



FOREVERWELL

APRIL 2024 | SHOREVIEW

FOREVERWELL CLASSES AND PROGRAMS FOR Y MEMBERS AGES 55 +



FOREVERWELL ORIENTATIONS

TUESDAY 10:30am
THURSDAY 10:30am

For new and returning members.

You'll have the chance to talk about current classes and programs and how to create a Y experience to help you stay active and feel your best!

Contact Heather DeFrance to sign up.

FOREVERWELL CO-COORDINATORS

Elen Bahr
elen.bahr@ymcamn.org
651-490-4891

Heather DeFrance
heather.defrance@ymcamn.org
612-230-3470



THE NEWNESS OF SPRING

As Nature renews, so can we. Enhance your YMCA experience with one or more of the offerings highlighted here. Be sure to read more details inside.

NEW MEMBER RECEPTION

If you joined the YMCA between January 1 - March 31 of this year, please join us on Monday, April 22 for casual reception and more.

More on page 2

MONTHLY WORKSHOPS

4/11 - Healthy Food, Healthy Heart w/Priya Patel, Nursing Student, Herzing University

4/19 - Understanding Vein Health w/Dana Johnson, Medtronic

More on page 3

MEMBERSHIP PERKS

Have you scheduled your orientation and/or fitness assessment? We recommend them if you're brand new to the Y or returning after six or more months away.

More on page 2

SEEKING CARD WRITERS

Our monthly card writing group would love a few more folks to join in. We are currently writing between 68 - 128 cards each month, so extra writers are most welcome!

More on page 4

BRANCH HOURS
Monday - Friday
5:00am - 9:00pm

Saturday & Sunday
7:00am - 5:00pm

SHOREVIEW YMCA
3760 Lexington Avenue North
Shoreview, MN 55126

ymcanorth.org
Customer Service 651-483-2671

NEW MEMBER WELCOME RECEPTION

For members who joined between January 1 – March 31



**RSVP "yes" or "no" by Monday, April 15
to Elen Bahr
elen.bahr@ymcamn.org | 651-490-4891**

MONDAY, APRIL 22

11am – 2pm

Light refreshments

Meeting Room

WHILE YOU'RE HERE:

- Take a class – SilverSneakers® Circuit at 11:35am and/or SilverSneakers® Yoga at 12:35pm.
- Learn about more ways you can get involved at the Shoreview YMCA.
- Get your ForeverWell and YMCA questions answered.

ORIENTATIONS & FITNESS ASSESSMENTS FOR NEW AND RETURNING MEMBERS



If you're a new member or returning after six or more months away, we encourage you to take advantage of these two valuable membership benefits. Each is intended to help you set achievable goals so that you'll feel stronger, more confident, and more successful in your daily activities.

ORIENTATION

- ForeverWell program overview
- Facility tour
- Group class types and how to choose which are the best fit for you
- Five main types of exercise and how to plan your workout schedule to include them all
- Q & A

FITNESS ASSESSMENT

- Past and current exercise and activities
- Medical background
- Health and wellness goals
- Equipment review – cardio and strength machines and basic body weight exercises.
- Advice & support for your success
- Q & A

Contact Heather DeFrance to schedule. heather.defrance@ymcamn.org | 612-230-3470

APRIL WORKSHOPS



HEALTHY FOOD, HEALTHY HEART

with Priya Patel, Nursing Student, Herzing University

Thursday, April 11 | 1:30 - 2:15pm | Meeting Room

Please sign up in the ForeverWell binder.

We know that what we eat matters for our overall wellness. In this workshop, you'll hear about how to make healthy food choices specific to your heart health. Learn about the foods to eat and the ones to avoid.

Please join us in welcoming our presenter, Priya Patel, a nursing student at Herzing University. We are grateful for the opportunity to support her learning.



Lunch & Learn: Understanding Vein Disease

w/ Dana Johnson, Medtronic

Friday, April 19 | 12:00 - 1:00pm | Meeting Room

Space is limited to 30 attendees.

Please sign up in the ForeverWell binder

Dana Johnson, a representative of Medtronic, will discuss venous disease, its genetic risk factors, and symptoms. Please join us for this presentation and lunch, courtesy of Medtronic.

LOOKING AHEAD TO MAY



BRAIN HEALTH...IT'S NOT ALL IN YOUR HEAD

with Elen Bahr

Date & time information is forthcoming.

Brain (cognitive) health —the ability to clearly think, learn, and remember— is an important component of performing everyday activities. And, while aging can present cognitive challenges, there are key ways to support cognitive function and keep your brain and memory sharp .

