



# FOREVERWELL

APRIL | DAYTON YMCA

## SAVE THE DATE

### APRIL 16TH

**CHEERS TO THE Y !  
FLYER ATTACHED WITH  
ADDITIONAL DETAILS  
AND QR CODE TO  
PURCHASE TICKETS,  
YOU GET ONE DRINK  
TICKETS WITH YOU  
TICKET.**

### APRIL 17TH

**FOREVERWELL  
FITNESS CENTER  
ORIENTATION -  
10AM**

### MAY 4TH

**BALANCED BEING  
RETREAT AT THE  
DAYTON Y. SEE THE  
ATTACHED FLYER**



## THANKS FOR JOINING US IN MARCH FOR OUR FW HAPPY HOUR

**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.

### **BRANCH HOURS**

Monday - Thursday: 6am-8pm  
Fridays: 6am-7pm  
Saturdays: 7am-12pm

### **DAYTON YMCA AT GAVIIDE**

651 NICOLLET MALL  
MPLS, MN 55402  
612-230-3475



**WHAT'S HAPPENING IN MINNEAPOLIS THIS WEEK?**

**SCAN HERE TO FIND OUT!**

**MEET MINNEAPOLIS VISITOR CENTER LOCATION & HOURS:**  
 505 Nicollet | Suite 100 | Minneapolis, MN | Open 10am - 4pm | Tuesdays-Saturdays  
 612-297-9278 | info@minneapolis.org

For more information, visit us @ [minneapolis.org/visitor-information](https://minneapolis.org/visitor-information)

Meet Minneapolis City by Nature | Meet Minneapolis Visitor Center | OPEN 10 AM - 4 PM SHOPS AT THE VISITOR CENTER

## LOOKING FOR THINGS TO DO IN DOWNTOWN MPLS?

USE THE ABOVE QR CODE TO SEE WHAT IS HAPPENING IN MPLS THIS WEEK.

At the Magnet, adults 55+ living in the Minneapolis downtown area gather to engage in health and wellness programs, discuss history and current events, play games, make crafts, or just enjoy a relaxing cup of coffee in a welcoming setting.

We meet in person at Westminster Presbyterian Church on:

- Mondays and Thursdays from 9 am-Noon
- Tuesdays and Wednesdays from 1-4 pm

Contact [Angelique Kingsbury](#) for more information.

## THE MAGNET

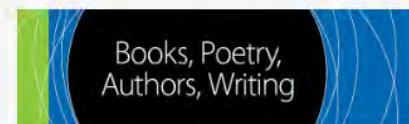
APR  
25

FEATURED

### Plymouth READS Main Event: Author Gretchen Anthony

Thursday, April 25, 7:00pm-8:30pm  
Plymouth Community Center

Join us on April 25 at the Plymouth Community Center for a conversation with Gretchen Anthony, author of the 2024 Plymouth READS selection, "The Book Haters' Book Club."



**Cont. Page 1.** 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 [childhelphotline.org](https://childhelphotline.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](https://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.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JOIN THE YMCA FOR A MORNING OF HOLISTIC WELLNESS

**8:00 a.m. Community Welcome with Coffee/Tea**

**8:30 a.m. Mat Pilates**

Mat Pilates is a conditioning fitness class that focuses on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs and gluteals.

**9:45 a.m. Wellbeing Workshop, Simplify Daily Self Care**

Daily self-care plays a pivotal role in helping us better cope with stress, improve energy levels, lower illness risk, and so much more. During this interactive workshop, we'll introduce you to five dimensions of "whole-person" wellbeing while demystifying self-care — and share a simple yet powerful tool to help you quickly identify key areas for self-care focus.

**11:00 a.m. Reiki Restorative Yoga with Sound Bath**

This gentle yoga format is designed to bring your body into its best balance. Combined with a Reiki technique that uses energy force to reduce stress and anxiety and encourage relaxation to achieve physical, mental, and emotional relaxation.



# BALANCED BEING RETREAT

Discover your Balance and nourish your entire Being in this retreat designed to engage all your senses!

**DATE:** Saturday, May 4  
**TIME:** 8 a.m. – 12:00 p.m.  
**LOCATION:** Dayton YMCA branch  
**COST:** \$110 Member | \$125 Nonmember

Bring your yoga mat and a water bottle



Scan here to sign up or stop by the branch front desk



BE PART OF A STRONG COMMUNITY

# CHEERS TO THE YMCA

DATE APRIL 16TH  
TIME 4:00-7:00PM  
SOCIAL TIME 4-5PM  
FULTON TAP ROOM

We connect, support and serve children, teens, families, adults and seniors with programs and services that strengthen our community - allowing individuals to learn, grow and thrive.

Networking, Entertainment (M.C. Fancy Ray)  
Heavy Appetizers and Auction Items.



Scan for \$50 tickets

Fulton Tap Room  
414 6th Ave N, Minneapolis, MN 55401