



FOREVERWELL

APRIL 2025 | HUDSON YMCA



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CELEBRATE THE OUTDOORS

Spring is finally here, and it's the perfect time to step outside, breathe in the fresh air, and enjoy all that Hudson has to offer! With longer days and warmer temperatures, April is full of opportunities to stay active, connect with nature, and embrace the changing season. Whether you enjoy a brisk morning walk, birdwatching, or simply soaking up the sunshine, there's something for everyone to enjoy!

- Explore local trails with the ForeverWell Nordic Walking group
- Bike along the scenic St. Croix river
- Volunteer in the community gardens at the Farm at Camp St. Croix
- Paddle into Spring as the waterways begin to open up
- Gather outdoors with loved ones

Spring is a season of renewal, movement, and joy. It's the perfect time to shake off winter and embrace the sunshine. There is something for everyone to enjoy in the St. Croix Valley.

As part of our YMCA community, we encourage you to step outside, stay active, and make the most of this vibrant season.

BRANCH HOURS

Monday-Friday 5 AM - 9 PM
Saturday-Sunday 7 AM - 5 PM

HUDSON YMCA

2211 Vine Street
Hudson, WI 54016-1899
www.YMCANORTH.org

FOREVERWELL MONTHLY EVENTS



COFFEE AND CONVERSATIONS

DATE: WEDNESDAY, APRIL 9TH, 9:30 - 11:30 AM

Join us in the Community Room for treats, coffee, and quality time spent with others in the community.

LET'S DANCE, DANCE SOCIAL WITH DJ DAVE

DATE: THURSDAY, APRIL 10TH, 1:00-4:00 PM

Grab your dance shoes and join DJ Dave in Studio 1 for a night of music, movement, and fun! [See more information on page 8](#)



MOVIE MONDAY: THE BEST EXOTIC MARIGOLD HOTEL

DATE: MONDAY, APRIL 14TH AT 10:30 AM

Looking for a feel-good comedy filled with charm, adventure, and a touch of romance? Follow a delightful group of retirees as they trade their routine lives for an adventure in a seemingly luxurious hotel in India- only to find that life (and the hotel) isn't quite as they expected. Starring Judy Dench, Maggie Smith, and an all-star cast, this heartwarming comedy proves that it's never too late to reinvest in yourself and find joy in the most unexpected places.



NEW MEMBER ORIENTATION

DATE: WEDNESDAY, APRIL 16TH, 10:15-10:45 AM

Great for new or returning members looking to learn more about what the YMCA and ForeverWell has to offer our community. Register at the front desk!

FOREVERWELL

MONTHLY EVENTS

NORDIC WALKING: UNLOCK IT

DATE: WEDNESDAY, APRIL 22ND, 9:00AM

Join us at Lake Front Park for an Unlock It scavenger hunt experience in the great outdoors. Solve the puzzle and get entered into a drawing to win a fun prize! See page 8 for more information



UNDERSTANDING CAREGIVER STRESS

DATE: WEDNESDAY, APRIL 23RD, 11:30 AM

Presented by Erin Flug-Geissler from St. Croix Hospice. Caring for a loved one can be rewarding, but it also comes with challenges. Join us for a free educational presentation that explores the changes and stressors caregivers face, along with healthy coping strategies to support our well-being. Reserve your spot today at the front desk. See page 9 for more information.

GUITAR LESSONS

DATE: TUESDAY, APRIL 29TH, 1:00 - 2:00 PM

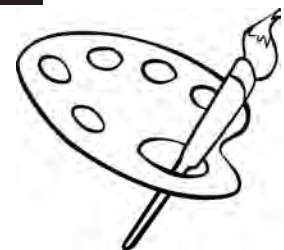
Grab your guitar and join us in the Flex Room for an afternoon of music, learning, and connection! Whether you are trying something new, honing your skills, or just sharing your love for music, this is the perfect space to play, learn, and collaborate with fellow musicians. All skill levels are welcome! See page 10 for more information.



CRAFT: PAINTING WINE GLASSES

DATE: WEDNESDAY, APRIL 30TH, 11:15 AM

Unleash your creativity and design your own custom wine glass! All supplies are provided, and your masterpiece will be baked for a durable, dishwasher-safe finish. Cost \$15 per person. Register at the Front Desk and let your artistic side shine!. See page 10 for more information.