VOLUNTEERING



WE NEED MORE FOLKS TO HELP US...

WRITE CARDS OF FRIENDSHIP FOR JOHANNA SHORES

Wednesday, April 10

1:30 - 2:30pm

Meeting Room

Drop in - no sign up

April cards will go to Johanna Shores Senior Living. Cards and pens are provided - all you need to bring is you! We'd like to write between 68 - 128 cards, depending on the number of writers.



ORGANIZE SCHOOL SUPPLIES

Tuesday, April 16

2:00 - 4:00pm

2719 Patton Road, Roseville

Please sign up in the ForeverWell binder.

Kids in Need Foundation provides teachers and students with the supplies they so desperately need. YMCA volunteers are much appreciated to help the organization in several ways, which varies month-to-month.



DISTRIBUTE GROCERIES

Tuesday, April 16

2:30 - 5:00pm

Real Life Church, Roseville

Please sign up in the ForeverWell binder.

Fare for All purchases food in large quantities, repackages it and sells it at discounted prices. Your help is needed to walk with customers out to their cars and unload their groceries.

ONGOING ACTIVITIES

<p>BIBLE STUDY – MEN’S Thursdays 9:00 – 10:00am Meeting Room</p> <p>More info: David Sorley drdsorley@gmail.com</p>	<p>BINGO Fridays 1:00 – 2:00pm Meeting Room</p> <p>Drop-in</p> <p>Donations of snacks and prizes are always welcome.</p>	<p>BOOK DISCUSSION GROUP Wednesday, 4/17 2:00 – 3:00pm Meeting Room</p> <p>Our Missing Hearts by Celeste Ng</p> <p>More info: Susan Taylor sjtaylor62@comcast.net</p>	<p>CARD WRITING FOR JOHANNA SHORES Wednesday, 4/10 1:30 – 2:30pm Meeting Room</p> <p>Drop-in</p>
<p>CRIBBAGE Tuesdays & Thursdays 11:00am – 1:00pm Tuesday: Meeting Room Thursday: Upstairs lobby</p> <p>Drop-in</p> <p>Feel free to bring a board and snacks to share.</p>	<p>FARE FOR ALL Tuesday, 4/16 2:30 – 5:00pm Real Life Church, Roseville 2353 N. Chatsworth Street</p> <p>Please arrive by 2:30pm</p> <p>Sign up in ForeverWell binder.</p>	<p>FOREVERWELL ORIENTATIONS Tuesdays & Thursdays 10:30 – 11:15am</p> <p>Email Heather DeFrance to sign up. heather.defrance@ymcamn.org</p>	<p>HAPPY HOUR Wednesday, 4/24 3:00pm</p> <p>Green Mill 1000 Gramsie Road Shoreview</p> <p>RSVP to Donna Yates by April 23rd da05y@aol.com</p>
<p>KIDS IN NEED FOUNDATION Tuesday, 4/16 2:00 – 4:00pm 2719 Patton Road, Roseville</p> <p>Sign up in ForeverWell binder.</p>	<p>LUNCH BUNCH Wednesday, 4/3 11:30am</p> <p>Sarna’s Classic Grill 3939 University Ave Columbia Heights</p> <p>RSVP to Donna Yates by April 2nd da05y@aol.com</p>	<p>MAHJONG Thursdays 1:00 – 3:00pm Upstairs Lobby</p> <p>Drop-in. Beginners – we’ll teach you how to play!</p> <p>More info: Reggie McCarthy mccar072@yahoo.com</p>	<p>NEW MEMBER RECEPTION</p> <p>If you joined the Y between January 1 – March 31, 2024, this reception is for you.</p> <p>Read the details on page 2.</p> <p>Questions? Contact Elen Bahr elen.bahr@ymcamn.org 651-490-4891</p>

WHICH CLASSES ARE RIGHT FOR ME?

LET THIS GUIDE HELP YOU CHOOSE YOUR CLASSES BASED ON YOUR CURRENT ABILITIES AND INDIVIDUAL NEEDS.

These are general recommendations. Please work within any guidance from your medical provider. We encourage you to attend a variety of classes and see what formats best fits your abilities and brings you joy.

And, please contact either Elen or Heather if you have questions.



Studio Classes offer a wide range of movement styles. Cardio segments of class will find you upright and moving around while strength training and stretching can be performed while standing or sitting.

Water Classes provide a wonderful way to get exercise while also taking it easy on your joints. We recommend trying both shallow and deep formats to decide which you prefer. Arthritic joints tend to feel better in deep water, as there is less impact.

WHICH SCENARIO BEST DESCRIBES YOU?

