



FOREVERWELL

APRIL 2024 | FOREST LAKE YMCA OF THE NORTH



Health and Wellness is at the forefront of the Forest Lake Y. Director Tammy Sexton not only instructs Group Exercise classes she also supervises a team of 40 certified Personal Trainers and Group Exercise Instructors who are dedicated to helping you achieve your health goals. The team offers Fitness Assessments and Pilates classes a midst multiple functions.

Stop by the Senior Expo on April 23. Personal Trainers Kelly Jo and Rob will conduct Pilates Reformer demos with you!

Fitness Assessments: talk individually with a Personal Trainer who will conduct a health assessment to help identify your areas of strength and weakness. Share your past and present health status and ask questions about best exercise options for you. A "hands on" demonstration of fitness equipment and the benefits of each are part of the assessment. You'll walk away with a customized path to help you achieve your wellbeing. Our goal is to ensure comfort, safety and competence in the Fitness Center. Schedule your 60-minute Fitness Assessment at the Welcome Desk.

Pilates is a mind-body exercise program that affects core stability, strength, flexibility, attention to muscle control, posture and breathing. Pilates workouts range from gentle stretching session to high-intensity.

There are two primary types of Pilates—Mat and Reformer.

In Mat Pilates, the primary focus is on using your body for resistance. See the Group Exercise schedule of free and drop in classes offered.

Pilates Reformer (PR) is offered as part of our small group programs, by subscription and fee based. PR is a piece of equipment that uses springs, pulleys, bars, and straps to help keep joint impacts to a minimum. Find our more information at the Welcome Desk or on the Y website.

Pilates reduces the effect of joint problems because it's a low-impact activity, increase range of motion, improves core strength and stability, builds strength because of its central focus on the core and relieves stress as it connects breathing with body work. No matter what your preferred mode of exercise—pickleball, walking, golf, ellipticals or others—Pilates provides benefits that will help you get better at your other activities, while limiting impact and reducing risk for injury.

If you're looking to strengthen and straighten your entire body—Tammy, Forest Lake Y Health and Wellness Director highly recommends giving it a try. Mat Pilates and Pilates Reformer offers benefits for everyone!

Free PLANNING FOR THE FUTURE Free

Vendors Speakers Prizes

SENIOR SEMINAR & EXPO

Tuesday, April 23, 2024
9am - 1pm
Forest Lake YMCA
19845 Forest Rd N., Forest Lake MN 55025

Tuesday, April 23, 2024
Featured Speakers
Planning for the Future

Jenny West Family Means
Mary Beck Realty Executives Collins & Estrem, IA
Julia Estrem
Kirk Possehl Possehl Agency
"Preparing for the Unexpected" 10:00 am
"Moving in the Right Direction" 11:00 am
"Medicare 101 Questions Answered" 12:00 pm

Community Room 2
Forest Lake YMCA
19845 Forest Rd N
Forest Lake, MN 55025

GO GREEN!

Are you a trail user over age 55? We need your ideas to plan the best possible trails, including Glacial Hills Regional Trail in Washington County.

10 - 11:30am Tuesday, May 14

BRANCH HOURS
Mon-Fri 5am-9pm
Sat & Sun 7am-5pm
Customer Service-612-230-9622
Ask for Extension-38100

FOREST LAKE YMCA
19845 Forest Road, N., FL, MN 55025
Contact: ForeverWell Coordinator
651-747-0875
Mary.Rivard @ymcamn.org

FOREVERWELL GROUP EXERCISE

Fitness & Movement classes
designed for Adults 55 & over.

