



FOREVERWELL

MAY 2025 SAINT PAUL MIDWAY YMCA

IN THIS ISSUE

EXISTING FOREVERWELL PROGRAMS

Coffee and Conversation

Thursdays from 11-12:30
(Kitchen/Community Room)

Bridge Group

Wednesdays from
12-2 pm (Kitchen)

Pickleball

Sunday through Friday from 8
am to 12 pm (Gym)

(Tuesdays are beginner day, all
are welcome to help)

FOREVERWELL BINGO

EVERY OTHER WEDNESDAY
WEDNESDAY, MAY 14TH AND
WEDNESDAY, MAY 28TH IN THE
COMMUNITY ROOM FROM
11:15 AM TO 12:15 PM

CLASS HIGHLIGHT OF THE MONTH

Check out Silver Sneakers
Yoga with Sandra on
Mondays at 12:15 pm in
Studio Flex B/C.

MAY: HEALTH AND FITNESS

FOREVERWELL AT THE YMCA BRINGS YOU OPPORTUNITIES TO ENRICH ALL DIMENSIONS OF YOUR WELLBEING!

Thank you for being a part of the YMCA ForeverWell Community.

Thank you to those of you who came to celebrate Brenda, our wonderful instructor of 31 years at the YMCA!

Thank you to Brenda for all her years of dedication to fitness and building community!

We send her well wishes on her next adventure.

YMCA Senior Health and Fitness Day is Wednesday, May 28th!

Our events that day are as follows;

9:30-10 am: Coffee on the Rooftop is back!

Meet in the lobby.

11:15-12:15: Bingo

1-2 pm: Balance Assessments

Save the Date! Health Fair on June 4th

We will be having another Health Fair on Wednesday, June 4th from 10 am to 1 pm in the Gym. Join us and bring a friend!

Have a wonderful month of May!

**The YMCA is closed on Monday, May 26th for Memorial Day.
Remember and honor all who have served.**

BRANCH HOURS

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 7am-5 pm

Customer Service:

(612) 230-9622

MIDWAY YMCA

1761 UNIVERSITY AVE W

SAINT PAUL MN, 55104

FOREVERWELL @ MIDWAY

HAYLEY, FOREVERWELL COORDINATOR

HAYLEY.KILBRIDE@YMCANORTH.ORG

651.259.9623

BALANCE ASSESSMENTS

WEDNESDAY, MAY 28TH FROM 1-2 PM

OR BY APPOINTMENT

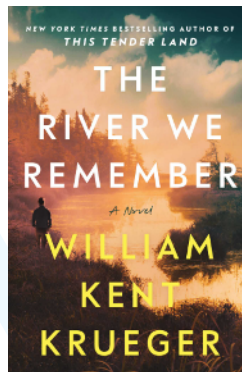
Get your balance assessed in about 15 minutes. Balance is an extremely important part of your wellbeing and we want to help give you some tools to work on your balance. If neither of the times above work for your schedule, please reach out to Hayley at hayley.kilbride@ymcanorth.org to schedule a balance assessment by appointment. Thank you!

MIDWAY Y BOOK CLUB

THE THIRD THURSDAY OF EACH MONTH AT 10 AM IN THE KITCHEN.

THURSDAY, MAY 15TH.

This month's book is "The River We Remember" by William Kent Krueger.



BIRTHDAYS OF THE MONTH

TUESDAY, MAY 27TH AT 11:15 AM

Have you celebrated a birthday this month? Join us for coffee, singing, and more in the Community Room on the last Tuesday of each month. Tuesday, May 27th at 11:15 am.

RED CROSS BLOOD DRIVE

FRIDAY, MAY 2ND AND FRIDAY, MAY 30TH IN THE KITCHEN/COMMUNITY ROOM FROM 9 AM TO 3 PM

You can sign up online at redcrossblood.org and click on Midway YMCA to see available times.

MIDWAY YMCA

COMMUNITY HEALTH FAIR

WEDNESDAY, JUNE 4TH FROM 10 AM TO 1 PM IN THE GYM

We will be having another health fair! Look forward to meeting with some familiar faces, as well as some new vendors at our health fair.

We look forward to seeing you there!

Questions? Reach out to Hayley at hayley.kilbride@ymcanorth.org

FOREVERWELL

ORIENTATION

ForeverWell includes programs, classes and events for adults ages 55 and older. Interested in learning more? **ForeverWell Orientations are most Mondays at 12:30 pm. Orientations in May are May 5th, 12th, and 19th. No orientation on May 26th (Memorial Day).**

Meet in the lobby.

FITNESS

ASSESSMENTS

A 60-minute complimentary fitness assessment with a personal trainer is included in your membership. If you are interested, contact Hayley or sign up at the front desk.

EGYM

Interested in doing more strength training but don't know where to start? E gym is a great place to start. E gym is an 11-machine strength training circuit personalized to you. Contact the front desk to sign up for an e gym orientation.

NUTRITION AND

HEALTH COACHING

The YMCA offers complimentary 30-minute assessments with a health coach and a dietician. Sign up online or at the front desk to learn more.



FOREVERWELL PROGRAMS, CONTINUED

PRESENTATION: "MIND YOUR DIET" A PRACTICAL GUIDE TO PREVENTING ALZHEIMER'S

WEDNESDAY, MAY 21ST AT 11:30 AM
IN THE COMMUNITY ROOM

Back by popular demand!

Presented by Anna at the Curing Alzheimer's Disease Foundation.

This month's topic will focus on diet.

Any questions? Feel free to reach out to info@curingalzheimersdisease.com.

