



YMCA FOREST LAKE QUARTERLY NEWSLETTER

YMCA OF THE NORTH | SPRING 2025

LETTER FROM OUR LEADER BY LINDSAY FLANAGAN

Here at the Forest Lake Y, we are dedicated to strengthening our community and enriching lives through our programs and services. We believe that with the support of passionate individuals like you, we can continue to create a welcoming and positive environment for all.

We are currently seeking volunteers to assist at our Welcome Desk, where the primary focus will be greeting members, providing tours, and engaging with our community to ensure everyone feels welcome and supported. Your presence at the Welcome Desk will help create a warm, friendly atmosphere for both new and returning members, making their experience at the Y more enjoyable.

In addition, we are recruiting members for our Community Council, where you would have the opportunity to provide valuable community insight and help advocate for the Y's mission. As a Council member, your input would directly shape the future of our programs and services.

Whether you are interested in supporting the Welcome Desk or contributing to the Community Council, we would love to have you on our team. Your involvement would make a lasting impact in our community.

If you would like more information on how you can get involved, please don't hesitate to reach out to me at Lindsay.flanagan@ymcamn.org. Thank you for considering this opportunity to give back, and we look forward to the possibility of working together to create a stronger, more connected community.



Facility Hours:

Mon-Fri 5am-9pm

Sat-Sun 7am-5pm

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HEALTH & WELLNESS UPDATES

 Our **nutritionist** Joan is ready to see you now! Make an appointment at the Welcome Desk to learn how to make the right food and nutrition choices for you!


 We're looking to **expand our Group Exercise offerings** and we need you! If you are certified to teach a group exercise format, please apply online at www.ymcanorth.org.

AQUATICS UPDATES


 Late Spring **swim lesson** session will run April 14-June 1. Registration opens for members on March 25 and non-members on April 1. Sign up online or at the Welcome Desk!

 The **Splash Deck** will open Memorial Day weekend to kick off Summer! Keep an eye out for more details as we get closer!


MEMBERSHIP UPDATES

 We launched our new Customer Relationship Manager **software** in February and new updates are coming almost daily. Please continue to give us grace as we learn how to use our new system and best serve you!

FOREVERWELL UPDATES


 Are you looking for more social time or know someone who could use a little conversation? Our ForeverWell program welcomes **socializing** 9am-noon Monday through Friday with coffee, tea, and new friends! No registration necessary - just come and join the fun!




 Looking for help with **transportation**? We are partnering with THRIVE Community Thread Rideshare Program to help our community get to and from the Y. Check out communitythreadmn.org/thrive for more info or call 651-439-7434. Please also consider and reach out if you're available to be a volunteer driver!

YOUTH SPORTS

Late Spring sports session will be running Mar 31 - Jun 1 and registration begins March 18 online or at the Welcome Desk!

 Tumbling will be offered for ages 2-5 on Monday mornings from 10-10:45 AM!

 Volleyball classes will be offered for grades 1/2 and 3/4 on Monday evenings. Leagues will be offered for grades 5/6 and 7/8 with practices Monday evening and games on Saturdays!

FACILITY UPDATES


The hot tub will be closed for regular cleaning on:

MAR
13

APR
16

MAY
21

KIDS STUFF UPDATES

 Beginning March 1, the **maximum time limit** for daily care in Kids Stuff is 2 hours. Additionally, we will **no longer be allowing formula, milk, or juice** in Kids Stuff.

 Join us for a "**Spring Vibe**" celebration on March 19 and enjoy games and crafts with the Kids Stuff staff!

YOU'RE INVITED!

NATIONAL SLOPPY JOE DAY

FREE!



YUM!

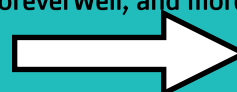
MARCH 18, 11:30 AM UNTIL THE FOOD IS GONE!



Our membership and Kids Stuff Teams had fun at their staff holiday parties!

BRANCH SCHEDULES

Group exercise, gymnasium, pool, ForeverWell, and more!