FOREVERWELL EXERCISE CLASSES

MONDAY:

8:10 AM - FOREVERWELL WATER EXERCISE
 8:15 AM - SILVERSNEAKERS YOGA
 9:15 AM - SILVERSNEAKERS CLASSIC

TUESDAY:

7:30 AM - FOREVERWELL WATER EXERCISE
 9:00 AM - NORDIC WALKING
 9:15 AM - SILVERSNEAKERS YOGA
 10:15 AM - SILVERSNEAKERS CIRCUIT
 11:15 AM - SILVERSNEAKERS ENERCHI

WEDNESDAY:

8:10 AM - FOREVERWELL WATER EXERCISE
 8:15 AM - SILVERSNEAKERS CLASSIC
 9:15 AM - SILVERSNEAKERS YOGA
 10:15 AM - SILVERSNEAKERS CLASSIC
 1:00 PM - LINE DANCING BEGINNING
 2:00 PM - LINE DANCING INTERMEDIATE

THURSDAY:

7:30 AM - FOREVERWELL WATER EXERCISE
 8:15 AM - SILVERSNEAKERS YOGA
 9:15 AM - SILVERSNEAKERS CIRCUIT
 10:15 AM - FOREVERWELL STRETCH AND BALANCE

FRIDAY:

7:30 AM - FOREVERWELL WATER EXERCISE
 9:15 AM - SILVERSNEAKERS CIRCUIT

*CLASS OFFERINGS MAY BE SUBJECT TO CHANGE

**"A FEW SIMPLE TIPS
 FOR LIFE: FEET ON THE
 GROUND, HEAD TO THE
 SKIES, HEART
 OPEN...QUIET MIND"**

-Rasheed Ogunlaru, Life Coach,
 Motivational Speaker, Author



BALANCE ASSESSMENTS

Are you at risk for a fall? A 30-minute balance assessment can measure where you are at physically and what you can do to improve your balance. [Sign up at the Member Service Desk.](#)

FITNESS ASSESSMENT

Sign up at Member Services for a complimentary fitness assessment with one of our personal trainers. Available to ForeverWell Members who are new or returning. [Sign up at the Member Service desk.](#)

FOREVERWELL COORDINATOR



My name is Emma and I am your ForeverWell Coordinator. I have a great appreciation for

holistic wellness and preventative health and am overjoyed to be able to share my passion with you. I am looking forward to meeting you all and learning how I can best serve you in my role! My door is always open.

emma.holt@ymcanorth.org
 651-435-6734

NEW CLASS ALERT!



SilverSneakers EnerChi

EVERY TUESDAY
AT 11:15 AM - 12:00 PM
STUDIO 2

**Unlock Your Energy with
our EnerChi Class**

Enhance your mind and body connection

FOREVERWELL SOCIAL ACTIVITIES

MONDAY :

BOARD GAMES

10:15-12:15 PM

Every 1st and 3rd Monday

COMMUNITY ROOM

BRING A GAME YOU LOVE

WOODCARVING

2:30 - 4:30 PM

COMMUNITY ROOM

BRING YOUR OWN SUPPLIES

TUESDAY :

NORDIC WALKING

9:00 - 10:00 AM

MEET IN LOBBY

POLES AVAILABLE

BOOK CLUB

MEETS 2ND TUES OF EACH MONTH

10:15 AM

SEE ATTACHED FLYER FOR BOOK LIST

COMMUNITY ROOM

PING PONG

12:15 - 3:00 PM

STUDIO 2

THURSDAY:

PING PONG

11:15 - 1:00 PM

STUDIO 2

MAH JONGG- NEWCOMERS WELCOME

12:30 - 2:30 PM

COMMUNITY ROOM

FRIDAY :

PING PONG

10:15 - 1:00 PM

STUDIO 2





FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVERWELL BOOK CLUB



April 8th

Go as a River

By Shelly Read

May 13th

Hello Beautiful

By Ann Napolitano

June 6th

Small Great Things

By Jodi Picoult

Meets the 2nd Tuesday of Every Month 10:15 AM in the Community Room, No Registration Needed

Join the YMCA ForeverWell Program and
The Hudson Senior Center for a

LET'S DANCE,
DANCE SOCIAL

with **DJ DAVE**

Thursday, April 10th Studio 1 1 - 4pm

Grab your dancing shoes for an afternoon of music, movement, and fun! Our DJ will be spinning tunes for ALL styles of dance—polka, swing, ballroom, line dancing, and more! All levels of experience welcome!



