



# FOREVERWELL

APRIL 2025 |

FOREST LAKE YMCA OF THE NORTH  
19845 FOREST ROAD N, FOREST LAKE, MN

## CELEBRATE THE OUTDOORS!

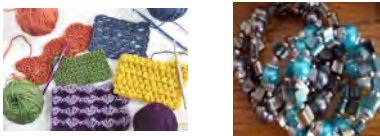
### STITCH & BEAD TOGETHER

1 PM-2:30 PM

APRIL 14th & 28th

Everyone Welcome!  
Bring your knitting, crocheting, needlework or beading projects.

Friendly coaching and mentoring and free supplies offered by Barb, Melissa and Joy.



### SOCIAL & COFFEE

9 AM-12 PM

Monday-Friday

### CARDS & GAMES

10 AM-12 PM

Come Learn & Play With Us!

**Mondays**

Mexican Train Dominoes

Mah Jong

**Tuesdays**

Hand & Foot (9:30AM)

**Wednesdays**

Mah Jong

**Fridays**

Cribbage

Hand & Foot (9:30AM)

Pinochle

**Wednesday**

**APRIL 23RD**

**9:30am-11am**



## DONOR SPOTLIGHT GIVING BACK TO OUR COMMUNITY



### What's Your Reason Y (Why)?



#### NEIL & CAROL FLETCHER

"God has blessed us! We are humbled by the opportunity to share our time and financial donations with our Forest Lake YMCA simply because of the people and the mission."

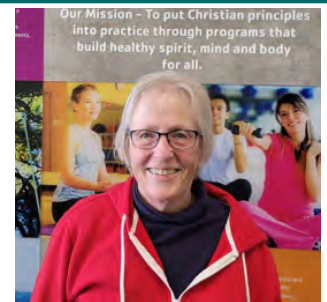
#### MARY JACKSON

"I support the YMCA because it's all about giving back to our local community! It's a great place to meet people, engage in socializing, and be around others! There are so many activities for every age!"



#### SHARON BOWEN

"The YMCA has been a source of community that nourishes all the primary aspects of my life. The Y has given so much to me, to others & has such a positive impact in our community, I feel giving back financially and through volunteer efforts is important and is the right thing to do."



#### POSSEHL AGENCY

"We are blessed beyond measure to have partnered with the YMCA. Not only to help folks with their Medicare issues, but to have built so many strong close relationships with their team. We are humbled to be a part of this incredible organization!"

(Possehl Agency is a Major Giving Donor business - Check out their banner hanging in our gymnasium!)



## WILL YOU JOIN THE GIVING MOVEMENT?

**BRANCH HOURS:** Mon-Fri: 5am-9pm - Sat & Sun: 7am-5pm



# YMCA DAY OF GIVING!

**WEDNESDAY, APRIL 9TH**

All across the country, people are gathering to support their Y and celebrate that Y's local community impact. Count yourself in on this annual celebration—show your love for YOUR Y with a gift today!

**Whatever donation is right for your budget is right for us.**

**Our mission is magnified donor by donor, and no contribution is insignificant when it comes to expanding programs and boosting resources.**

Every dollar raised goes directly into our **Forest Lake YMCA Scholarship Program**, helping local community members start their journey of transformation here at the Y.

This means a single parent can study for an exam while their child enjoys Kid's Stuff, a senior can attend a painting class and make new connections, a child can learn lifesaving water skills in our pool, a young person can spend their summer outdoors at camp instead of in front of a screen, and families can stay active and healthy together.

