



FOREVERWELL

APRIL | MAPLEWOOD

SAVE THE DATE

DAY OF GIVING
9TH

BINGO
10TH
2PM-4PM

MOVIE DAY
"THIS BEAUTIFUL
FANTASTIC"
15TH
2PM-4PM

FOREVERWELL CONCERT
11TH
THEATER
4:30PM-6PM

EARTH DAY
22ND
1PM-2PM

THE IMPORTANCE OF SLEEP
29TH
TEEN ROOM
2:15PM-3:15PM

APRIL SHOWERS BRING IN FLOWERS CLOSED

EASTER - APRIL 20TH

For **Easter (20th)** we will be CLOSED. The YMCA apologizes for any inconvenience we will be causing by closing. We will be going back to regular hours after this holiday.

BRANCH HOURS

Monday-Friday:

6am-8pm

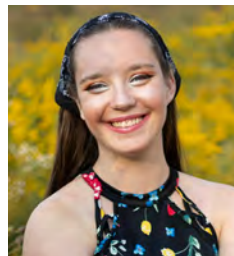
Saturdays and

Sundays:

7am-5pm

Front Desk:

651-747-0922



MAPLEWOOD

2100 White Bear Ave.

Maplewood, MN 55109

Contact: Ketzie Leake

Ketzie.Leake@ymcamn.org

Phone:

612-268-0067

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

DAY OF GIVING

APRIL 9TH

I'll be the first to admit that life can be tough and we all face difficult seasons. There are times when we need a little extra help, support, and someone to remind us, "We've got you. We believe in you. You can do this." At the Y, I witness lives being transformed by this very act of kindness and generosity every single day.

Every dollar raised goes directly into our Maplewood 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 the summer outdoors at camp instead of in front of a screen, and families can stay active and healthy together.

So, here's my ask: will you join me on **April 9th** for our Y Day of Giving? My personal goal is to raise \$5,000 in this one single day, and I'd be honored if you would help me reach this goal while supporting our local community. I, and we, can't make it happen without you. If you do donate to the YMCA on that day of giving and you report it to Alex Schmitz at the table we will be having on that day, you will get a keychain and a heartfelt thank you.

FOREVERWELL CONCERT FUNDRAISER

APRIL 11TH

Ketzie, the ForeverWell Coordinator, is hosting a concert to help fund-raise for the YMCA. She has been singing for a long time. She has been in a few theater productions included, but not limited to, Wizard of Oz, Footloose, and Hairspray. She will be singing with her favorite accompanist Josh Tompkins, and a drummer Tyler Anderson. Ketzie will be putting on the show in the theater on **April 11th**. Tickets will be \$5-\$7 depending on where you will be sitting. Please register with the Front Desk before the show. Doors open at 4:30pm, show starts at 5pm and ends at 6pm. You can bring a water bottle into the theater, but please no food.



BOOK CLUB

The first Wednesday of the month we get together and discuss the book we picked last month. If you are interested in learning more, please reach out to Ketzie.

BINGO

Come to BINGO for fun and socialization. There will be prizes for the 10 rounds of BINGO we will be doing. To help continue BINGO as our monthly tradition, donations of prizes and money will be accepted at any time. Please bring them to Ketzie in the office across from Studio B at the Maplewood YMCA.

MOVIE DAY

This month on April 15th we will be watching "This Beautiful Fantastic." It is a fairy tale like film that tells the story of Bella, a reclusive and obsessive compulsive librarian who dreams of writing a children's book, and her unlikely friendship with Alfie, a grumpy and widowed neighbor who loves gardening. With the help of Alfie and Vernon, his cook, Bella learns to appreciate nature and overcome her fears, while also finding romance with Billy, an inventor who visits the library.



BALANCE ASSESSMENTS

Balance assessments Monday, April 7th from 8-9am, and Thursday, April 17th from 2-3pm.

ABC'S OF MEDICARE

APRIL 8TH

On April 8th, from 12-2pm in the Maple Room, Pat is going to come in and give a little snippet of what some of the benefits of Medicare are, the ABC's of Medicare, supplements compared to advantage plans, when to enroll in the ABCD's, \$0 plans, and what is included in these plans.

