



# FOREVERWELL

FEBRUARY 2025 | 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  
elen.bahr@ymcamn.org  
651-490-4891

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



## BLACK HISTORY MONTH

Join the YMCA in Shoreview as we recognize and celebrate the achievements and contributions of African Americans throughout history. This month can serve as a time to educate ourselves about important figures, events, and cultural aspects of the Black experience, highlighting their resilience and impact on society. This is a way for all of us to acknowledge and uplift Black history that might not be widely known.

In addition to testing your knowledge with our trivia questions (page two), we encourage you to seek out books, movies, music, and other vehicles to educate yourself on the multifaced ways in which African Americans have enriched the lives of all of us.

## HEART HEALTH MONTH

### February Workshop CPR Basics for Seniors

Learn the steps for CPR procedure so that you can both get help and begin CPR as needed. Max will cover the basic skills and how to adapt for your individual capabilities. Details on page three.

### Fitness Assessments

**Want help building heart-healthy cardio into your fitness routine?**  
We encourage all new and returning members to sign up for a fitness assessment with one of our personal trainers. One fitness assessment per year is included in your membership. Stop by the front desk to schedule.

# THE YMCA IN SHOREVIEW CELEBRATES



Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Test your knowledge of Black History with the questions below. You'll find the answers in the front window lobby display beginning February 1.

The four colors used for Black History Month are black, red, yellow and green. What does each color represent?

Who was the first African American Major League Baseball player?

Who said, "If there is no struggle, there is no progress"?

Who became America's first female, self-made millionaire with her cosmetics company?

Who wrote the bestselling memoir "I Know Why the Caged Bird Sings"?

Whose original name was Cassius Clay?

Members of which labor union helped to build the nation's black middle class and civil rights movement?

Who was the first African American Nobel Peace Prize winner?

What state was the first to elect a black governor, doing so in 1989?

Who was the first African American child to attend formerly whites-only elementary school?

Which African-American female NASA employee did the calculations for the first actual Moon landing in 1969?



# FEBRUARY HEART HEALTH MONTH WORKSHOPS



## CPR BASICS FOR SENIORS

with Max Vasilchuk, YMCA Aquatics Supervisor, American Red Cross Instructor

Wednesday, February 5 | 1:30 – 2:15pm | Meeting Room

**Sign up in ForeverWell binder.**

Learn the steps for CPR procedure so that you can both get help and begin CPR as needed. Max will cover the basic skills and how to adapt for your individual capabilities.

Note: This workshop will help prepare you in the event you are with someone who has a coronary incident. This is NOT a certification course.



## AGING WITH GUSTO SERIES

presented by the Vital Aging Network

Mondays, February 17 & 24, March 3

9:15 – 11:15am | Meeting Room

**Sign up in the ForeverWell binder. Space is limited.**

**Please note: This is a series. Your sign up includes all three of the sessions.**

The Aging with Gusto series is a set of three facilitated, interactive discussions to ignite positive perceptions of aging and help people develop pathways to create a more accurate and comprehensive narrative about what it means to age.

Each discussion focuses on a specific topic:

- What contributes to your aging with gusto?
- How can you recognize and respond to ageism?
- How can you use your values and goals to live a life with gusto?

For more information about the Vital Aging Network visit [vital-aging-network.org](http://vital-aging-network.org)

# SERVICE OPPORTUNITIES



## WRITE CARDS OF FRIENDSHIP FOR JOHANNA SHORES

Wednesday, February 12 | 1:30 - 2:30pm | Meeting Room

Drop-in. No sign up needed.

February 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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## DISTRIBUTE GROCERIES

Tuesday, February 18 | 2:30 - 5:00pm

Real Life Church

2353 North Chatsworth Street, Roseville

Sign up in the ForeverWell binder.

**NOTE:** We'd like everyone who's interested to have a chance to help out. Walk-in volunteers are welcome but often result in too many volunteers and folks end up leaving.

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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## ORGANIZE SCHOOL SUPPLIES

Tuesday, February 18 | 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.

# 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, 2/19 2:30 – 3:30pm Meeting Room</p> <p>The Voting Booth by Brandy Colbert</p> <p>More info: Susan Taylor sjtaylor62@comcast.net</p>	<p><b>CARD WRITING FOR JOHANNA SHORES</b> Wednesday, 2/12 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, 2/18 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, 2/19 3:00pm</p> <p>Crooked Pint 1734 Adolphus Street Maplewood</p> <p>Email jmcaïn82@gmail.com before noon on 2/18 to reserve your spot.</p>
<p><b>KIDS IN NEED FOUNDATION</b> Tuesday, 2/18 2:00 – 4:00pm 2719 Patton Road, Roseville</p> <p>Sign up in ForeverWell binder.</p>	<p><b>LUNCH BUNCH</b> Wednesday, 2/5 11:30am</p> <p>Zen Asia 1011 Meadowlands Dr. #8 St. Paul</p> <p>Email jmcaïn82@gmail.com before noon on 2/4 to reserve your spot.</p>	<p><b>MAH JONGG</b> Tuesdays (beginner) Thursdays (experienced) 1:00 – 3:00pm</p> <p>Upstairs Lobby Drop-in</p> <p>More info: Reggie McCarthy mccar072@yahoo.com</p>	



# DAILY SCHEDULE

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

INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

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	Water Exercise	Indoor Pool - Abby B.
*** 2/17, 2/24	9:15 - 11:15am	Aging with Gusto	Meeting Room
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.

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Heather D.
Weekly	6:00 - 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.
Weekly	1:00 - 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)
*** 2/18	2:00 - 4:00pm	Volunteering	Kids in Need Foundation
*** 2/18	2:30 - 5:00pm	Volunteering	Fare for All

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WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:00 - 9:45am	ForeverWell Cardio Dance	Fusion Studio - Melinda
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.
2/5	11:30am	Lunch Bunch	Zen Asia
Weekly	11:35am - 12:20pm	SilverSneakers® Classic	Studio - Susan T.
Weekly	12:35 - 1:20pm	Chair Yoga	Studio - Angie D.
***2/5	1:30 - 2:15pm	CPR Basics Workshop	Meeting Room
2/12	1:30 - 2:30pm	Card Writing	Meeting Room
2/19	2:30 - 3:30pm	Book Discussion Group	Meeting Room
2/19	3:00pm	Happy Hour	Crooked Pint

THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	6:00 - 11:30am	Coffee	Lobby
Weekly	8:00 - 11:30am	Pickleball (experienced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Jennifer P.
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	Water Exercise Power	Diving Well - Pat C.
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	11:00am - 1:30pm	Cribbage	Meeting Room
Weekly	1:00 - 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)

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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	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 - Jessie W.
Weekly	1:00 - 2:00pm	Bingo	Meeting Room
Weekly	1:30 - 2:15pm	SilverSneakers® Yoga	Studio - Jessie W.



Guided by our core values of caring, honesty, respect and responsibility, the Y is dedicated to giving people of all ages, backgrounds and walks of life the opportunity to reach their full potential with dignity.