



FOREVERWELL

April 2024

SAINT PAUL EASTSIDE

KEEPING KIDS SAFE AT THE Y

At the Y, we believe ALL children deserve the opportunity to discover who they are, and what they can achieve. Every day, we are proud and respectful of the trust parents and communities around the country place in the Y. From youth sports today and overnight summer camp; from out-of-school time to preschool; our Ys work to ensure all children have a safe, fun filled experience.

At the Y, child protection is our number one priority year-round. During April—Child Abuse Prevention Month—we participate in a week-long campaign called **Five Days of Action** to increase awareness of child sexual abuse and empower and equip our communities to prevent it. By taking part in this important campaign and through implementing abuse prevention practices year-round, we can all commit to the safety of all children in our care.

During these **Five Days of Action**, we introduce the foundational habits of child sexual abuse prevention—**Know. See. Respond.** When put into practice, they help us create safer environments for children to grow and learn.

- **Know:** Knowing about child sexual abuse can help us better understand what to look for and how to keep it from happening in the first place. As trusted adults to the young people in our lives, we play an important role in protecting them from abuse. Learn more about the different types of abuse, the signs and how you can help at childhelpline.org
- **See:** When we know the signs of abuse, we can intervene on behalf of children. As a trusted adult, you may SEE your child interacting with media daily and you can be equipped with the tools and resources to make sure any environment (including online) is free from any abuse. Learn more at commonsensemedia.org/articles/online-safety
- **Respond:** How can you RESPOND to the call to help prevent child sexual abuse? As a trusted adult, you may know it's important to talk about it, but you may not know what or when to say it. The Committee for Children has created the Hot Chocolate Talk campaign, packing decades of research into easy-to-use guides to help you begin these crucial conversations at any age, from toddler to teen. Visit <https://www.cfchildren.org/resources/child-abuse-prevention/> to learn more.

Activity Bingo

Complete the full card and turn In by April 30th to win a prize

Walk 10 laps on the track	Attend a Strength Class	Attend a ForeverWell Circuit Class	Go for a swim in the Pool
Check in at Member Service	Play Pickleball	Do a cardio workout on the Fitness Floor	Attend a Dance Class
Schedule a FW Fitness Orientation	Attend a Yoga Class	Drink 40 oz of water	Eat 5 different Veggies in one day
Attend a Water Exercise Class	Meet the Saint Paul Eastside's Executive Director	Attend a ForeverWell Class	Laugh Out Loud

FOREVERWELL CLASS SCHEDULE

WATER EXERCISE

MONDAYS & WEDNESDAYS

7:05 am-7:50 am

MONDAYS/WEDNESDAYS/THURSDAYS/FRIDAYS

10:00 am-10:45 am

MONDAYS

5:30 pm

MAT PILATES

WEDNESDAYS

6:00 am-6:55 am

PICKLEBALL

TUESDAYS/THURSDAYS/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 NEW MEMBER ORIENTATION

THURSDAYS

11:15 am-Noon

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-5:00 pm

Coffee and Conversation

Join us for coffee and conversation on

Thursdays (In the lobby) and Fridays (Upstairs)
10:45 am-12:00 pm

Feel free to bring a snack to share.

YMCA will provide coffee

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