



FOREVERWELL

MAY 2024 | SHOREVIEW

FOREVERWELL CLASSES AND PROGRAMS FOR Y MEMBERS AGES 55 +



FOREVERWELL ORIENTATIONS

TUESDAYS & THURSDAYS
10:30 – 11:15am

For new and returning members.

You'll have the chance to talk about current classes and programs and how to create a Y experience to help you stay active and feel your best.

Contact Heather DeFrance to sign up.

FOREVERWELL CO-COORDINATORS

Elen Bahr
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Heather DeFrance
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MAY 29th IS NATIONAL SENIOR HEALTH & FITNESS DAY. We're celebrating all month!

BALANCE ASSESSMENTS
Every Tuesday
12:00 – 12:30pm

YOGA FOR STRONGER BONES DEMOS
Every Thursday
1:30 – 2:00pm

BUILD YOUR OWN TRIATHLON
May 6 – 27

NEW MEMBER RECEPTION
May 13
11:00am – 12:00pm

BRAIN HEALTH WORKSHOP
May 20
1:45 – 2:45pm

LIVE MUSIC
May 29
11:15am – 12:30pm

INBODY TESTING
May 29
12:30 – 1:45pm

BRANCH HOURS
Monday – Friday
5:00am – 9:00pm

Saturday & Sunday
7:00am – 5:00pm

SHOREVIEW YMCA
3760 Lexington Avenue North
Shoreview, MN 55126

ymcanorth.org
Customer Service 651-483-2671

MONTH-LONG ACTIVITIES



BUILD YOUR OWN TRIATHLON – MAY 6 – 27

Join this fitness challenge in which you'll complete activities in the categories Cardio, Strength, and Balance & Flexibility.

Sign up in the ForeverWell Binder.

We'll distribute the Triathlon materials beginning Friday May 3rd.

We'll provide lists of activities in each category and you'll decide if you want to do one, two, or three activities each of the three weeks of the challenge. You'll also receive a weekly check-in call or email to help motivate you to stay on track.

It's a great challenge – the only person you're competing against is yourself and we have no requirements for how you Build Your Own Triathlon. We want you to try new ways to stay active and committed to your wellness.

All triathletes will receive a prize and, we'll draw three participant names for GRAND PRIZES.



BALANCE ASSESSMENTS

with Heather

Tuesdays 12:00 – 12:30pm | Fusion Studio

Drop in – no sign-up needed

Learn about your specific balance strengths and challenges. We'll use the Berg balance test – a widely used, standardized assessment to determine your balance abilities. The test contains specific tasks you'll perform while you're standing, sitting or making simple movements. The entire test takes about 15 minutes to complete.



YOGA FOR STRONGER BONES DEMOS

with Elen

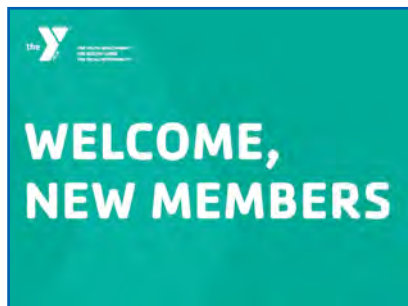
Thursdays 1:30 – 2:00pm | Fusion Studio

Drop in – no sign-up needed

Get a preview of this osteoporosis-prevention small group training class. Learn how 12 basic yoga poses, practiced with a specific focus on alignment, were proven to help maintain or build bone density. (Columbia University, New York.)

No previous yoga experience is necessary. Poses are done standing and laying on the floor.

MAY SPECIAL EVENTS



MONTHLY NEW MEMBER WELCOME RECEPTION

Monday, May 13 | 11:00am – 12:00pm | Meeting Room

RSVP by Friday, May 10th

Elen Bahr elen.bahr@ymcamn.org or 651-490-4891

New members, we're so glad you're here! Join us for this casual reception for refreshments and conversation as you:

- Learn more about the breadth and depth of the incredible impact your YMCA makes in the community.
- Get support for your specific wellness goals. We're all in this together.
- Make connections with other members who share your desire to age in the healthiest way possible.