MONDAY

7am-Shallow Wtr Power-Pool
8am- Water Ex-Pool
8:30am-FW Cardio Dance-Studio 1
9am-Shallow Water Ex-Pool
10:55am- SS Circuit-Studio 1
11:10am-Yoga Sculpt-Studio 2
12:00pm- FW Yoga-Studio 1

TUESDAY

8am-Chair Yoga-Studio 1
8-8:45am- Shallow Water Ex-Pool
9-10am-Shallow Water Ex-Pool
11am-Zumba Gold-Studio 1

WEDNESDAY

7am-Water Ex Power-Pool
8am-Water Ex-Pool
8:30am- FW Combo-Studio 1
9:30am-FW Strength-Studio 1
10:30am-Chair Yoga-Studio 1
5:00pm-FW Cycle-Studio 2

THURSDAY

8-8:45am-Shallow Water Ex-Pool
9-10am-Shallow Water Ex-Pool
9:30am-FW Combo-Studio 2
10:30am-Chair Yoga-Studio 2
10:30am-Cardio Dance-Studio 1
11:30am-Gentle Yoga-Studio 2
6:00pm- Aqua Zumba-Pool

FRIDAY

8am- Shallow Water Ex-Pool
9 am-Deep Water Ex-Pool
8:30am-FW Combo-Studio 1
9:30am-FW Strength-Studio 1

GO GREEN

"Advice from a tree: Stand tall and proud. Go out on a limb. Remember your roots. Drink plenty of water. Be content with your natural beauty. Enjoy the view." Anon.



MORE GROUP EXERCISE

Try Out These Classes!

MONDAY

8am-Yoga-Studio 2
9:40am-Oula -Studio 1
10am-Yoga-Studio 2
6pm-Zumba-Studio 2
6:15pm-Grp Centergy-Studio 1

TUESDAY

9am-Body Pump-Studio 1
10:05am-Oula -Studio 2
10:10am-Yoga-Studio 1
6:15pm-Yoga-Studio 2

WEDNESDAY

9:30am-Oula -Studio 2
10:30am-Grp Active-Studio 2
6:05pm-Yoga-Studio 2
6:15pm-Zumba-Studio 1

THURSDAY

5:30am-Body Pump-Studio 1
5:45am-Grp Cycle-Studio 2
5pm-Grp Centergy-Studio 2
6:15pm-Yoga-Studio 2

FRIDAY

6am-Grp Cycle-Studio 2
12noon-Yoga-Studio 2

SATURDAY

8:10am-Body Pump-Studio 1
8:15am-Grp Cycle-Studio 2
9:30am-Yoga-Studio 2

SUNDAY

8:10am-Body Pump-Studio 1
8:30am-Zumba-Studio 1
12:30pm-Yoga-Studio 2

PICKLEBALL HOURS

Mon-Friday-7-10am
Drop In Pickleball
Mon/Wed/Fri-12:30-2:30pm
Drop In Pickleball
Wednesday-7pm-8:45pm
Drop In Pickleball

Tue/Thu-12:30-2:30 pm

A volunteer is available to coach those
new to Pickleball or
just returning players.

Go to south court/gym in tennis shoes.

PICKLEBALL PLAYERS

5-Minute Dynamic Stretching Routine

1. March in place
2. Squats
3. Reverse lunges
4. Kickers
5. Trunk rotations
6. Chest openers
7. Swim Strokes

www.aarp.org/health/healthy-living/info-2023/exercises-to-prevent-pickleball-injuries

Schedule your Fitness Assessment with
a Personal Trainer to review these injury
prevention strategies at the Front Desk.

GYM SCHEDULE

Forest Lake Gym Schedule

WATER EXERCISE

Forest Lake Pool Schedule

FITNESS CENTER TRACK

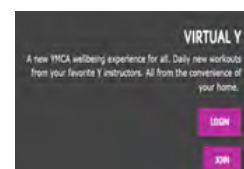
Forest Lake YMCA Hours

FITNESS ASSESSMENT

Sign up for a Fitness Assessment with
a Personal Trainer to learn how to
operate fitness equipment, help set
goals, become aware of exercise options.

VIRTUAL Y

Use your VIRTUAL Y for classes in balance,
nutrition, yoga and fitness ranging from 10
minutes to one hour. Info on "How-to Access
the Virtual Y" available at Welcome Desk.





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. Child protection is our number one priority year-round. 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.

In 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. 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. 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/>



APRIL 1—APRIL FOOL'S DAY!

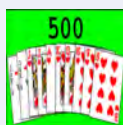
9:30am, Monday, April 1, Comm Rm 1

This is No Joke! BINGO will be held Monday, April 1, on April Fool's Day at 9:30am! (No BINGO later in the month) Get in on this April Fool's Day BINGO with extra fun, jokes, 25% off coffee and mystery prizes for BINGO winners!