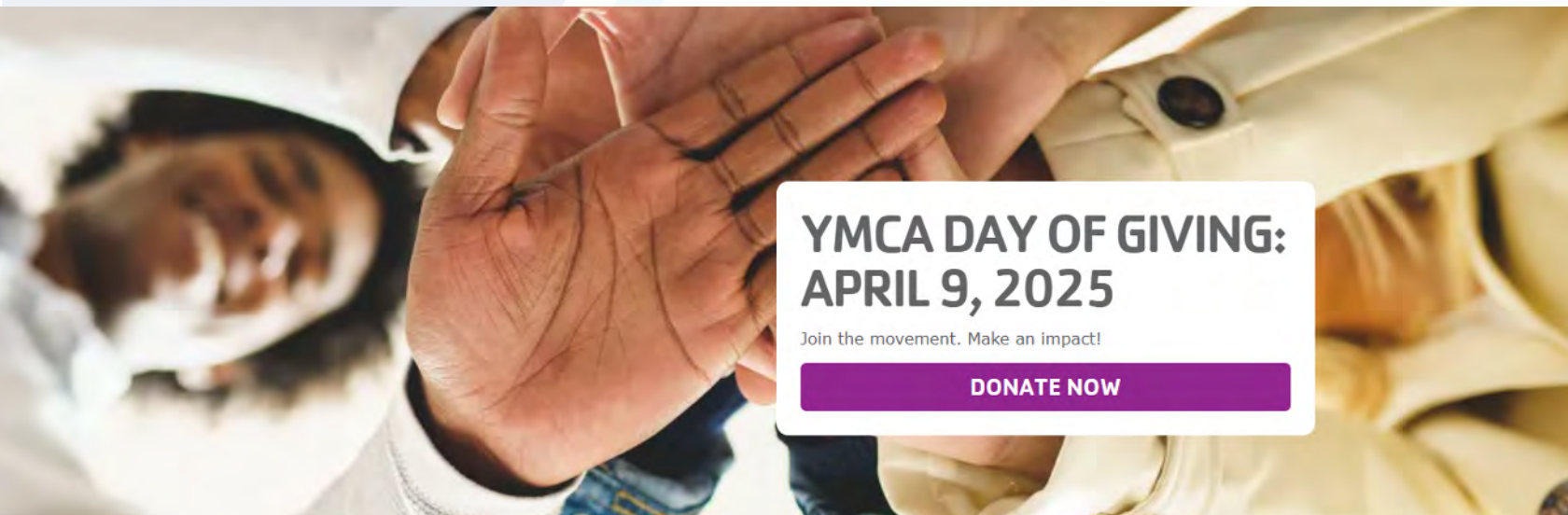
Please help us plan for the future by giving to your Y today!

**Truly, every dollar counts!**

**Your support is far-reaching and deeply appreciated.**

Stop by our **Giving Table in the Lobby on April 9th**, drop off a donation at the **Welcome Desk anytime** or **Submit a Donation Online!**

Thank you for being a part of this incredible journey and for believing no one should do life alone!!



**YMCA DAY OF GIVING:  
APRIL 9, 2025**

Join the movement. Make an impact!

**DONATE NOW**



# FOREVERWELL GROUP EXERCISE

Fitness & Movement classes designed for Adults 55 & over.

## MONDAY

7am: Shallow Water Power - POOL  
8am: Water Exercise - POOL  
8:30am: ForeverWell Combo - STUDIO 1  
9am: Shallow Water Exercise - POOL  
10:45am: ForeverWell Combo - STUDIO 1  
12pm: ForeverWell Yoga - STUDIO 2

## TUESDAY

8am: Shallow Water Exercise - POOL  
9am: Shallow Water Exercise - POOL  
10:15am:  Silver Sneakers Classic - STUDIO 1

## WEDNESDAY

7am: Water Exercise Power - POOL  
8am: Water Exercise - POOL  
8:30am: ForeverWell Combo - STUDIO 1  
9:30am: ForeverWell Combo - GYM  
10:45am: Stretch & Strength - STUDIO 1

## THURSDAY

8am: Shallow Water Exercise - POOL  
9am: Shallow Water Exercise - POOL  
9:15am: Cardio Dance - STUDIO 2  
10:30am: Chair Yoga - STUDIO 1  
11:30am: Gentle Yoga - STUDIO 1  
6pm: Aqua Zumba - POOL

## FRIDAY

8am: Shallow Water Exercise - POOL  
8:30am: ForeverWell Combo - STUDIO 1  
9am: Deep Water Exercise - POOL  
9:30am: ForeverWell Strength - STUDIO 1

## SCHEDULES

Separate schedules are available at the Welcome Desk or on the Y website for Gym, Pool and all Group & Water Exercise classes



## DROP IN PICKLEBALL HOURS:

Mondays: 7am-10am  
11:30am-2:30pm

Tuesdays:

7am-10am

11:30am-2:30pm

Wednesdays:

6am-9am

11:30am-2:30pm

6pm-8:45pm

Thursdays:

7am-10am

11:30am-2:30pm

Fridays:

7am-10am

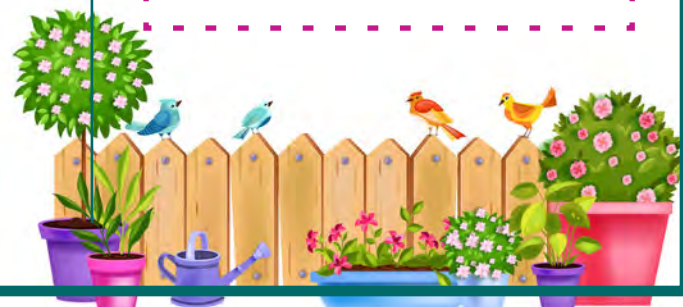
11:30am-2:30pm

Saturdays

& 11am-1pm

Sundays

NO Beginner Pickleball Lessons are regularly being offered at this time





# ALZHEIMER'S & DEMENTIA SUPPORT PROGRAMMING AT THE FOREST LAKE YMCA

## ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP



**APRIL GROUP DATE:  
WEDNESDAY, APRIL 2ND  
1:30PM**

**THANK YOU TO OUR  
FACILITATORS:  
KARI FRANCOIS AND SUE GILBERT**



**FamilyMeans**  
CAREGIVING & AGING

**EARLY MEMORY LOSS  
RESPITE GROUP  
HAPPENING EVERY TUESDAY  
12PM-4PM**

To Register: Call 651-439-4840 or  
email [familymeans@familymeans.org](mailto:familymeans@familymeans.org)  
See Flyer for Additional Information  
& Upcoming Calendar of Events!

alzheimer's association®

**"PREPARE TO CARE: CREATING A PLAN" followed by  
"CAREGIVING: THINGS YOU NEVER KNEW"**

**PRESENTED BY: AARP®  
Minnesota &**



**Speakers: Tom Rinkoski & Kathy Cameron Kuehn  
APRIL 17TH - 11AM**

No matter where you are in the journey of family caregiving –  
During this session, Tom will start us off by sharing a framework to  
help you make plans to care for friends, family members, or loved ones –  
followed by local tips on senior friendly ride services, home health, respite care,  
and community resources to navigate the caregiving journey provided by Kathy.  
It's a session you don't want to miss!





## "Downsizing & Decluttering"

with **AARP**<sup>®</sup>  
Minnesota

(Back by Popular Demand!)

**TUESDAY, APRIL 1ST**

**10AM**

Join us for our free downsizing and de-cluttering event. You'll hear about important organizing tips while exploring how streamlining your things could help you feel happier, less stressed, and more productive. We'll explore how to start your de-cluttering and organizing journey; Practical tips on organizing and de-cluttering; AND how organization could positively impact your daily life.



## UKULELE PLAYERS & FRIENDS EVERY MONDAY

**12PM**

Contact Gunny for details  
Jamesr.Louisww@gmail.com

**Everyone Welcome!**

## PUZZLE & BOOK JUMBLE

**WEDNESDAY, APRIL 9TH**

**9AM-12PM**



Bring in your puzzles and books to swap (JUMBLE) with others!

**Limit of 5 Items Each Category**



## VIRTUAL Y FRIDAYS

**APRIL 4TH & 18TH**

**12PM**

**Learn How to Navigate  
Virtual Y with Barb!**

## FREE SOUND BATH!

**MONDAY**

**APRIL 7TH**

**7:15PM-8:15PM**

**BRING A PILLOW  
& BLANKET**

**ARRIVE EARLY TO GET  
YOUR SPOT**

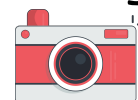


## FOREVERWELL PHOTO FOCUS - FREE EVENT!

**THURSDAY, APRIL 10TH -10AM**

**APRIL TOPIC:**

**Digitalizing, Managing and Archiving Your  
Photos!**



**Presented By:** Photo Solution Advisor,  
Jenny Kasa, & ForeverWell Member, Bill Herzog

This session will feature demonstrations of two systems to digitalize, manage and archive your photographs.



**Possehl Agency**

**"Protecting Your Personal Information Online"**

Wednesday, April 16th  
10am-11am

Presented Virtually By: **AARP**  
Minnesota

Learn how to stay safe while you surf the web!!

Virtual Presentation Viewing will be in Community Room 2 at the Y!

**MEDICARE Q&A with Kirk Possehl**

**WEDNESDAY, APRIL 16TH 1-3PM**

Kirk Possehl & his team pride themselves in their Medicare Insurance expertise and helping as many people as they can.

As a 2-time breast Cancer Survivor, Kirk has more than a bit of experience navigating the healthcare field!

**Come ready with questions!**

**LUNCH & LAUGH!  
THURSDAY  
APRIL 17TH  
12:30PM**

American Legion on Broadway in Forest Lake

Please sign up at Welcome Desk so we can reserve seating ahead of time.

