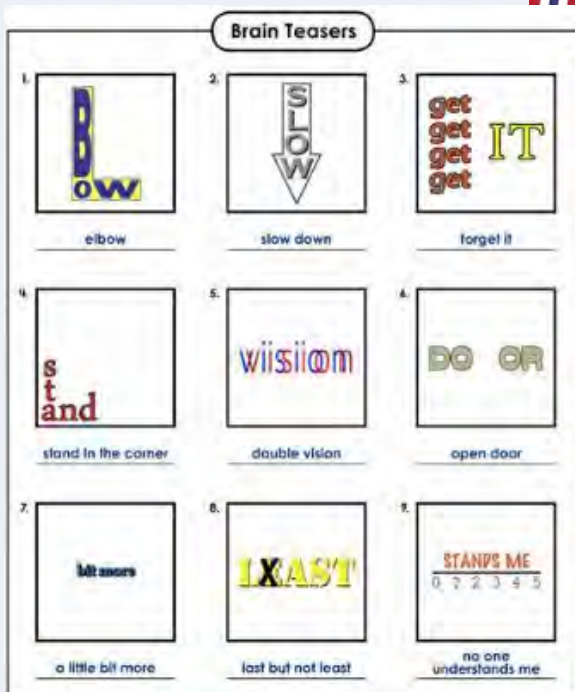
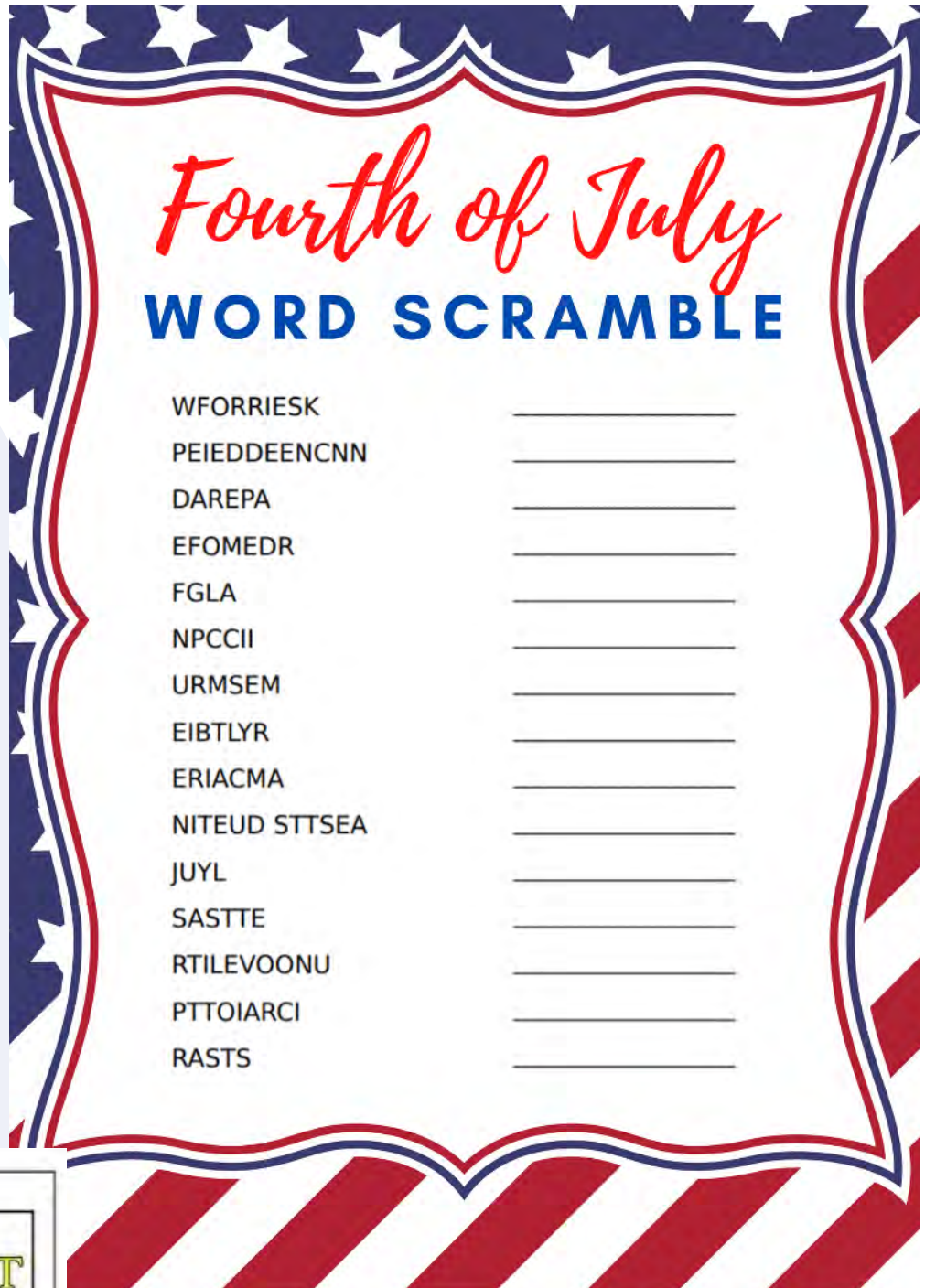
Put desired ingredients onto the plate of Apples.

Recipe Inquiry:

INTERESTED IN YOUR RECIPES

As part of our newsletter, I would love to put a spotlight on recipes that you love to share and enjoy with family and friends. If you have any recipes you would like to see highlighted in the Foreverwell Newsletter, please send Ketzie Leake an email at Ketzie.Leake@ymcamn.org.

BRAIN GAME



Elbow -- Slow Down -- Forget it

Stand in the Corner -- Double vision -- Open Door

A little bit more -- Last but not least -- No one understands me



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		Mahjong- 11:30am-4pm 01	Book Club-2pm-3pm 02	Crafts and Chat- 12pm-2pm 03	CLOSED FOR 4TH OF JULY	05
06	Cards- 10:30am-4pm Scrabble- 10:30am-4pm Patio Party- 4pm-6pm 07	Mahjong- 11:30am-2pm 08	09	Crafts and Chat- 12pm-2pm Bingo- 2pm-4pm Into the Woods- 7pm-9pm 10	Pinochle- 9:30am- 12pm TX Hold-Em- 12:30pm-3pm 11	12
13	Cards- 10:30am-12pm Scrabble- 11am-12pm 14	Mahjong- 11:30am-2pm Movie day- 2pm-4pm 15	16	Crafts and Chat- 12pm-2pm 17	Pinochle- 9:30am- 12pm TX Hold-Em- 12:30pm-3pm 18	19
20	Cards- 10:30am-12pm Scrabble- 11am-12pm 21	Mahjong- 11:30am-2pm 22	23	Crafts and Chat- 12pm-2pm 24	Pinochle- 9:30am- 12pm TX Hold-Em- 12:30pm-3pm Christmas in July- 10am- 12pm 25	26
27	Cards- 10:30am-12pm Scrabble- 11am-12pm Luncheon- 1:30pm-2:30pm 28	Mahjong- 11:30am-2pm 29	30	Crafts and Chat- 12pm-2pm The Lightning Thief- 7pm-9pm 31		