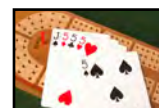
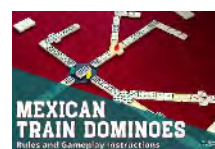
ALZHEIMER'S & DEMENTIA CAREGIVER GROUP

1:30pm, Wednesday, April 3rd, Conference Room

Contact Sue, ForeverWell volunteer, trained facilitator and former caregiver. sue.gilbert9@gmail.com



CARDS & GAMES



9am–12noon–Monday–Friday

Beginners are welcome! Check newsletter calendar for games, days & times.

Start a new game!

Mondays–Mex Train Dominoes & Mah Jong Tuesdays–Hand & Foot

Wednesdays–Mah Jong Fridays–Cribbage, 500 & Euchre



STITCH TOGETHER!

2pm, Monday, April 8, Conference Room

2pm, Monday, April 22, Community Room ★



On the 4th Monday, learn to knit or crochet during our break out sessions! Supplies and instruction provided. Sign up at the Welcome Desk. Specify your interest either knitting or crocheting. Contact biroberts2@ymail.com for details.

BEAD TOGETHER! NOTE: One Monday only this month due to space.

2pm, Monday, April 22, Community Room

Stop by, challenge yourself, make something fun and take it with you!

FEED MY STARVING CHILDREN (FMSC) ★



12:30-2:30pm, Friday, April 12 Join ForeverWell volunteers! Sign up at the Welcome Desk to be a part of the Lakes Area Mobile Pack at Hosanna Lutheran Church.

LUNCH & LEARN OPPORTUNITY!

12 Noon, Tuesday, April 16, Community Room 1

What is Vein Disease? Vein Disease, also called venous disease or chronic venous insufficiency (CVI) is a medical condition recognized by Medicare, Medicaid and private insurance carriers. Attend this program to create a better understanding of vein disease and new technologies available to treat it. Learn what you can do to offset it. Dana Johnson, Field Market Development Manager of Peripheral Vascular Health for the Midwest Region of Medtronic Corporation will be with us to present a talk and slide show on just these points related to vein disease. A box lunch from Panera restaurant is provided. Space is limited to 30. Sign up at the Welcome Desk. ★

MEDICARE

Seminar

3pm

April 3

Q & A

1-3pm

April 17

Information provided by
Possehl Agency of
Lino Lakes



MOON & BLOSSOMS

Group Paint Event!

A fun "Bring a Friend" activity!

1PM-3:30 pm

Thursday, April 25

\$25 Fee for Instruction, all supplies and fun!

Register and Pay Ahead at Welcome Desk ★

TRAVEL SHARING GROUP

GROUP

1pm, Wednesday

April 17

travel

Y WE GO FISHING CLUB!

11:30am, Wednesday, April 17

Community Room 1



Y We Go Fishing will hold its first meeting of the year at 11:30 AM on Wednesday, April 17, at the Forest Lake Y. The fishing club will be planning its open water excursions for 2024. Anyone interested in fishing is welcome to attend!

LUNCH & LAUGH!

11:30am, Thursday, April 18

ORCHID RESTAURANT

1190 County Rd J, White Bear Township

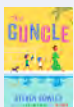


Join Lunch & Laugh at the ORCHID restaurant in White Bear Township. Enjoy good company! ★

HOOKED ON BOOKS at the Y!

10:30am, Wednesday, April 17, Conference Room

Everyone welcome! Books are available for check out at the Welcome Desk. Contact Cheryl swine001@umn.edu or stop in.



April-The Guncle by Steven Rowley

Free

PLANNING FOR THE FUTURE

Vendors

Speakers

Tours

Prizes

SENIOR SEMINAR & EXPO

Tuesday, April 23, 2024
9am - 1 pm
Forest Lake YMCA
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PLANNING FOR THE FUTURE

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Jenny West
Family Means

Mary Beck
Julia Estrem
Realty Executives Collins & Estrem, P.A.

