



FOREVERWELL

APRIL 2025 | HASTINGS AREA YMCA

QUICK NEWS

FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings, how to register for water classes & activities, and get a tour of the YMCA. Register at the Welcome Desk.

MACHINE ORIENTATION

Would you like to learn how to use a few of the machines in the fitness center? The next orientation is on **Tuesday, April 29, 1:00pm-2:00pm**. Register at the Welcome Desk. Meet upstairs at the Fitness Desk.



I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your **Foreverwell Coordinator: Tracy.Spinks@ymcamn.org** or call directly **651-319-8009**.

CELEBRATE YOUR SUCCESS!

Set yourself up for success by planning your workouts daily and weekly. Try different exercise classes, group training or working with a personal trainer to attain your goals. Changing our workout routine helps our bodies change in a positive way. Join an outdoor walking group this spring/summer, Nordic Walking Poles add extra cardiovascular movement to your walk! You will be off to a great start!

COOKIES & COFFEE SOCIAL

WEDNESDAY, APRIL 2

10:00AM-11:00AM

MULTI-PURPOSE ROOM



Join us for a sweet treat and a cup of coffee! Limited cookies & coffee. Coffee will be available from 9am-11:30am. **FREE!**

Y GIVE DAY

YMCA DAY OF GIVING

WEDNESDAY, APRIL 9



Join the generosity movement and make a difference in your Y community! Generous supporters like you who believe in the Y mission have helped build, sustain, and grow our many programs and resources. **BE Y** we can continue to serve all who count on us for generations to come. Stop by the Y or click [HERE](#) to donate today. The first people at our branch on April 9th, to make a gift of \$10 or more, get a Y-themed gift (while supplies last)! Our **FOREVERWELL GOAL: \$1000**. If we have 100 participants donate \$10 each, **WE CAN DO IT!!** Thank you!

HASTINGS AREA YMCA

85 PLEASANT DRIVE
HASTINGS, MN 55033
PH: 651-480-8887

BRANCH HOURS

Monday-Friday: 5:00am-9:00pm
Saturday: 7:00am-5:00pm
Sundays: 7:00am-5:00pm
Sunday, April 20: CLOSED-Easter

ARTS & CRAFTS

THURSDAY, APRIL 10

10:00-11:00AM

MULTI-PURPOSE ROOM



Join us to create a cute Spring/Easter Stencil craft! Each participant will be able to make an Easter sign using stencils and paint. All supplies are furnished. Class will be taught by two of the YMCA favorite peeps, Sandi and Theresa. Please sign up by Wednesday, April 9, by noon so supplies can be prepared. **LIMIT 12 participants. Sign up on ForeverWell Bulletin Board to attend. FREE!!**

OUTDOOR WALKING GROUP

TUESDAY, APRIL 15

10:00AM-11:00AM

Join us for a beautiful walk on the Vermillion Falls Park Trail. We will meet in the **Applebee's** parking lot on the back side at 9:55am and walk the path under the bridge toward the falls and then back, for 60 minutes. Wear good walking shoes, layered clothes, and bring water. The walk is **FREE!** **Sign up on ForeverWell Bulletin Board by April 14 at noon to attend.**

LUNCH BUNCH

TUESDAY, APRIL 15

11:15AM-1:00PM

APPLEBEE'S GRILL & BAR

Enjoy eating a fantastic lunch with friends from the YMCA. Applebee's offers casual dining, with mainstream American dishes such as salads, chicken, pasta, burgers, and appetizers. Address: 2000 Vermillion St., Hastings. Cost at your own expense.

Sign up on ForeverWell Bulletin Board by April 14 at noon to attend.



EARTH DAY CLEAN UP

TUESDAY, APRIL 22

10:00-11:00AM

MEET IN YMCA LOBBY

Join us to help clean up the grounds around the YMCA. We will pick up any trash, clean up loose brush and weeds. Bring your work gloves, yard tools and dress appropriately for the weather. Bags will be supplied, paper and plastic. Help us keep our grounds looking sharp! **Please sign up on the ForeverWell Bulletin Board if you plan to attend.**



FOREVERWELL MOVIE DAY

THURSDAY, APRIL 24

11:30AM-1:30PM

MULTI-PURPOSE ROOM

Enjoy a movie with friends. Bring a bag lunch and beverage if you like. Five-year-old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home. Released 2016. Rated PG-13 (1h m58) **FREE!** **Sign up on the ForeverWell bulletin board by April 23 at noon to attend.**

COFFEE & CHAT

MONDAY/WEDNESDAY

9:00AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy connecting with friends and planning activities to attend. Coffee must be consumed in the Multi-Purpose Room-no take outs! **FREE!**

FOREVERWELL GROUP EXERCISE CLASSES

MONDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 10:15am - SilverSneakers® Classic with DeAnn, Gymnasium
- 10:15am - ForeverWell Water X with Tracy, Pool
- 10:15am - Line dancing with Deena, Studio B
- 10:30am - Gentle Yoga with Corrie, Studio A
- 1:00pm - ForeverWell Balance with Tracy, Studio A
- 5:45pm - Water Exercise, Yvonne, Pool