**Nordic Walking
Adventure**

UNLOCK IT!

BY YMCA OF THE NORTH

Tuesday, April 22nd

9am

Meet at Lake Front Park



Unlock it is a self-guided
scavenger hunt experience

Solve the puzzle, submit the keyword, and be
entered into a drawing to win a fun prize!



Understanding Caregiver Stress



Date: Wednesday, April 23rd, 2025
Time: 11:30am Location: Hudson
YMCA Flex Room
2211 Vine Street, Hudson, WI 54016

Presented By: Erin Flug-Geissler, Care
Transition Coordinator

OVERVIEW:

This free education offers an overview of changes and challenges that cause caregiver stress, and healthy coping mechanisms.

Register at the Front Desk

For more information or questions, contact Emma at emma.holt@ymcanorth.org or 651-435-6734

There when you need us the most.

855-278-2764 • stcroixhospice.com

FOREVERWELL CRAFT

Paint your Own

Wine Glass

Wednesday
April 30th
11:15 am
Community Room



Cost \$15
Register at the
Front Desk



Class includes all materials: 2 wine glasses,
paint, snacks



Grab your guitar and join us

DATE: Tuesday, April 29th

TIME: 1-2 pm

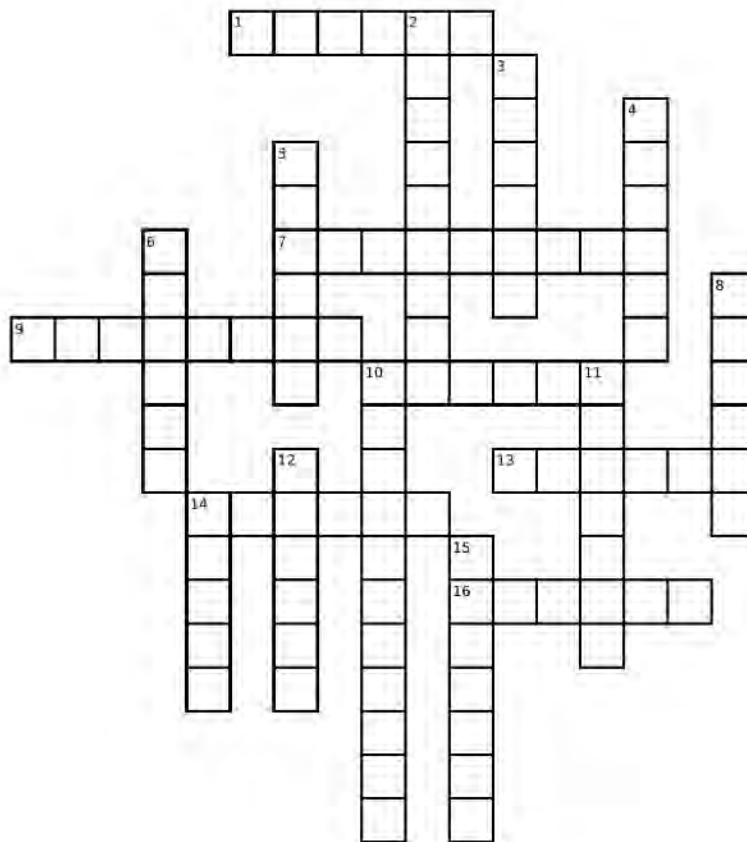
LOCATION: Flex Room

Open to all skill levels!

Try something new
Learn more about music
Play with other musicians



ForeverWell April Crossword



Down:

2. A complicated network of winding passages; a maze
3. A small, round toy or a type of stone
4. A light, gentle wind
5. Turned into ice or hardened by cold
6. A sign or indicator of something
8. A container made of woven materials
10. A fortunate accident or unexpected good luck
11. A high-pitched sound made by air passing through lips or a device
12. A tool used to climb to higher places
14. A portable source of light
15. To shine with a flickering light

Across:

1. A game or problem that requires thinking to solve
7. To swing back and forth regularly
9. The sound of joy or amusement
10. A dark shape formed when light is blocked
13. A structure that connects two places
14. To go from one place to another
16. Empty inside

YMCA Day of



Giving

April 9th, 2025

WILL YOU JOIN THE GIVING MOVEMENT?