**COMMUNITY THREAD - THRIVE RIDE & VOLUNTEER DRIVER SERVICE**



**APRIL 29TH - 3PM**



Whether you're looking to **GET** a ride or **GIVE** one - Join us for an Info Session & Training with Community Thread, experts in assisting senior adults with transportation needs.

**All interested DRIVERS & PASSENGERS Welcome!!**

**PLAY BRIDGE?**

We are looking for members who would like to play BRIDGE with others!

Add your name & contact information to the list at the Welcome Desk!



**SENIOR SEMINAR & EXPO  
APRIL 29TH**

Presented By: **Mary Beck**  
**FREE EVENT 9AM-1PM**



Featuring: Vendors, Food Trucks, Health Screenings, YMCA Tours and MORE!

**"Moving in the Right Direction" Presentations at 10AM AND 12PM**







# "CELEBRATE THE OUTDOORS" WITH APRIL FEATURED PROGRAMMING!



## MINNESOTA STATE PARKS TALK

Presented By:

ForeverWell Members, Melinda and Jared Hoke

WEDNESDAY, APRIL 9TH - 10:30AM

**BONUS DRAWING FOR AN ANNUAL STATE PARK PASS**

SEE ADDITIONAL FLYER FOR MORE DETAILS!



## FISHING CLUB SEMINAR & ANNUAL MEETING!

MONDAY, APRIL 14TH - 11:45AM

HOSTED BY:

ForeverWell Member, Mark Lofstrom



Fishing seminar presented by professional fishing guide and expert, Ben Elfelt. Ben grew up living on Forest Lake and is very familiar with lakes in the local area.

Everyone is invited to attend and expand their fishing knowledge!

Immediately following the seminar, tentatively 12:30pm, "Y We Go Fishing" Fishing Club will meet to plan their fishing excursions for the year.

Anyone interested is welcome to attend!

The club usually goes out on approximately 8 excursions during the open water season.

You don't need a boat to participate!



## NATIONAL EARTH DAY!

TUESDAY, APRIL 22ND

JOIN THE FOREST LAKE TEAM IN CLEANING UP OUR ADOPTED SECTIONS OF BOTH HWY 96 AND THE HARDWOOD CREEK TRAIL!

MEET IN LOBBY AT 12:15PM

## GROUP HIKE

FRIDAY, APRIL 25TH - 10:30AM

All levels and abilities welcome to join!

Irving and John Anderson County Park  
in Isanti County

Sign up at Welcome Desk!



— APRIL IS NATIONAL —  
**CHILD ABUSE**  
PREVENTION MONTH

# 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.

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 [childhelpline.org](http://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](http://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.



# A MESSAGE FROM YOUR EDITORS

FOREVERWELL COORDINATOR

Mary Rivard

Mary.Rivard@ymcamn.org

ENGAGEMENT DIRECTOR

Kelsey Davis, 651-330-3068

Kelsey.Davis@ymcamn.org



## COME VOLUNTEER WITH US AT

### LAKES AREA FEED MY STARVING CHILDREN

### MOBILE PACK

WEDNESDAY, APRIL 23RD - 12:30PM-2:30PM

SIGN UP AT THE WELCOME DESK!

MEET AT: Hosanna Lutheran Church  
9300 Scandia Trail N., Forest Lake, MN

## LAKES AREA

FEED MY  
STARVING  
CHILDREN



## MOBILEPACK™

INTERESTED IN VOLUNTEERING  
AT THE Y THIS YEAR?  
CONNECT WITH KELSEY!

ALL YMCA FACILITIES  
WILL BE CLOSED ON  
SUNDAY, APRIL 20TH

Happy Easter



VOLUNTEER



### We Want to Pray for You!

On behalf of the YMCA  
Christian Principles  
Mission Network,  
The Forest Lake Y now has a  
Prayer Box in our Lobby!

Prayer requests are kept  
confidential and shared  
with a small group of Team  
Members who are praying!

### YMCA FOREST LAKE EGG HUNT

During the month of April be on the lookout  
for plastic eggs hidden throughout the  
facility filled with prizes & sweet treats!

Find a **GOLDEN EGG** & win an extra special  
surprise!

Turn Eggs into Welcome Desk to claim your prize!

### HAVE A YMCA QUESTION?

Customer Service - 612-230-9622

Ask for the FOREST LAKE YMCA

Ask a Team Member or a ForeverWell Volunteer at the Y!





