



# FOREVERWELL

NOVEMBER 2024 | SHOREVIEW

## FOREVERWELL CLASSES AND PROGRAMS FOR Y MEMBERS AGES 55 +



### LET'S CONNECT

These ForeverWell Orientations are for new or returning members, those considering membership and interested friends and family.

**TUESDAYS & THURSDAYS**  
10:30 - 11:15am

Drop in. No registration required.

Get help in creating a Y routine to help you stay active and feel your best.

Newcomers, we'll give you a tour of the facility and introduce you to Y classes and programs.

### FOREVERWELL CO-COORDINATORS

Elen Bahr  
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### NOVEMBER HIGHLIGHTS

As we step into the holiday season, the YMCA in Shoreview is living our commitment to communities both within and outside our building. As you continue to take part in the classes and ongoing activities that bring you joy, we ask you to step into service with us in November and December:

#### **November 12 & 19**

Fare for All & Kids in Need request extra volunteers

#### **mid-November to mid-December**

YMCA Neighborhood Center Gift Drive

#### **December 7**

Blanket making for Ramsey County Family Shelter

Details of each are in the following pages. Please contact Elen Bahr with questions. [elen.bahr@ymcamn.org](mailto:elen.bahr@ymcamn.org) | 651-490-4891

The more we give, the happier we feel. Last year, more than 4,300 volunteers supported YMCA programs to serve communities across the Twin Cities, and ensure that men, women and children of all ages and from all walks of life have the resources and support they need to thrive.

# NOVEMBER SPECIAL EVENTS

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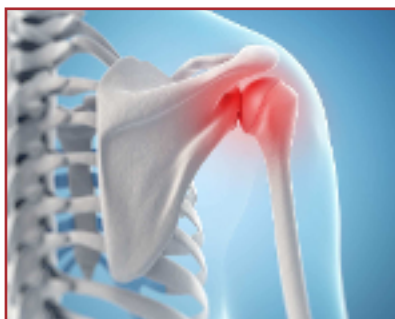


## PEACEMAKER MINNESOTA

Anti-bullying focus

Saturday, November 9 | 12:00 – 1:30pm | Lobby

This organization helps schools to be safer places, free from bullying and harassment, and to help youth learn positive relational skills like empathy, respect, cooperation and how to resolve conflicts peacefully.



## JOINT HEALTH SERIES: SHOULDERS

Tuesday, November 19

1:45 – 2:45pm | Meeting Room

**FOR THOSE LIVING WITH SHOULDER PAIN, PREPARING FOR OR RECOVERING FROM SURGERY**

This workshop will cover:

- Anatomy of the shoulder joint
- The benefits of strengthening, flexibility and balance exercises
- Simple exercises that will help you strengthen your hips or prepare for upcoming surgery

**Sign up in the  
ForeverWell binder**



## NORTHEAST YOUTH & FAMILY SERVICES

Community mental health clinic

Saturday, November 23 | 12:00 – 1:30pm | Lobby

NYFS is a community-based and trauma-informed mental health and community services organization that has been serving communities in the northeastern Saint Paul suburbs since 1976.

# SERVICE OPPORTUNITIES



## DISTRIBUTE GROCERIES

Tuesday, November 12 | 2:30 – 5:00pm

Real Life Church

2353 North Chatsworth Street, Roseville

**Extra holiday season volunteers are needed for November & December sales. Please help if you can.**

**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.

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## WRITE CARDS OF FRIENDSHIP FOR JOHANNA SHORES

Wednesday, November 13 | 1:30 – 2:30pm | Meeting Room

**The group is in need of donated autumn- or Thanksgiving-themed cards (blank inside. Please leave your donations at the front desk.**

**Drop in – no sign-up needed.**

November cards of friendship and care 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.

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## ORGANIZE SCHOOL SUPPLIES

Tuesday, November 19 | 2:00 – 4:00pm

2719 Patton Road, Roseville

**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.

# HOLIDAY SEASON SERVICE OPPORTUNITIES

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Blankets will go to the Ramsey County Family Shelter in Maplewood.

## HOLIDAY SEASON KICKOFF EVENT

Service project for Shoreview Y members to lift up families living in shelter.

**Saturday, December 7 | 12:30 – 2:00pm | Shoreview YMCA**

**For kids ages 7+ and adults of all ages**

We'll create no-sew fleece blankets for the families living at the Ramsey County Family Shelter while awaiting permanent housing.

Your contribution to the project will be your time and the fleece for the blanket(s) your family will make.

**Sign up in the ForeverWell binder by Saturday, November 30.**

Once you've registered, we will send you the info on fabric sizes and other details. Questions: Contact Elen Bahr [elen.bahr@ymcamn.org](mailto:elen.bahr@ymcamn.org) or 651-490-4891



## YMCA NEIGHBORHOOD CENTER GIFT DRIVE

**mid-November to mid-December (exact dates to be announced)**

The YMCA's Neighborhood Centers are dedicated to helping families overcome poverty by providing essential services for children and adults. The Shoreview YMCA supports the Montreal Courts apartments in Maplewood with these services:


- Before, during, and after-school support for K-6 students.
- Career pathways, leadership development, life skills training, and civic engagement opportunities for students in grades 6-12.
- Adult and community programs, including ESL classes, early childhood family education (ECFE), and others.

### Donating gifts is easy:

1. Beginning in mid-November, you'll see gift tags posted by the front desk. Each tag will have the details of requested gifts for the children of Montreal Court.
2. Choose your gift tag(s), and have fun shopping.
3. Return your unwrapped gift(s) and gift tag(s) to our front desk by the date shown on the gift tag.