CRAFT BOUTIQUE

APRIL 9TH

Christine is hosting a craft boutique. Christine request that you pay for your items in CASH or CHECK ONLY. There will be towels, table runners, and dishrags.

CRAFT BOUTIQUE

APRIL 10TH

Barb, Janice, and Sherrie will be hosting their own craft boutique. They request that you pay for their items in CASH or CHECK ONLY. Barbara will have baby sweaters, hats, kitchen towels, dishrags, potholders, counter cross-stitch pictures. Janice will have plastic canvas art and other painted works.

The YMCA loves to partner with the businesses in the community. To help spread the word about our local businesses, we reached out to a few close to the Maplewood YMCA asking if they would like to be featured in our newsletter for this current month. ALL COUPONS MUST BE BROUGHT INTO THE STORE IN ORDER TO BE REDEEMED. They will only be good for this current month.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

WELLNESS NORDIC WALKING

APRIL 17TH

Amy is our wellness coach here at Maplewood. She will be leading a wellness Nordic walk on a little of our nature trail behind the police station. Nordic walking has many benefits to our wellbeing, including moving our muscles, learning about plants, better memory in our aging, and providing social connections. This will take place on April 17th from 2-2:45pm.

EARTH DAY

APRIL 22ND

April 22nd is Earth Day. We will be walking around and joining the Maplewood community in cleaning up trash around the pond. We will have gloves provided. We will be walking from 1-2pm. Please come join us to walk on the paved path along the pond.

FINANCE GURU

APRIL 21ST AND APRIL 23RD

On April 21st from 1:30-2:30pm this session will cover Financial Psychology. You will learn about what informed financial decision making is, confidence in your financial goals, and how to reduce financial stress.

On April 23rd from 1:30-2:30pm they will be doing a continuation session on Financial Protection. You will discover the key elements of a solid financial foundation, identify common threats that could hurt your financial future, and learn how to safeguard your finances against the risks.

THE IMPORTANCE OF SLEEP

APRIL 29TH

This talk focuses on cutting edge, new understandings of the role of sleep in performance, and overall health. Common health issues caused by insufficient sleep are discussed and the new insights being gained through research in the field of epigenetics are presented. Most importantly, practical solutions are provided for improving the quality and duration of sleep that can be implemented immediately by the participants. This will be discussed April 29th from 2:15-3:15pm

Stop on in and get a free donut



Sweet Nothing Bakery

"I GOT YOU SWEETS!"

April 1st- April 30th


CAL'S PIZZA FACTORY



Buy a Large pizza get one free small Cheese Fries

April 1st- April 30th

Buy One Drink Get one Free



April 1st- April 30th

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

WHAT TO LOOK FOR IN THE COMING MONTHS

ASHLAND PRODUCTIONS

MATILDA JR.

On **May 1st**, Ashland Productions, our theater located here in our building, will be showing "Matilda Jr." You will be able to sign up with the Front Desk. There are only 150 seats available for the preview showing we get to see the night before opening night.

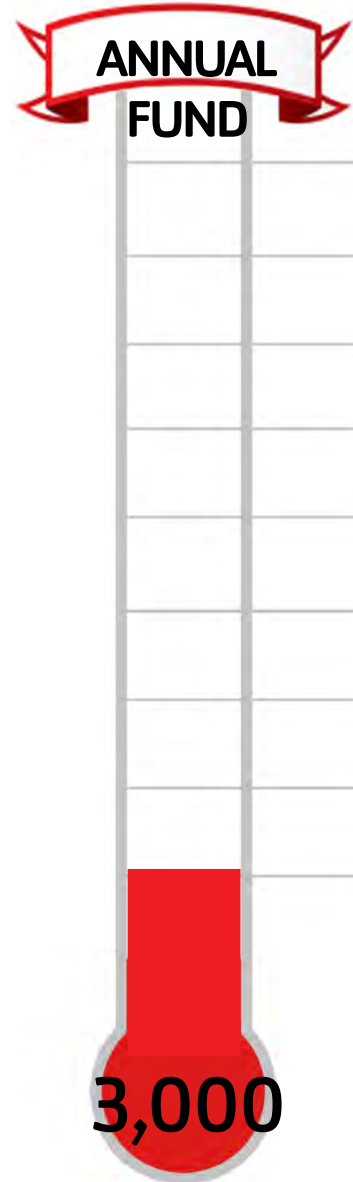
Rebellion is high in Matilda Jr., a gleefully witty ode to the anarchy of childhood and the power of imagination! This story of a girl who dreams of a better life and the children she inspires will have audiences rooting for the "revolting children" who are out to teach the grown-ups a lesson.