# APRIL 2025 HIGHLIGHTS

See the EGG? - Please Sign Up at the Welcome Desk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Ukulele Players & Friends Group 12PM 	1 "Downsizing & Decluttering with AARP" 10AM AARP Minnesota 	2 ALZHEIMER'S ASSOCIATION Caregiver Support Group 1:30pm	3	4 How To Navigate Virtual Y 12pm 	5
6	7 Ukulele Players & Friends Group 12PM  FREE SOUND BATH 7:15PM 	8	9 MINNESOTA STATE PARKS AND TRAILS Minnesota State Parks Talk 10:30AM PUZZLE & BOOK JUMBLE 9AM-12PM YMCA DAY OF GIVING 	10 FREE PHOTO FOCUS 10AM	11	12
13	14 FISHING CLUB SEMINAR & MEETING! 11:45AM STITCH & BEAD TOGETHER 1PM Ukulele Players & Friends Group 12PM 	15 EARTH DAY! Ditch Clean Up with the Y 12:15PM 	16 BOOK GROUP 10:30AM PROTECTING YOUR PERSONAL INFORMATION ONLINE" - 10AM Medicare Q&A with Kirk Possehl 1PM-3PM	17 "PREPARE TO CARE" Presentation 11AM LUNCH & LAUGH 12:30PM	18 How To Navigate Virtual Y 12pm 	19
20 YMCA CLOSED 	21 Ukulele Players & Friends Group 12PM	22 EARTH DAY! Ditch Clean Up with the Y 12:15PM	23 BINGO! 9:30AM-11AM FEED MY STARVING CHILDREN MOBILE PACK 12:30PM-2:30PM 	24 NO TRACK TIME WITH KELSEY this Month! Will Resume in May!	25 GROUP HIKE 10:30AM Irving and John Anderson County Park 	26
27	28 STITCH & BEAD TOGETHER 1PM Ukulele Players & Friends Group 12PM 	29 PLANNING FOR THE FUTURE 9AM-1PM SENIOR SEMINAR & EXPO Community Thread DRIVE & RIDE Info Session - 3PM 	30	1	2	3

**SOCIAL & COFFEE**  
Monday-Friday 9AM-12PM

YMCA of the North [ 10 ] ymcanorth.org

**CARDS & GAMES**  
WEEKLY 10AM-12PM

**Mondays**  
Mexican Train  
Dominoes  
Mah Jong

**Tuesdays**  
Hand & Foot (9:30AM)

**Wednesdays**  
Mah Jong

**Fridays**  
Cribbage  
Hand & Foot (9:30AM)  
Pinochle





**SENIOR**  
**SEMINAR &**  
**EXPO**

**Tues. April 29, 2025**

*Presented by:*

9am - 1pm

*Mary Beck*



19845 Forest Rd. N, Forest Lake MN 55025

# **“The Secret Word”**

**Minnesota State Parks ForeverWell Presentation**  
**by Melinda and Jared Hoke**  
*Engaged Seniors Exploring Today’s World*



**Wednesday, April 9, 2025. 10:30 AM**  
**Forest Lake YMCA Community Room**

Our quest to hike every Minnesota State Park became an unexpected pilgrimage through healing, history, cultures, and the vastness of Minnesota’s resources.

Heartfelt, fun, and surprising, we....

- Illuminate many of the state parks, delving into several personal favorites each.
- Tell unusual and under-told stories; you’ve got to go to gather.
- Celebrate stories of citizenship and history from what some parks intended, to what they’re becoming.
- Illustrate with photos, stories, music and poetry.
- Inspire, inform and encourage one’s own pathfinding.

*“We hiked every Minnesota State Park for healing and what we discovered was Minnesota’s soul.”*  
Jared and Melinda



*“I’ve lived in Minnesota my whole life and I had no idea!” Nancy and Craig*

*“Surprising and inspiring. Makes us want to get out there.” John and Patty*





# NATIONAL EARTH DAY TUESDAY, APRIL 22ND

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**m** DEPARTMENT OF  
TRANSPORTATION

ADOPT A  
HIGHWAY

## EARTH DAY CLEANUP

**JOIN THE FOREST LAKE TEAM IN CLEANING UP OUR  
ADOPTED SECTIONS OF BOTH HWY 96 AND THE  
HARDWOOD CREEK TRAIL!**

**MEET IN THE LOBBY AT 12:15PM  
CLEANUP WILL START AT 12:30PM**

**Stay as long, or as little, as you can!**