



FOREVERWELL

COMMUNITY CARE THROUGH OUR CODE OF CONDUCT

The YMCA of the North Code of Conduct helps us keep ourselves and others safe by reminding us of the impact our words and actions can have on our environment. By keeping our core values of caring, equity, honesty, respect and responsibility in mind, we can ensure that YMCA programs and spaces feel safe for all.

Each of us has a responsibility to keep ourselves and our possessions safe at the Y by limiting the valuables we bring with us and by always using a lock on our lockers. Keys and phones can be locked in small lockers or should be kept with us at all times. Never leave your keys or phone in your jacket or outside your line of sight.

WHAT YOU SHOULD KNOW

Prevent Vehicle Theft:

PARK in well-lit areas.

STOW away valuables.

LOCK cars and windows.

DO NOT leave keys in car
AND

NEVER leave your vehicle
while it's running.



PROTECT YOUR VEHICLE FROM THEFT



NHTSA

[NHTSA.gov/theft](https://www.nhtsa.gov/theft)

Sources: NHTSA and NICB



FOREVERWELL

FOREVERWELL CLASS SCHEDULE

WATER EXERCISE

MONDAYS/WEDNESDAYS/FRIDAYS

10:00 am-10:45 am

NEW!-TUESDAYS/THURSDAYS - NEW!

8:45-9:30 am

MONDAYS

5:30 pm

PICKLEBALL

TUESDAYS/THURSDAYS/FRIDAYS/SATURDAYS

9:00-Noon

SILVERSNEAKERS® CIRCUIT

TUESDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CIRCUIT

THURSDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CLASSIC

FRIDAYS

10:55 am-11:40 am



FOREVERWELL

BINGO AND BAGELS

WITH BARB

Thursday, July 17th
11:00 am – 12:00 pm



(SIX GAMES)



FOREVERWELL



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBER SPOTLIGHT

MEET MARJORIE SMITH!



Y MEMBER

WHAT DO YOU LIKE MOST ABOUT THE EASTSIDE Y?

The feeling of community, proximity and seeing my neighbors, friends and meeting new members.

WHAT IS YOUR MOST MEMORABLE EXPERIENCE AT THE EASTSIDE Y?

My most memorable moment was probably my first time attending an Oula class in 2017. It was the first class I ever attended, since becoming a member back in 2001, and it felt like I found just what my soul was needing!

WHAT IS A HEALTH TIP YOU WOULD LIKE TO SHARE WITH THE EASTSIDE Y COMMUNITY?

"Once you're here the rest is up to you. Even if it's for 15 minutes, you'll accomplish a lot for your health and wellbeing"

Marjorie also wanted to shout out all the YMCA team members. Without the team, there would be no Y!



FOREVERWELL



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEAM MEMBER SPOTLIGHT

MEET RAY!

CUSTODIAL TEAM



WHAT DO YOU LIKE MOST ABOUT WORKING AT EASTSIDE Y?

No doubt the members. Our department takes pride in ensuring that our facility is as clean as possible while you are here enjoying your workout. Because without you, our members, there would be no us. And for that, our department at Eastside Y thanks you very much.

WHAT IS YOUR MOST MEMORABLE EXPERIENCE AT EASTSIDE Y?

I would have to say it was when my boss, Jorge Popoca, was awarded the 2025 PF Helping Hand Award. Given to someone who goes above and beyond their duties, just to see him get the attention for this award that he truly did deserve, has to be my most memorable moment to this day.

WHAT IS A HEALTH TIP YOU'D LIKE TO SHARE WITH THE EASTSIDE Y COMMUNITY?

Something any and everyone can do: the walking track at the Eastside Y and using the treadmill. One key to living a long life is having strong legs and consistently working out in these two areas alone can be a life changing experience.

Jump Back Up July 2025



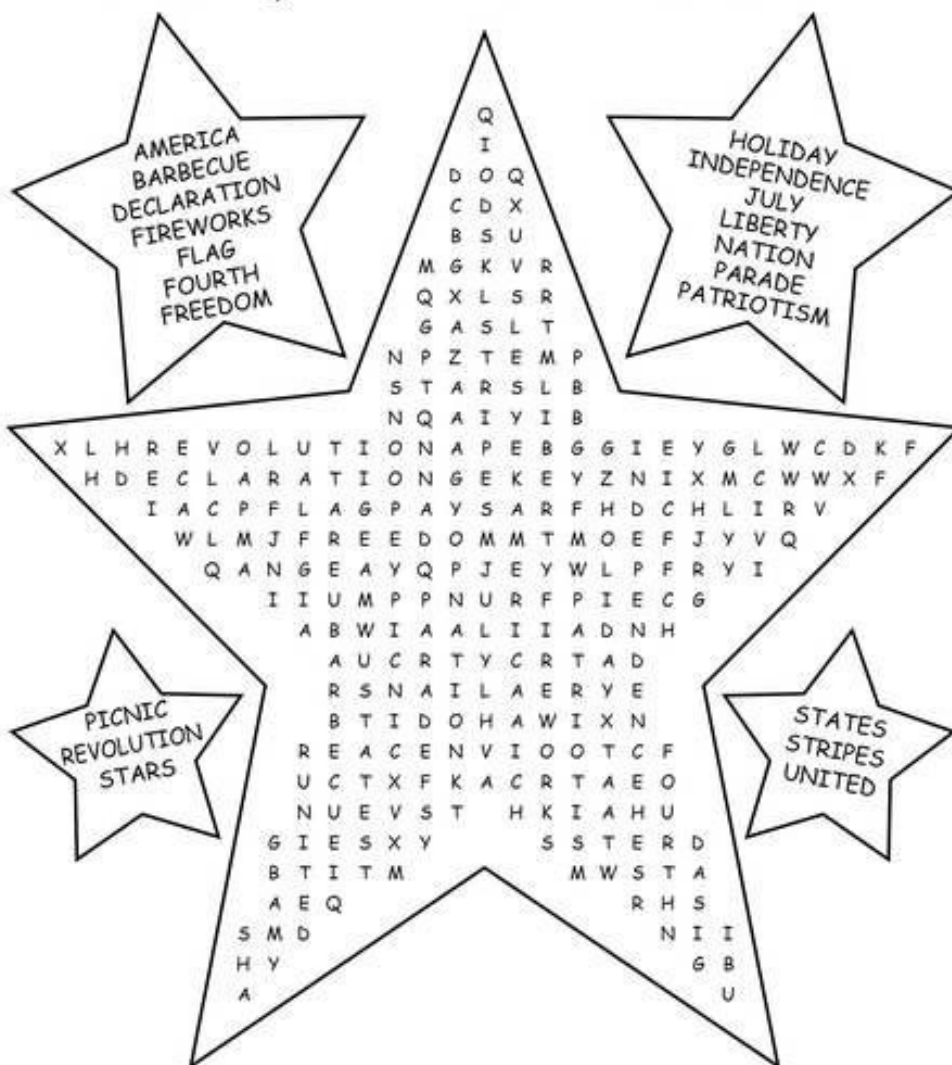
ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet!"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground
7 Shift your mood by doing something you really enjoy	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation
14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself
21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)
28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human			

Name: _____

FOURTH OF JULY!





FOREVERWELL

Game Day

Mondays

Noon- 3 pm

Coffee and Conversation

Fridays

11:45 am-1:00 pm

Feel free to bring a snack to share.

YMCA will provide coffee

ST PAUL EASTSIDE

875 Arcade Street
St. Paul, MN 55105

BRANCH HOURS

Monday-Friday

5:00 am-9:00 pm

Saturday-Sunday

7:00 am-4:00 pm

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