Questions: Contact Elen Bahr [elen.bahr@ymcamn.org](mailto:elen.bahr@ymcamn.org) or 651-490-4891

# ONGOING ACTIVITIES

<p><b>BIBLE STUDY – MEN’S</b> Thursdays 9:00 – 10:00am Meeting Room</p> <p>More info: David Sorley drdsorley@gmail.com</p>	<p><b>BINGO</b> Fridays 1:00 – 2:00pm Meeting Room</p> <p>Drop-in</p> <p>Donations of snacks and prizes are always welcome.</p>	<p><b>BOOK DISCUSSION GROUP</b> Wednesday, 11/20 2:00 – 3:00pm Meeting Room</p> <p>The Lincoln Highway Amor Towles</p> <p>More info: Susan Taylor sjtaylor62@comcast.net</p>	<p><b>CARD WRITING FOR JOHANNA SHORES</b> Wednesday, 11/13 1:30 – 2:30pm Meeting Room</p> <p>Drop-in</p>
<p><b>CRIBBAGE</b> Tuesdays &amp; Thursdays 11:00am – 1:00pm Meeting Room</p> <p>Drop-in</p> <p>Feel free to bring a board and snacks to share.</p>	<p><b>FARE FOR ALL</b> Tuesday, 11/12 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><b>FOREVERWELL ORIENTATIONS</b> Tuesdays &amp; Thursdays 10:30 – 11:15am</p> <p>More info: Heather DeFrance heather.defrance@ymcamn.org 612-230-3470</p>	<p><b>HAPPY HOUR</b> Wednesday, 11/20 3:00pm</p> <p>Applebee's 1893 Hiway 36 Roseville</p> <p>RSVP by noon 11/19 jmcaïn82@gmail.com</p>
<p><b>KIDS IN NEED FOUNDATION</b> Tuesday, 11/19 2:00 – 4:00pm 2719 Patton Road, Roseville</p> <p>Sign up in ForeverWell binder.</p>	<p><b>LUNCH BUNCH</b> Wednesday, 11/6 11:30am</p> <p>Fiesta Mexico 7090 21st Ave North Hugo</p> <p>RSVP by noon 11/5 jmcaïn82@gmail.com</p>	<p><b>MAH JONGG</b> Tuesdays (beginners) Thursdays (experienced) 1:00 – 3:00pm</p> <p>Upstairs Lobby</p> <p>Drop-in</p> <p>More info: Reggie McCarthy mccar072@yahoo.com</p>	<p><b>YMCA VISION</b></p> <p>To serve relentlessly with our community until all can thrive in each stage of life.</p> 

# DAILY SCHEDULE

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

**INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.**

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

<b>TUESDAYS</b>	<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Heather D.
Weekly	9:00 - 11:30am	Coffee	Lobby
Weekly	9:05 - 9:50am	Water Exercise Power	Indoor Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Tabata	Indoor Pool - Kathy S.
Weekly	10:55 - 11:40am	Aqua Yoga	Indoor Pool - Elizabeth
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 P.
*** 11/19	1:45 - 2:45pm	Joint Workshop - Shoulders	Meeting Room
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)
*** 11/19	2:00 - 4:00pm	Volunteering	Kids in Need Foundation
*** 11/12	2:30 - 5:00pm	Volunteering	Fare for All

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<b>WEDNESDAYS</b>	<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:05 - 9:50am	Water in Motion	Indoor Pool – Lacy L.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	10:00 - 10:45am	Water Exercise Power	Indoor Pool – Pat C.
Weekly	11:25am – 12:25pm	Parkinson's Cycle	Fusion Studio – Angie D.
11/6	11:30am	Lunch Bunch	Fiesta Mexico
Weekly	11:35am - 12:20pm	SilverSneakers® Classic	Studio – Susan T.
Weekly	12:35 - 1:20pm	Chair Yoga	Studio - Angie D.
11/13	1:30 - 2:30pm	Card Writing	Meeting Room
11/20	2:00 – 3:00pm	Book Discussion Group	Meeting Room
11/20	3:00pm	Happy Hour	Applebees

## YMCA AREAS OF IMPACT

We must be focused and accountable to bring about meaningful change in individuals and communities. At the Y, we measure the success of our cause by how well we engage communities in our three areas of focus:

Youth Development— Nurturing the potential of every child and teen

Healthy Living— Improving the nation's health and wellbeing

Social Responsibility— Giving back and providing support to our neighbors



# DAILY SCHEDULE

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**INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.**

<b>THURSDAYS</b>	<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Jennifer P.
Weekly	9:00 - 11:30am	Coffee	Lobby
Weekly	9:00 - 10:00am	Men's Bible Study	Meeting Room
Weekly	9:05 - 9:50am	Aqua Zumba	Indoor Pool - Darcy F.
Weekly	10:00 - 10:45am	Deep Water Power	Diving Well - Pat C.
Weekly	11:00am - 1:30pm	Cribbage	Meeting Room
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	12:35 - 1:20pm	ForeverWell Balance	Studio - Heather D.
Weekly	1:00 - 3:00pm	Mahjong	Upstairs Lobby
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)

<b>FRIDAYS</b>	<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
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	Water Exercise Power	Indoor Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Exercise Power	indoor Pool - Abby B.
Weekly	12:35 - 1:20pm	SilverSneakers® Circuit	Studio - Guest instructors
Weekly	1:00 - 2:00pm	Bingo	Meeting Room
Weekly	1:30 - 2:15pm	SilverSneakers® Yoga	Studio - Guest instructors