LEVEL ONE

- "I've been sedentary for a long time and want to start moving again."
- "I'm getting ready for or recovering from joint replacement surgery."
- "I just finished cardiac rehab."

LEVEL TWO

- "I am already very active and have no medical restrictions."
- "I am happy with my level of fitness but want to keep challenging myself."

LEVEL ONE

Studio classes are seated to standing. Water classes vary in intensity based on depth and use of water props.

Chair Yoga
Deep Water Exercise
ForeverWell WaterX
H2O Flow
Shallow Water Exercise
SilverSneakers® Classic
SilverSneakers® Yoga
Water Exercise
Water in Motion

LEVEL TWO

Studio classes are standing with seated options. Water classes vary in intensity based on depth and use of water props.

Includes all Level One classes plus:

Aqua Zumba
Deep Water Tabata
ForeverWell Balance
ForeverWell Cardio
ForeverWell Combo
Silver Sneakers® Circuit
Water Boot Camp

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***

ALL INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

Take a look at the "Which classes are right for me" guide on page 6.

MONDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	9:05 - 9:50am	Deep/Shallow Water Exercise	Pool - Abby B.
Weekly	10:00 - 10:45am	Water Exercise Power	Pool - Lacy L.
Weekly	11:25am - 12:25pm	Pedaling for Parkinson's	Fusion Studio - Susan T.
Weekly	11:35am - 12:20pm	SilverSneakers® Circuit	Studio - Mary T.
Weekly	12:35 - 1:20pm	SilverSneakers® Yoga	Studio - Susan T.

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Heather D.
Weekly	9:05 - 9:50am	Deep/Shallow Water Power	Pool - Stacia C.
Weekly	10:00 - 10:45am	Deep/Shallow Water Tabata	Pool - Kathy S.
Weekly	10:55 - 11:40am	H2O Flow	Pool - Elizabeth P.
Weekly	11:00am - 1:30pm	Cribbage	Meeting Room
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	12:45 - 1:30pm	SilverSneakers® Circuit	Studio - Jennifer
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)
*** 4/16	2:00 - 4:00pm	Volunteering	Kids in Need Foundation
*** 4/16	2:30 - 5:00pm	Volunteering	Fare for All

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***

ALL INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

Take a look at the "Which classes are right for me" guide on page 6.

WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:05 - 9:50am	Water in Motion	Pool – Lacy L.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	10:00 - 10:45am	Deep/Shallow Water Exercise	Pool – Pat C.
Weekly	11:25am – 12:25pm	Pedaling for Parkinson’s	Fusion Studio – Angie D.
4/3	11:30am	Lunch Bunch	Sarna’s Classic Grill
Weekly	11:35am - 12:20pm	SilverSneakers® Classic	Studio – Susan T.
Weekly	12:35 - 1:20pm	Chair Yoga	Studio – Angie D.
4/10	1:30 - 2:30pm	Card Writing	Meeting Room
4/17	2:00 – 3:00pm	Book Discussion Group	Meeting Room
4/24	3:00pm	Happy Hour	Green Mill

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***

ALL INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

Take a look at the "Which classes are right for me" guide on page 6.

THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Elen B.
Weekly	9:00 - 10:00am	Men's Bible Study	Meeting Room
Weekly	9:05 - 9:50am	Aqua Zumba	Pool - Darcy F.
Weekly	10:00 - 10:45am	Deep Water Exercise	Pool - Pat C.
Weekly	11:00am - 1:30pm	Cribbage	Upstairs Lobby
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	11:40am - 12:25pm	Chair Yoga	Studio - Elen B.
*** Heart Nutrition	1:30 - 2:15pm	Workshop	Meeting Room
Weekly	12:35 - 1:20pm	ForeverWell Balance	Studio - Elen B.
Weekly	1:00 - 3:00pm	Mahjong	Upstairs Lobby
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)

FRIDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	8:00 - 8:45am	ForeverWell Cardio	Studio - Julie G.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	9:05 - 9:50am	Deep/Shallow Water Power	Pool - Stacia C.
Weekly	10:00 - 10:45am	Water in Motion	Pool - Lacy L. / Kari T.
Weekly	11:25 am - 12:25pm	Pedaling for Parkinsons	Fusion Studio - Heather D.
*** Vein Disease	12:00 - 1:00pm	Lunch & Learn	Meeting Room
Weekly	12:35 - 1:20pm	SilverSneakers® Circuit	Studio - Jessie W.
Weekly	1:00 - 2:00pm	Bingo	Meeting Room
Weekly	1:30 - 2:15pm	SilverSneakers® Yoga	Studio - Jessie W.