Kirk Possehl
Possehl Agency

“Preparing for the Unexpected”
10:00 am

“Moving in the Right Direction”
11:00 am

“Medicare 101 Questions Answered”
12:00 pm

Community Room 2
Forest Lake YMCA
 19845 Forest Rd N
 Forest Lake, MN 55025

Visit these Organizations at the Forest Lake Senior Expo!
Enjoy the YOUiverse Foodie Truck offering Breakfast Items!

the Forest Lake • Pine City MEDICAL SUPPLY

Edward Jones

Friends & Co

community thread

ECUMEN

Hospice

Family Means

MidWestOne Bank

Washington County

Choice Connections

WOW

REDDOOR RENOVATIONS LLC

Wood's Interior Design Studio & Moving Services

1 DAY PAINTING

GAMMELGÅRDEN MUSEUM OF SCANDIA

Possehl Agency

MATTSON FUNERAL HOME & CREMATION SERVICE

the Y YMCA

PLANNING FOR THE FUTURE

REALTY EXECUTIVES

Allina Health

aetna

Collins & Estrem, P.A.

Because Strategy Matters

Bell Bank

GREAT HOME MOVERS LLC

Bell Bank

Forest Lake Area Good Samaritans

Jeanie's Journeys

SENIORS BlueBook

REHBEIM TRANSIT CO. INC.

Symphony Senior Home Care

OLIVE TREE PEOPLE FROM TREE TO BEAUTY

CMG HOME LOAN!

Forest Lake Area Good Samaritans

Cornerstone WEALTH MANAGEMENT

doTERRA ESSENTIAL OILS

Edina Realty

Washington County PARKS

ONYX Insurance Solutions

Arrow Lift Elevating Excellence

photogenie

SuiteLiving SENIOR CARE

ACT ALZHEIMER'S LAKES AREA

LoanSimple

TruePartners Insurance Brokers

Busy Bee honey

with Gail FUNNY FARM

OSI Physical Therapy

ECUMEN

The Love Of A Dog



APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HAPPY APRIL FOOLS' DAY! THIS IS NO JOKE! BINGO TODAY 9:30am 25% OFF COFFEE MYSTERY PRIZES BINGO WINNERS Mah Jong 11:15am	2	3 Mah Jong 10:30am CAREGIVERS Support Group Meeting 1:30pm 1st Wed Monthly MEDICARE SEMINAR 3pm , Comm Rm 1	4	5 Cribbage, Games Pinochle & Etc! 9:30am 	6
7 Community Rooms cleaned and waxed this week. Seek and ye shall find the wandering Coffee Cart and Cards & Games!	8 Mah Jong Mexican Train Dominoes 10:30am Lobby & Conf Rm STITCH TOGETHER-2pm Conf Rm NO Beading Today	9 Hand & Foot 10:30am Lobby 	10 Mah Jong 10:30am Lobby 	11	12 Cribbage, Games 9:30am Lobby  12:30-2:30pm Sign up to Volunteer ★	13
14	15 Mah Jong & Mexican Train Dominoes 10:30am 	16 Hand & Foot 10:30am LUNCH & LEARN 12 NOON ★ Limited to 30 PPL	17 Mah Jong 10:30am Comm Rm 2 HOOKED ON BOOKS 10:30am, Conf Rm Y WE FISH 11:30am Comm Rm 1 Travel Sharing Group, 1pm Comm Rm 1	18 LUNCH & LAUGHS Orchid 11:30am ★	19 Cribbage Games 9:30am HIKE 10:30am InterState Park Minnesota Side ★	20
21 National VOLUNTEER Week!	22 Mah Jong & Mexican Train 10:30am  STITCH Together with BreakOuts BEADING Together 2pm Comm Rm 1	23 Forest Lake SENIOR EXPO 9AM-1PM YMCA FOREST LAKE	24 Mah Jong 10:30am	25  GROUP PAINT EVENT! ★ Sign up and pay ahead.	26 Cribbage, Pinochle & Etc! 9:30am	27
GO GREEN!	29 Mah Jong & Mexican Train Dominoes 10:30am	30 Hand & Foot 10:30am 	MAY 1 Mah Jong 10:30am	MAY 2	MAY 3 Cribbage, Pinochle & Etc! 9:30am	MAY 4