MAY WORKSHOP

BRAIN HEALTH: IT'S NOT ALL IN YOUR HEAD

with Elen Bahr

Monday, May 20 | 1:45 – 2:45pm | Meeting Room

[Sign up in the ForeverWell binder.](#)



Brain (cognitive) health —the ability to clearly think, learn, and remember— is an important component of performing everyday activities. And, yes, aging can present cognitive challenges. However – from crossword puzzles to physical exercise and more, there are key ways to support cognitive function and keep your body, brain and memory sharp.



LIVE MUSIC

with Mark Schirmacher, Cardigan Ridge Senior Living

Wednesday, May 29 | 11:15am – 12:30pm | Main Lobby

As we celebrate National Senior Health and Fitness day, stop by for a song or two (or more!) and help yourself to a grab-n-go snack.

Mark Schirmacher is a multi-instrumental musician and producer, writing and performing in the Twin Cities. In his day job as Life Enrichment Director at Cardigan Ridge Senior Living, Mark is our partner in the YMCA providing onsite exercise classes and special event volunteers. We are grateful for his partnership and generosity in sharing his music with us.

MAY SPECIAL EVENTS (continued)

INBODY TESTING

with Heather DeFrance

Wednesday, May 29 | 12:30 – 1:45pm | Fusion Studio

Drop in – no sign-up needed

The InBody test is a non-invasive, quick, and accurate body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water. It's a great way to get a comprehensive look at key components of your health.



DONATIONS NEEDED, PLEASE



SHORTS & UNDERWEAR FOR YOUTH CAMPS

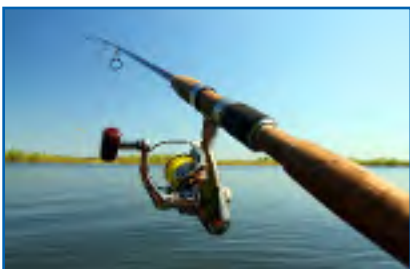
If you're able, please help us with boys and girls sizes small, medium and large new-in-package underwear and new or gently used shorts. (Our little campers sometimes have accidents.)

Please leave them at the front desk for Kim Spry by the end of May.

DID YOU KNOW?

The YMCA fostered America's camping movement, starting in 1885.

Today, the YMCA of the North's nearly 20 summer camps serve thousands of kids each year.



FISHING SUPPLIES FOR "FISHING FOR LIFE" PROGRAM

The YMCA is pleased to collect donations for Fishing for Life, an organization servicing youth, families, veterans and communities through fishing and outdoor programs.

If you are able, please donate new or gently used fishing rods, reels, and tackle boxes. Place them in the collection box in the YMCA Shoreview lobby before May 15th.

VOLUNTEERING



WRITE CARDS OF FRIENDSHIP FOR JOHANNA SHORES

Wednesday, May 8 | 1:30 - 2:30pm | Meeting Room

[Drop in - no sign-up needed.](#)

May cards of friendship and care will go to Johanna Shores Senior Living. Cards and pens are provided - all you need to bring is you! We'd like to write between 68 - 128 cards, depending on the number of writers.



DISTRIBUTE GROCERIES

Tuesday, May 14 | 2:30 - 5:00pm

Real Life Church

2353 North Chatsworth Street, Roseville

[Sign up in the ForeverWell binder.](#)

Fare for All purchases food in large quantities, repackages it and sells it at discounted prices. Your help is needed to walk with customers out to their cars and unload their groceries.



ORGANIZE SCHOOL SUPPLIES

Tuesday, May 21 | 2:00 - 4:00pm

2719 Patton Road, Roseville

[Sign up in the ForeverWell binder.](#)

Kids in Need Foundation provides teachers and students with the supplies they so desperately need. YMCA volunteers are much appreciated to help the organization in several ways, which varies month-to-month.