TUESDAY:

- 8:00am - Gentle Yoga with Adeline, Studio B
- 8:00am - Drums Alive® with Tracy, Gymnasium
- 9:00am - ForeverWell Stretch with Tracy, Studio A
- 9:30am - SilverSneakers® Yoga with Julie P, Gymnasium
- 10:30am - Meditation/Breathwork with Julie, Studio C
- 10:30am - Group Active with Ashley, Studio B

WEDNESDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 9:15am - ForeverWell Cardio with Kelly, Studio A
- 10:15am - SilverSneakers® Classic with Kelly, Gymnasium
- 10:15am - ForeverWell Water X with Jennifer, Pool
- 10:15am - Line Dancing with Deena, Studio A
- 11:15am - Line Dancing Intermediate with Deena, Studio B

THURSDAY:

- 8:00am - Gentle Yoga with Tracy, Studio B
- 9:15am - Indoor Walking Group, Gymnasium
- 10:15am - SilverSneakers® Yoga with DeAnn, Gymnasium
- 10:30am - Group Active with Ashley, Studio B

FRIDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 10:15am - SilverSneakers® Classic with DeAnn, Gymnasium
- 10:15am - ForeverWell Water X with Tracy, Pool

SATURDAY:

- 8:00am - Water Exercise, Rotation, Pool

*Class registration needed for pool exercise classes.

FOREVERWELL BALANCE CLASS

MONDAYS 1:00PM-1:30PM

STUDIO A

Improve your balance, mobility and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Conquer your fear of falling, supplement your weekly work outs, and improve your gait.

GAMES GROUP

MONDAYS & WEDNESDAYS

10:30AM-11:30AM

MULTI-PURPOSE ROOM

Board games are back! We have a nice selection, but you can bring a favorite from home. Cribbage Boards & Cards are available also. No registration required. **FREE!**

BALANCE ASSESSMENTS

TUESDAY, APRIL 29

10:00-11:00AM

MULTI-PURPOSE ROOM

Are you at risk for a fall? A balance assessment can measure where you are at and what you can work on to improve your balance and walking gait. Wear supportive shoes and bring water. Four time slots available, two people per time slot. 8 spots available. **FREE! Register at the Welcome Desk.**

IT'S BACK.... WALK WITH A DOC

FRIDAYS, APRIL 11 & 25

12:00PM-1:00PM





MULTI-PURPOSE ROOM

Join Dr. Luke Krynski, PhD for Walk with a Doc! Each month learn about a different topic or research from healthcare professionals in your area. Attendees will be able to participate in a leisure walk or group exercise. You will meet new friends and have fun! No registration required. **FREE!**



APRIL AT A GLANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 COOKIES & COFFEE SOCIAL 10:00-11:00am Multi-Purpose Room GAMES GROUP 10:30-11:30am	3 INDOOR WALKING GROUP—GYM 9:15-10:00AM	4	5
6	7 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	8	9 Y GIVE DAY COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	10 ARTS & CRAFTS 10:00am-11:00pm Multi-Purpose Room <i>Sign-up required</i> INDOOR WALKING GROUP—GYM 9:15-10:00AM	11  WALK WITH A DOC! 12:00-1:00pm Multi-Purpose Room	12
13	14 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	15 OUTDOOR WALKING GROUP Vermillion Falls Trail 10:00-11:00AM <i>Sign-up required</i> LUNCH BUNCH Applebee's Grill & Bar 11:15am-12:45pm <i>Sign-up required</i>	16 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am FOREVERWELL ORIENTATION 12:30pm <i>Registration required</i>	17 INDOOR WALKING GROUP—GYM 9:15-10:00AM	18	19
20  EASTER YMCA IS CLOSED	21 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	22  EARTH DAY OUTDOOR CLEAN UP 10:00-11:00AM <i>Sign-up required</i>	23 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	24 INDOOR WALKING GROUP—GYM 9:15-10:00AM MOVIE DAY 11:30am-1:30pm Multi-Purpose Room <i>Sign-up required</i>	25  WALK WITH A DOC! 12:00-1:00pm Multi-Purpose Room	26
27	28 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	29 BALANCE ASSESSMENTS 10:00-11:00AM <i>Registration required</i> MACHINE ORIENTATION 1:00pm-2:00pm <i>Registration required</i>	30 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am FOREVERWELL ORIENTATION 12:30pm <i>Registration required</i>	*Reservations required for Water Exercise classes.		



KEEPING KIDS SAFE AT THE Y

FIVE DAYS OF ACTION: KNOW. SEE. RESPOND.

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**, April 21-25, 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.

The **Know. See. Respond.** campaign continues and [Praesidium](#), [Saprea](#), and [Lauren's Kids](#) have shared resources to support this campaign.

We pledge to protect the children we serve and hope you will too! Click the link below to download a printable version of the 2025 [Five Days of Action Pledge Card](#)!