For 30 years, the Hudson Y has been strengthening our community—providing a place for all to grow, connect, and thrive. Now, we invite you to celebrate this milestone by making a difference!

Give \$30 for 30 Years!

Your one-time gift of \$30, a sustaining \$30 monthly donation, or a contribution in any amount will help ensure that everyone has access to life-changing programs and resources at the YMCA.

Whatever donation is right for your budget is right for us. **Every dollar counts, and every gift fuels the mission.**

Join us in celebrating 30 years of impact and help us plan for the future by giving to your Y today!

Donations can be made at the front desk with member services or online at www.ymcanorth.org/give

Youth Action Hudson, Hudson YMCA ForeverWell, and
the Hudson Senior Center Present the Second Annual

Golden Gala

Details:



Date: Saturday, May 10th, 2025

Time: 4pm to 7pm

Camp St. Croix
RCU Discovery Center

345 Riverview Dr
Hudson, WI 54016

\$15 ticket, register at the
Hudson YMCA Front Desk

Recommended formal attire

Join us for a night of music,
dancing, dining, and fun at the
Second Annual Golden Gala.

Food will be catered by Hudco
To Go

Music performed by The
Arcades



For more information or questions, please reach out to
Emma Holt at emma.holt@ymcanorth.org or 651-435-6734

RECIPE

STRAWBERRY SPINACH SALAD

Recipe by Rachel Meltzer Warren, MS, RD

Time: 5 minutes

Servings: 1

INGREDIENTS

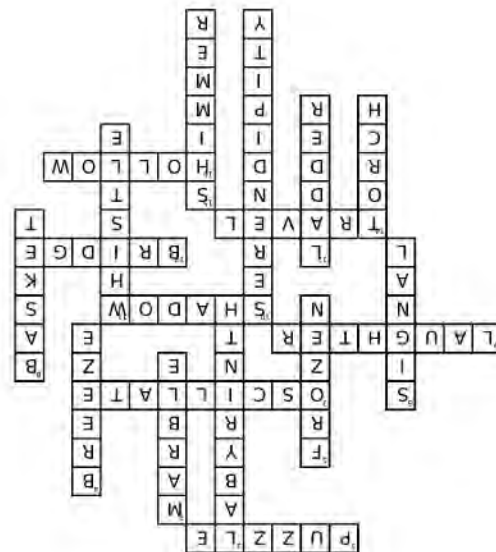
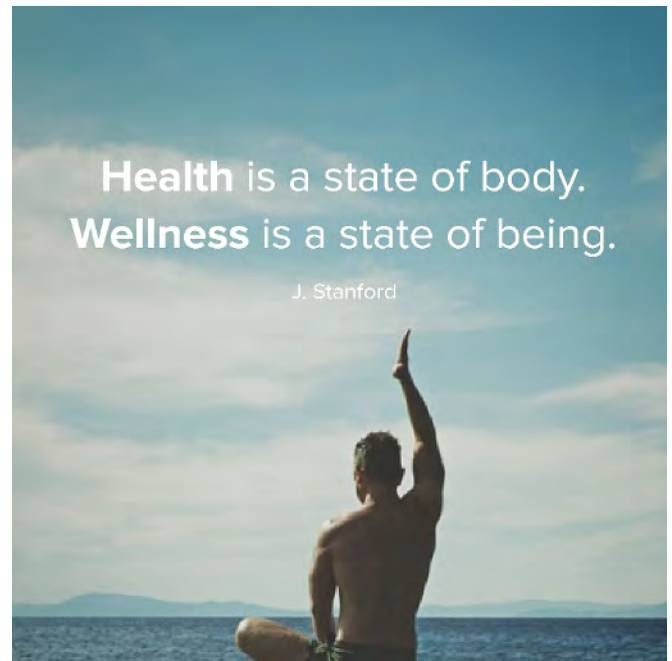
- 3 cups baby spinach
- 1 Tablespoon finely diced red onion
- 1/2 cup sliced strawberries
- 2 Tablespoons vinaigrette dressing, like Annie's Light Raspberry Vinaigrette
- 1/4 medium avocado, diced
- 2 Tablespoons toasted walnut pieces

DIRECTIONS

Combine spinach, onion, strawberries in a medium bowl. Drizzle with vinaigrette, toss to coat. Top with avocado and walnuts



Serve alongside soup or a sandwich or top with grilled chicken or roasted salmon for a complete meal!