ONGOING ACTIVITIES

<p>BIBLE STUDY – MEN’S Thursdays 9:00 – 10:00am Meeting Room</p> <p>More info: David Sorley drdsorley@gmail.com</p>	<p>BINGO Fridays 1:00 – 2:00pm Meeting Room</p> <p>Drop-in</p> <p>Donations of snacks and prizes are always welcome.</p>	<p>BOOK DISCUSSION GROUP Wednesday, 5/15 2:00 – 3:00pm Meeting Room</p> <p>The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid</p> <p>More info: Susan Taylor sjtaylor62@comcast.net</p>	<p>CARD WRITING FOR JOHANNA SHORES Wednesday, 5/8 1:30 – 2:15pm Meeting Room</p> <p>Drop-in</p>
<p>CRIBBAGE Tuesdays & Thursdays 11:00am – 1:00pm Tuesday: Meeting Room Thursday: Upstairs lobby</p> <p>Drop-in</p> <p>Feel free to bring a board and snacks to share.</p>	<p>FARE FOR ALL Tuesday, 5/14 2:30 – 5:00pm Real Life Church, Roseville 2353 N. Chatsworth Street</p> <p>Please arrive by 2:30pm</p> <p>Sign up in ForeverWell binder.</p>	<p>FOREVERWELL ORIENTATIONS Tuesdays & Thursdays 10:30 – 11:15am</p> <p>Email Heather DeFrance to sign up. heather.defrance@ymcamn.org</p>	<p>HAPPY HOUR Wednesday, 5/29 3:00pm</p> <p>Panino's 857 Village Center Drive North Oaks</p> <p>RSVP to Cathy Carter by noon 5/28 cathy@cartersonline.net</p>
<p>KIDS IN NEED FOUNDATION Tuesday, 5/21 2:00 – 4:00pm 2719 Patton Road, Roseville</p> <p>Sign up in ForeverWell binder.</p>	<p>LUNCH BUNCH Wednesday, 5/15 11:30am</p> <p>House of Wong 1163 Larpenteur Avenue West Roseville</p> <p>RSVP to Cathy Carter by noon 5/14 cathy@cartersonline.net</p>	<p>MAHJONG Thursdays 1:00 – 3:00pm Upstairs Lobby</p> <p>Drop-in Beginners – we'll teach you how to play!</p> <p>More info: Reggie McCarthy mccar072@yahoo.com</p>	<p>WEEKLY PICNIC Tuesdays (weather permitting) 11:30am – 12:30/1pm Tony Schmidt Park (on the shores of Lake Johanna, lake side/boat launch)</p> <p>Drop-in</p> <p>Bring a chair and, if you'd like a lunch and/or beverage.</p>

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***
ALL INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

MONDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 – 10:00am	Badminton	Gym (half)
Weekly	9:00 – 11:30am	Table Tennis	Gym (half)
Weekly	9:05 – 9:50am	Deep/Shallow Water Exercise	Pool – Abby B.
Weekly	10:00 – 10:45am	Water Exercise Power	Pool – Lacy L.
5/13	11:00am – 12:00pm	New Member Reception	Meeting Room
Weekly	11:25am – 12:25pm	Pedaling for Parkinson's	Fusion Studio – Susan T.
Weekly	11:35am – 12:20pm	SilverSneakers® Circuit	Studio – Mary T.
Weekly	12:35 – 1:20pm	SilverSneakers® Yoga	Studio – Susan T.
*** 5/20	1:45 – 2:45pm	Brain Health Workshop	Meeting Room