Matilda has astonishing wit, intelligence... and special powers! She's unloved by her cruel parents, but impresses her schoolteacher, the highly loveable Miss Honey. Matilda's school life isn't completely smooth sailing, however – the school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace!

SENIOR PREPAREDNESS SEMINAR

POLICE

On **Wednesday, May 21st from 9am to 12pm**. The YMCA will be hosting a city event. It will consist of presentations from Maplewood Fire/EMS, Police, St Croix Hospice, and we hope to have someone speaking about Medicare. Speaking on the importance of being prepared. Please register with the city for this event. The person in-charge of this event is Barb, if you have any questions, please email her at barb.johnson@maplewoodmn.gov or you can call her at 651-249-2636



ANNUAL FUND

For many years, donors who give on a recurring basis have helped fund key initiatives across the YMCA of the North, such as:

- Financial aid opportunities
- Support for refugees
- Resources for families
- Tools to equip youth
- Programs for seniors

When you donate to the YMCA you help develop our community and give back to your friends, families, and neighbors. This year our goal is \$30,000, we have currently raised only \$3,000.



GAMES



COMPETITIVE GAMES:

Interested in playing games? The YMCA has games every week. If you want to see more games or something new, please reach out to Ketzie. These games are all located in the Woodland Room, unless otherwise specified.

MONDAY:

SCRABBLE- 10:30AM-12PM

Test your language skills. A dictionary is provided.

CARDS- 11AM-12PM

Learn to play card games. We will have a variety of games going. We also have one Cribbage board if people want to play and are interested.



TUESDAY:

MAHJONG- 11:30AM-2PM

It is a tile-based game. Fun for all to play.



THURSDAY:

CRAFTS AND CHAT- 12-2PM

Bring your knitting, crocheting or other crafts, and socialize.

FRIDAY:

TEXAS HOLD-EM- 12:30-3PM

Come play Texas Hold-Em. It is one of the most popular variations of the card game Poker.

DOMINOES- 1-3:30PM

Come play Dominoes with modern versions included. Examples being Mexican train, chicken foot, etc. These games will be hosted in [Dakota Room](#) unless otherwise noted.

RECIPE:

BIRD NEST COOKIES

Ingredients:

3 cups miniature marshmallows

¼ cup creamy peanut butter

3 tablespoons butter

4 cups crispy chow mein noodles

cooking spray

40 candy-coated milk chocolate eggs



Made this recipe with kids aged K-6th grade. Very easy and the kids loved it. We have used chow mein noodles, pretzels (crushed) and Chex cereal (crushed) for the dry ingredient. We skipped the peanut butter and added ¼ cup butterscotch chips to the marshmallow mixture. Make sure to grease the muffin cups generously as well as the kids fingers. The finished product is adorable!

Food steps:

1) Place marshmallows, peanut butter, and butter in a saucepan; cook and stir over medium heat until the marshmallows have melted completely, about 5 minutes.

2) Put chow mein noodles into a large bowl; pour marshmallow mixture over noodles and stir to coat.

3) Spray hands with cooking spray or coat with butter so the noodles will not stick to your hands. Scoop noodle mixture from bowl with an ice cream scoop and form into balls, hollowing the center out to create the nest. Arrange 4 chocolate eggs into each nest.

Recipe Inquiry:

INTERESTED IN YOUR RECIPES

As part of our newsletter, I would love to put a spotlight on recipes that you love to share and enjoy with family and friends. If you have any recipes you would like to see highlighted in the Foreverwell Newsletter, please send Ketzie Leake an email at Ketzie.Leake@ymcamn.org.