DECLUTTERING WORKSHOP SAVE THE DATE

MAY 2ND AT 11:30 AM IN STUDIO FLEX B/C

Join Mary, fellow ForeverWell member, to learn and collaborate on new ideas around decluttering. Optional idea: Bring before and after photos and success stories of decluttering.

INTERESTED IN STARTING A NEW GROUP OR PROGRAM AT THE Y?

DO YOU HAVE A TALENT THAT YOU WANT TO SHARE?

If you are interested in starting a new group at the Y (new game group, knitting/crocheting club, music club) please reach out to hayley.kilbride@ymcanorth.org.

Additionally, if you are interested in being a part of a sustainability committee (planning trash pick ups, going on hikes, leading environmental initiatives) please reach out to Hayley as well. Thank you!

NEW: LINE DANCING ON THE ROOFTOP!

FRIDAY, MAY 16TH
FROM 11:30 AM - 12 PM

Join Hayley for a special bonus line dancing class on the rooftop! Meet in the lobby. Join in for some fun - be sure to bring your sunglasses, hats, sunscreen, and water! In the case of inclement weather, we will move to Studio Flex B/C.

TECHNOLOGY HELP/NEW YMCA APP HELP

TUESDAY, MAY 20TH
FROM 9 AM TO 10 AM

Bring any technology questions that you have, whether it is your smart phone, Virtual YMCA, or the new YMCA, we're here to help. Drop in anytime between 9 and 10 am to get your questions answered.



ForeverWell Group Exercise Classes to Check Out:

(Full Class Listing Online or Posted on Studio Doors)

Mondays:

- Water Exercise – 6:45 am with Dori (Pool)
- ForeverWell Cardio – 8:30 am with Brenda (Studio A)
- Deep Water Exercise – 9 am with Dori (Pool)
- Tai Chi for Practice – 10 am with John (Studio B)
- SilverSneakers Classic – 10:15 am with Heidi (Flex B/C)
- Yoga – 10:45 am with Sandra (Studio A)
- Line Dancing – 11:15 am with Hayley (Flex B/C)
- Silver Sneakers Yoga – 12:15 pm with Sandra (Flex B/C)

Tuedays:

- Gentle Yoga – 8:15 am with Laura (Studio A)
- Water in Motion – 9:30 am with Lacy (Pool)
- SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
- Flow – 10:45 am with Alexa (Studio A)

Wednesdays:

- Water Exercise – 6:45 am with Dori (Pool)
- ForeverWell Cardio Dance – 8:30 am with Hayley (Studio A)
- Mat Pilates – 9 am with Abby (Flex B/C)
- SilverSneakers Classic – 10:15 am with Brenda (Flex B/C)
- Yoga – 10:45 am with Sandra (Studio A)
- Aqua Zumba – 7:00 pm with Geoffrey (Pool)

Thursdays:

- Deep Water Exercise – 9:00 am with Dori (Pool)
- SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
- Gentle Yoga – 11:30 with Barbara (Studio A)

Fridays:

- ForeverWell Cardio – 8:30 am with Catherine (Studio A)
- Mat Pilates – 9:00 am with Bon (Flex B/C)
- SilverSneakers Classic – 10:15 am with Hayley (Flex B/C)
- Yoga – 10:50 am with Dan (Studio A)

Saturdays:

- ForeverWell Strength – 11:45 with Catherine (Flex B/C)

Sundays:

- Yoga – 3:00 pm with Mike

Studio A: Downstairs

Flex B/C: Upstairs

Studio B: Downstairs

ST. PAUL MIDWAY YMCA FOREVERWELL CALENDAR - MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen/Community Room) Mahjong 1-3 (Kitchen)	2 Pickleball 8-12 (Gym) Decluttering Workshop 11:30 am (Studio Flex B/C) Blood Drive 9am-3pm (Kitchen/Community Room)
5 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	6 Pickleball 8-12 (Gym)	7 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen)	8 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen/Community Room) Mahjong 1-3 (Kitchen)	9 Pickleball 8-12 (Gym)
12 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	13 Pickleball 8-12 (Gym)	14 Pickleball 8-12 (Gym) Bingo 11:15-12:15 (Community Room) Bridge Group 12-2 pm (Kitchen)	15 Pickleball 8-12 (Gym) Book Club 10 am (Kitchen) 11-12:30 pm Coffee & Conversation (Community Room) Mahjong 1-3 (Kitchen)	16 Pickleball 8-12 (Gym) Line Dancing on the Rooftop 11:30 am -12 pm (Meet in the Lobby)
19 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	20 Pickleball 8-12 (Gym) Technology Help 9 am to 10 am (Community Room)	21 Pickleball 8-12 (Gym) Alzheimer's Prevention Presentation 11:30 am (Kitchen) Bridge Group 12-2 pm (Kitchen)	22 Pickleball 8-12 (Gym) 11-12:30 pm - Coffee & Convo (Community Room) Mahjong 1-3 pm (Kitchen)	23 Pickleball 8-12 (Gym)
26 Memorial Day All YMCAs are closed today.	27 Pickleball 8-12 (Gym) Birthdays of the Month Celebration 11:15 am (Community Room)	28 Senior Health and Fitness Day Pickleball 8-12 (Gym) Bingo 11:15-12:15 (Community Room) Bridge Group 12-2 pm (Kitchen)	29 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen) Mahjong 1-3 pm (Kitchen)	30 Pickleball 8-12 (Gym) Blood Drive 9 am - 3 pm (Kitchen/Community Room)