ForeverWell April Crossword

VOLUNTEERING OPPORTUNITY!

The Farm is looking for volunteers on Tuesdays and Thursdays to help care for their gardens that provide fresh, seasonal produce to families in need!

Reach out to Emma or Anna to learn more!

The Farm at Camp St. Croix



A Shared Vision

The Farm at Camp St. Croix partners with River Valley Charities to grow fresh, local vegetables for kids and families in need. Our farm grows and donates an average of 8000 pounds of food a year and can exponentially grow and donate more when many hands are present to help on the farm. Thank you for volunteering!

Events on the Farm

Come to the farm with your friends and family for our summer events!

6/12 Farmer's Market & Pizza Night
6/26 Farmer's Market & Pizza Night
7/10 Farmer's Market & Pizza Night
7/24 Farmer's Market & Pizza Night
8/7 Farmer's Market & Pizza Night
8/21 Farmer's Market & Pizza Night
All Pizza Nights from 4-8

9/21 Raspberry Breakfast & Farm Tour: 9-11

10/4 Fall Harvest Fest & Barn Dance: 2-7

Get Involved

There are always opportunities to volunteer on the farm! Volunteer shifts reoccur every Tuesday and Thursday in the summer from 8-10a:



Sign up a large group for a volunteer give back day!



Or sign up for Pizza Night volunteer shifts here:











A Tuesday harvest sample from the Farm at Camp St. Croix in 2024!

Contact anna.zimmer@ymcamn.org for more info on the farm!

APRIL

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
		<p>1</p> <p>Nordic Walking @9a Lobby</p> <hr/> <p>Ping Pong @12:15a Studio 2</p>	<p>2</p>	<p>3</p> <p>Ping Pong @11:15a Studio 2</p> <hr/> <p>Mah Jongg @12:30p Community Room</p>	<p>4</p> <p>Ping Pong @10:15a Studio 2</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>Board Games @10:15a Community Room</p> <hr/> <p>Wood working @4:30p Community Room</p>	<p>8 </p> <p>Nordic Walking @9a Lobby</p> <p>Book Club @10:15a Community Room</p> <p>Ping Pong @12:15a Studio 2</p>	<p>9</p> <p>Coffee and Conversations @9:30a Flex Room</p> 	<p>10</p> <p>Ping Pong @11:15a Studio 2</p> <hr/> <p>Mah Jongg @12:30p Community Room</p> <hr/> <p>Dance Social @1p Studio 1 </p>	<p>11</p> <p>Ping Pong @10:15a Studio 2</p>	<p>12</p>
<p>13</p>	<p>14 </p> <p>Movie Monday @10:30 Flex Room</p> <hr/> <p>Wood working @4:30p Community Room</p>	<p>15</p> <p>Nordic Walking @9a Lobby</p> <hr/> <p>Ping Pong @12:15a Studio 2</p>	<p>16</p> <p>New Member Orientation @10:15a Lobby</p> 	<p>17</p> <p>Ping Pong @11:15a Studio 2</p> <hr/> <p>Mah Jongg @12:30p Community Room</p>	<p>18</p> <p>Ping Pong @10:15a Studio 2</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>Board Games @10:15a Community Room</p> <hr/> <p>Wood working @4:30p Community Room</p>	<p>22 </p> <p>Nordic Walking: Unlock it @9a Lake Front Park</p> <hr/> <p>Ping Pong @12:15a Studio 2</p>	<p>23</p> <p>Understanding Caregiver Stress @11:30a Flex Room</p> 	<p>24</p> <p>Ping Pong @11:15a Studio 2</p> <hr/> <p>Mah Jongg @12:30p Community Room</p>	<p>25</p> <p>Ping Pong @10:15a Studio 2</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>Wood working @4:30p Community Room</p>	<p>29 </p> <p>Nordic Walking @9a Lobby</p> <hr/> <p>Ping Pong @12:15a Studio 2</p> <hr/> <p>Guitar Lesson @1p Flex Room</p>	<p>30</p> <p>Craft: Wine Glass Painting @11:15a Community Room</p> 