STAYING SAFE WITH THE YMCA

5 DAYS OF ACTION



Save the dates! **April 21-25**, the Maplewood YMCA will participate in the Five Days of Action® campaign to increase awareness of child sexual abuse and how all adults can prevent it when we “Know. See. Respond.” We pledge to protect the children we serve, and we hope you will too! Head over to fivedaysofaction.org to learn more! #FiveDaysofAction.



Five Days of Action® is back! **April 21-25**, the Maplewood YMCA will participate in the campaign to increase awareness of child sexual abuse and how all adults can prevent it when we “Know. See. Respond.” We pledge to protect the children we serve, and we hope you will too! Head over to fivedaysofaction.org to sign the pledge & learn more! #FiveDaysofAction.

When evaluating camps, sports, and other activities for your child, do you **KNOW** what questions to ask about abuse prevention? As parents, caregivers, and trusted adults, we play a vital role in protecting children and teens from abuse. Learn the key questions to ask from Praesidium, the YMCA’s partner in child abuse prevention: praesidiuminc.com/6-key-questions-a-parent-should-ask-of-an-organization. #FiveDaysofAction.

When we **SEE** grooming patterns—methodical, subtle, gradual, and escalating behaviors used to groom a child for sexual abuse—we can identify them, strengthen our intuition, and protect children. Learn the 6 grooming behaviors every parent or caregiver needs to know and what to do if you see them, from our partner, Saprea: saprea.org/blog/6-perpetrator-grooming-behaviors. #FiveDaysofAction.

RESPOND-ing starts when a child or teen feels heard and is helped. How can you take action to prevent child sexual abuse? The Trusted Triangle (for younger children) and the Safety **NET**work (for older youth) are strategies from Lauren’s Kids Safer, Smarter Families Family Safety Toolkit. These resources are designed to help families and caregivers teach personal and digital safety in a comfortable and accessible way. #FiveDaysOfAction.

BRAIN GAME

5

	Farm	Pot - outside	Pot - inside	Backyard	Watermelon	Corn	Kale	Radishes
Washington								
Houston								
Lane								
Smith								
Watermelon								
Corn								
Kale								
Radishes								



Use the clues to find how each family plants their Spring vegetable garden.

1. The Houston family plants watermelons each year, but they do not plant them in a pot.
2. The corn seeds were planted in a family's backyard.
3. The Kale was planted outside, but not by the Smith family.
4. The vegetable that grows under the soil was planted by the Lane family.

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FIND → 55

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The Answer was 3 rows
 in and 3 rows down.



MONTH GAMES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Color System Red- Repeats monthly on specific week Green- City not YMCA. Purple- Ashland Orange-Only for this month		Mahjong- 11:30am-2pm 01	Book Club-2pm-3pm 02	Crafts and Chat- 12pm-2pm 03	Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm 04	05
06	Cards- 10:30am-12pm Scrabble- 11am-12pm 07	Mahjong- 11:30am-2pm 08	YMCA DAY OF GIVING 09	Crafts and Chat- 12pm-2pm 10	Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm ForeverWell Concert- 4:30pm-6pm 11	12
13	Cards- 10:30am-12pm Scrabble- 11am-12pm 14	Mahjong- 11:30am-2pm 15	16	Crafts and Chat- 12pm-2pm Nordic Walking- 1:30pm-2:30pm Bingo- 2pm-4pm 17	Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm 18	19
 20	Cards- 10:30am-12pm Scrabble- 11am-12pm Finance Guru Pt. 1- 1:30pm-2:30pm 21	EARTH DAY Mahjong- 11:30am-2pm Earth Day Walk Trash Pick up- 1pm-2pm Movie day- 2pm-4pm 22	Finance Guru Pt. 2- 1:30pm-2:30pm 23	Crafts and Chat- 12pm-2pm 24	Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm 25	26
27	Cards- 10:30am-12pm Scrabble- 11am-12pm Luncheon- 1:30pm-2:30pm 28	Mahjong- 11:30am-2pm Sleep Importance- 2:15pm-3:15pm 29	30	Crafts and Chat- 12pm-2pm 30	Hold-Em- 12:30pm-3pm Dominoes- 1pm-3:30pm 30	