



FOREVERWELL

APRIL 2025 | SHOREVIEW

FOREVERWELL CLASSES AND PROGRAMS FOR Y MEMBERS AGES 55 +



LET'S CONNECT

These ForeverWell Orientations are for new or returning members, those considering membership and interested friends and family.

TUESDAYS & THURSDAYS
10:30 - 11:15am

Drop in. No registration required.

Get help in creating a Y routine to help you stay active and feel your best.

Newcomers, we'll give you a tour of the facility and introduce you to Y classes and programs.

YOUR FOREVERWELL CONTACTS

Elen Bahr
elen.bahr@ymcamn.org
651-490-4891

Heather DeFrance
heather.defrance@ymcamn.org
612-230-3470



APRIL: CELEBRATE THE OUTDOORS

EASE YOUR TRANSITION TO OUTDOOR ACTIVITY

Whether you are active or more sedentary during the winter, make your transition into outdoor activities both safe and enjoyable. Start slowly with short, manageable activities, gradually increasing duration and intensity. Be sure to stretch and stay hydrated to help your body adjust to changes in temperature and movement types.

If you'd like help creating a healthy seasonal transition plan, contact Heather to set up a fitness assessment or personal training session.

ENJOY LUNCH OUTSIDE!

WEEKLY PICNIC IN THE PARK IS BACK!

Tuesdays, April 22nd through September 30th.

Meet around 11:30 am at Tony Schmidt Park (Lake Johanna) beach side off the parking lot. Bring your lunch, lawn chair (if you don't like the picnic table seats), and conversation.

Join the fun - no registration required!

EARTH MONTH

The YMCA in Shoreview recognizes and honors Earth Month, April 1 - 30. Test your trivia knowledge with our questions in the front lobby windows beginning April 1. Here are two to get you started:

What is the world's largest source of renewable energy?

Which astronaut brought tree seeds into space that were later grown on earth?

APRIL EVENTS



MOBILE FOOT CARE CLINIC

Footcare Disciples

Karin Hamerston RN, BSN, CFCN

Thursday, April 3 | 12:00 - 4:30pm | Fusion Studio

SIGN UP IN THE FOREVERWELL BINDER REQUIRED.
Limited availability.

Your appointment with Karin will begin with a brief medical history, informed consent and discussion of your foot care concerns and goals. Next is your 30-minute foot care session which includes cutting, filing, and thinning of the toenails. Karin will also reduce any corns and calluses you may have as well as provide a foot and skin assessment. At the conclusion of your visit, Karin will make any recommendations she sees as necessary.

- **Appointments are \$60, payable by cash, check or credit card. Karin will facilitate payment with you.**
- **You must sign up in sequential order so there are no gaps in time between appointments.**
- **Non-members are welcome with a valid ID for front desk check-in.**



Karin Hamerston, RN,
BSN, CFCN

Karin has spent her nursing career exclusively with seniors, primarily in the areas of long-term care, assisted living and memory care. She recognized foot care as an overlooked treatment and started her mobile foot care business. Karin is Minnesota Board of Nursing certified one of only a few dozen certified foot care nurses (CFCN) in Minnesota.



ALL-AGES EARTH MONTH MOVIES & POPCORN

Whether you're in the mood for some animated entertainment on your own or you want to bring a guest* of any age, you're welcome to join us for one or both Earth Month-related movies in the lobby.

Friday, April 18 | 11:30am - 1:00pm
Finding Nemo

Saturday, April 19 | 11:30am - 1:00pm
A Bug's Life

KIDS UNDER 10 YEARS OLD MUST BE ACCOMPANIED BY AN ADULT FOR THE DURATION OF THE MOVIE.

*Please review the YMCA's updated guest pass policy on the next pages. If you are bringing a minor child as a guest, please have a parent or legal guardian sign the guest registration form. You must present the signed form at the front desk when you check in with the minor child.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GUEST REGISTRATION

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Birthdate: _____

Email: _____ I am interested in Y membership. Yes No

By signing below, I acknowledge and understand the release and Waiver of Liability and Indemnity Agreement located on the back of this form. I agree to abide by all rules set forth by the YMCA.