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 – 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 – 9:00am	ForeverWell Combo	Studio – Heather D.
Weekly	9:05 – 9:50am	Deep/Shallow Water Power	Pool – Stacia C.
Weekly	10:00 – 10:45am	Deep/Shallow Water Tabata	Pool – Kathy S.
Weekly	10:55 – 11:40am	H2O Flow	Pool – Elizabeth P.
Weekly	11:00am – 1:30pm	Cribbage	Meeting Room
Weekly	10:30 – 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	12:00 – 12:30pm	Balance Assessments	Fusion Studio – Heather D.
Weekly	12:45 – 1:30pm	SilverSneakers® Circuit	Studio – Jennifer P.
Weekly	2:00 – 4:00pm	Pickleball (beginner)	Gym (full)
*** 5/14	2:30 – 5:00pm	Volunteering	Fare for All
*** 5/21	2:00 – 4:00pm	Volunteering	Kids in Need Foundation

DAILY SCHEDULE

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ALL INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 – 10:00am	Badminton	Gym (half)
Weekly	9:05 – 9:50am	Water in Motion	Pool – Lacy L.
Weekly	9:00 – 11:30am	Table Tennis	Gym (half)
Weekly	10:00 – 10:45am	Water Exercise Power	Pool – Pat C.
5/29	11:15 – 12:30pm	Live Music	Main Lobby
Weekly	11:25am – 12:25pm	Pedaling for Parkinson's	Fusion Studio – Angie D.
5/15	11:30am	Lunch Bunch	House of Wong
Weekly	11:35am – 12:20pm	SilverSneakers® Classic	Studio – Susan T.
5/29	12:30 – 1:45pm	InBody Testing	Fusion Studio – Heather D.
Weekly	12:35 – 1:20pm	Chair Yoga	Studio – Angie D.
5/8	1:30 – 2:15pm	Card Writing	Meeting Room
5/15	2:00 – 3:00pm	Book Discussion Group	Meeting Room
5/29	3:00pm	Happy Hour	Panino's



The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose, and each other.

At the YMCA of the North, we'll help you discover a greater sense of purpose by connecting you with opportunities to meet your health goals, nurture the young people in your life, make new friends and strengthen your community for the better.

With opportunities to connect with new people, develop new skills and explore new interests, you might just discover a new passion, too!

DAILY SCHEDULE

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ALL INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 – 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 – 9:00am	ForeverWell Combo	Studio – Elen B.
Weekly	9:00 – 10:00am	Men's Bible Study	Meeting Room
Weekly	9:05 – 9:50am	Aqua Zumba	Pool – Darcy F.
Weekly	10:00 – 10:45am	Deep Water Power	Pool – Pat C.
Weekly	11:00am – 1:30pm	Cribbage	Upstairs Lobby
Weekly	10:30 – 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	11:40am – 12:25pm	Chair Yoga	Studio – Elen B.
Weekly	12:35 – 1:20pm	ForeverWell Balance	Studio – Elen B.
Weekly	1:00 – 3:00pm	Mahjong	Upstairs Lobby
Weekly	1:30 – 2:00pm	Yoga for Stronger Bones demo	Fusion Studio – Elen B.
Weekly	2:00 – 4:00pm	Pickleball (beginner)	Gym (full)

FRIDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 – 10:00am	Badminton	Gym (half)
Weekly	8:00 – 8:45am	ForeverWell Cardio	Studio – Julie G.
Weekly	9:00 – 11:30am	Table Tennis	Gym (half)
Weekly	9:05 – 9:50am	Deep/Shallow Water Power	Pool – Stacia C.
Weekly	10:00 – 10:45am	Water in Motion	Pool – Lacy L.
Weekly	11:25 am – 12:25pm	Pedaling for Parkinsons	Fusion Studio – Heather D.
Weekly	12:35 – 1:20pm	SilverSneakers® Circuit	Studio – Jessie W.
Weekly	1:00 – 2:00pm	Bingo	Meeting Room
Weekly	1:30 – 2:15pm	SilverSneakers® Yoga	Studio – Jessie W.