NEWS & NOTABLES

The Forest Lake Y is proud to be hosting our local Special Olympics swim team, the Lakeside Legends, to train in our facility beginning in March! This group of athletes aged 8+ is training hard for the 2026



Special Olympics to be held at the U of M! Practices will be Thursday evenings with an occasional Saturday practice. Scan the QR code or check out www.lakesidelegends.org for more information and to register.

WE CAN'T WAIT TO CHEER YOU ON! GO, LEGENDS!



SAVE THE DATE!



SENIOR SEMINAR & EXPO

Presented by:

**APRIL 29, 2025
9AM – 1PM**

Mary Beck



The 2025 Senior Expo will be held at the Forest Lake Y on April 29. It will feature dozens of vendors sharing info about health, travel, legal concerns, aging, safety, and more, helping all to make the senior years the best ones yet! Watch for more details to come!



FamilyMeans CAREGIVING & AGING

Are you caring for someone with **early-stage memory loss, dementia, or Alzheimer's**? We want to give you a break! Drop off your loved one Tuesdays from 12p-4p for a respite break - they'll explore new places, engage with others, and focus on exercise, nutrition, and health, all while you take care of anything you need or want to do.

Your loved ones will be watched over by trained caregiving staff from Family Means.



To register, email familymeans@familymeans.org or call 651-439-4840!

JOIN US FOR EARTH DAY TUESDAY, APRIL 22ND



Join the Forest Lake staff team in cleaning up our adopted sections of both Highway 96 and the Hardwood Creek Trail!

**MEET IN THE LOBBY AT 12:15 PM
CLEANUP STARTS AT 12:30 PM
STAY AS LONG OR AS LITTLE AS YOU LIKE!**



BOOK YOUR OWN GETAWAY!

FALL, WINTER, SPRING | 6 OVERNIGHT CAMPS!

Book your own getaway with private and semi-private cabins at 8 different YMCA overnight camp locations. During Fall, Winter, and Spring, many of our camp locations offer their cabin sites for personal and private use! See www.ymcanorth.org/adventure for more info and to find out what amenities are offered at each location!

MISSION UPDATE

OUR MISSION IN ACTION

On April 9th, we will be celebrating our Y Day of Giving, a special event dedicated to supporting our scholarship programming. This initiative provides financial assistance to individuals and families in need, ensuring everyone has access to the life-changing programs and services the YMCA offers. We invite you to make a difference by donating to our scholarship fund. Your generous contribution will help us continue to empower individuals in our community, fostering personal growth, wellness, and connection. You can donate on April 9th or any time to support this important cause. Every gift, no matter the size, makes a meaningful impact and ensures that no one is turned away due to financial barriers.

ANNUAL FUND

2025 Goal	\$91,189
2025 To Date	\$3,184
2025 Need	\$88,005



Winter crafting fun with our Kids Stuff team!

DONATE NOW!






CUSTODIAL CORNER

Congratulations to Rick (3 years) and Sara (2 years) on their milestone anniversaries with the Y!



SPRING CLEANING TIPS

-  Make your own glass cleaner with 1 cup vinegar and 1 cup rubbing alcohol to make your glass and mirrors shine!
-  Microwave your kitchen sponge for 3 minutes to kill stinky germs!
-  Use a dryer sheet to remove pet hair from clothes and furniture!

HOW TO GIVE

1. Donate via credit card or bank account at ymcanorth.org/give.*
2. Become a sustaining donor by giving a set amount monthly. Sign up at ymcanorth.org/give*
3. Become a volunteer! Check out our opportunities at www.ymcanorth.org/volunteer.
4. Donor advised funds. Contact your financial advisor.
5. Create your legacy - include the YMCA in your will or trust. Contact your financial planner.
6. Don't forget matching gifts! Find out if your employer will match at www.ymcanorth.org/give.

*Select YMCA Forest Lake in the drop down menu.

YOUR YMCA STORY

Please share your YMCA story with us!

Your story will enhance the YMCA's historical collection. Some will be shared for future publications and on our website with your permission. Please share with us at Giving@ymcanorth.org.