Name: _____

Guest of: _____

13-0013



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13-0013

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA. THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of MN and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made. In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

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FAMILY WELLBEING PROGRAMMING AT THE YMCA IN SHOREVIEW

Last August, our YMCA introduced weekend activities for kids in a program we call "SaturYAY!" You've seen the signs around the building. Our SaturYAY kids tend to be in the 3 - 9 year-old range. They love the weekly bounce house, lobby activities, and afternoon family open swim. We're so happy to support our Y families and kids and are in the process of expanding our family programming even more this year.

Our hope is to add programming for older kids as well as create multi-generational programming and activities. It's going to take some time, but we're well on our way.

In addition to her ForeverWell role, Elen is overseeing our broader family wellbeing programming with support from other YMCA departments and community organization volunteers. We hope more ForeverWell members will support us in our ongoing programming, first as volunteers and later on helping us develop programming ideas. Please consider joining us!



Our SaturYAY kids love Sneakers, the YMCA Mascot!

Will you help with Earth Month seed cups?



DONATE SUPPLIES & ASSEMBLE SEED CUP GARDEN BUNDLES

Are you able to donate supplies and/or prepare our seed cup gardens? We'll want 30 seed cup gardens to hand out on **Saturday, April 12th**.

Supplies needed:

- 24 small paper or plastic cups
- Sunflower seeds - enough for 3 (or so) per cup
- Plant starter potting soil - enough to fill each up about 3/4 of the way
- 24 small plastic bags to hold the potting soil

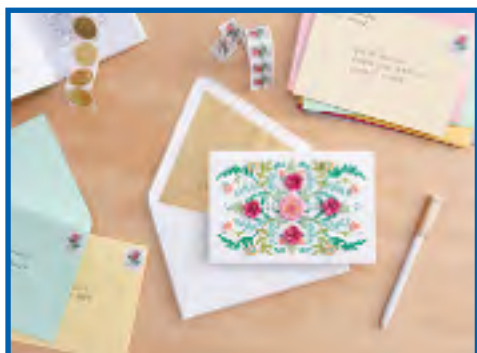
HAND OUT SEED CUP GARDENS

Are you willing to hand out the seed cup garden bundles to SaturYay kids on **April 12th**? The time commitment is 10:45am - 12:30pm.

We'll set up a table and sign for you by the front lobby doors. You'll greet families with children and offer them seed cup gardens to take home.

Most SaturYays we hand out 20 - 30 of some sort of goody for the kids. Sometimes they earn them as prizes for little games that we set up.

ONGOING MONTHLY SERVICE OPPORTUNITIES



WRITE CARDS OF FRIENDSHIP FOR JOHANNA SHORES

Wednesday, April 9 | 1:30 - 2:30pm | Meeting Room
DROP IN. NO SIGN UP NEEDED.

April cards of friendship and care will go to Johanna Shores Senior Living. Cards and pens are provided - all you need to bring is you! We'd like to write between 68 - 128 cards, depending on the number of writers.



DISTRIBUTE GROCERIES

Tuesday, April 15 | 2:30 - 5:00pm
Real Life Church
2353 North Chatsworth Street, Roseville

SIGN UP IN THE FOREVERWELL BINDER REQUIRED.

Please read the important (and heartbreaking) letter from Fare for All on the next page.

Fare for All purchases food in large quantities, repackages it and sells it at discounted prices. Your help is needed to walk with customers out to their cars and unload their groceries.



SPECIAL ANNOUNCEMENT FROM KINF:

2025 is going to be a big year for Kids In Need Foundation, as we will be relocating this spring! As you can imagine, this is a big undertaking. We want to be strategic about our impact during the moving process keeping our teachers and volunteers in mind.

As we prepare the new space, we will not be hosting volunteer groups in April. All scheduled volunteering activities for that month will be cancelled.

Volunteer events will resume as normal in May.

IMPORTANT LETTER FROM FARE FOR ALL

I want to begin this communication by sharing the endless gratitude Fare For All has for your dedication to increasing food access in your community along with the support you have provided to our program over the years. Without you, our programs impact on increasing food access would not have the reach it has had. We can see and feel the heart and soul you put into your site each month we are present. Like other nonprofits throughout the region, The Food Group has been impacted by the freeze on select federal funds. This situation has engaged our nimbleness, prompting us to reflect on key areas of our community food security programs.

As you are aware, participation in Fare For All has decreased over the years. We are in a position where our expenses far outweigh our revenue earned. This means, we are now in a new position of not being able to cover our program expenses through what we earn at Fare For All events. As a result, we are in the difficult position of needing to make decisions of how we engage and partner in a variety of communities and remain committed to our core values, ensuring food access and maintaining affordability, as we navigate these challenges.

It is with a heavy heart that we have come to the conclusion of needing to end service at your location. We will continue to serve through May 2025. The world is ever shifting and even though we need to end our partnership now, we hope that there can be opportunities presented in the future where new partnerships can begin and flourish.

Please make sure to share this with your committed and supportive volunteer crew so they are aware of this change. We will share with the community members who have supported us both in person while at your location and also email them in mid-April with a list of food resources in the area.

Please do not hesitate to reach out with any questions or thoughts. We have always valued and continue to value your unique perspective.

With respect and gratitude,

Steph Wagner – Associate Director of Programs, Fare For All & Twin Cities Mobile Market

ONGOING ACTIVITIES

<p>BIBLE STUDY – MEN’S Thursdays 9:00 – 10:00am Meeting Room</p> <p>More info: David Sorley drdsorley@gmail.com</p>	<p>BINGO Fridays 1:00 – 2:00pm Meeting Room</p> <p>Drop-in.</p> <p>Donations of snacks and prizes are always welcome.</p>	<p>BOOK DISCUSSION GROUP Wednesday, 4/16 2:30 – 3:30pm Meeting Room</p> <p>West with Giraffes by Lynda Rutledge</p> <p>More info: Susan Taylor sjtaylor62@comcast.net</p>	<p>CARD WRITING FOR JOHANNA SHORES Wednesday, 4/9 1:30 – 2:30pm Meeting Room</p> <p>Drop-in.</p>
<p>CRIBBAGE Tuesdays & Thursdays 11:00am – 1:00pm Meeting Room</p> <p>Drop-in.</p> <p>Feel free to bring a board and snacks to share.</p>	<p>FARE FOR ALL Tuesday, 4/15 2:30 – 5:00pm Real Life Church, Roseville 2353 N. Chatsworth Street</p> <p>Please arrive by 2:30pm</p> <p>Sign up in ForeverWell binder.</p>	<p>FOREVERWELL ORIENTATIONS Tuesdays & Thursdays 10:30 – 11:15am</p> <p>More info: Heather DeFrance heather.defrance@ymcamn.org 612-230-3470</p>	<p>HAPPY HOUR Wednesday, 4/30 3:00pm</p> <p>Carbones 9200 Lexington Ave NE Circle Pines</p> <p>Email Mary atamom48@hotmail.com before noon 4/29</p>
<p>KIDS IN NEED FOUNDATION No volunteering in April.</p> <p>Details on page 5.</p>	<p>LUNCH BUNCH Wednesday, 4/2 11:30am</p> <p>Lisbeth 88 Cleveland Ave SW New Brighton</p> <p>Email Mary atamom48@hotmail.com before noon 4/1</p>	<p>MAH JONGG Tuesdays (beginner) Thursdays (experienced) 1:00 – 3:00pm</p> <p>Upstairs Lobby Drop-in</p> <p>More info: Reggie McCarthy mccar072@yahoo.com</p>	<p>WEEKLY PICNIC IN THE PARK Tuesdays, April 22nd through and including September 30th.</p> <p>Meet around 11:30 am at Tony Schmidt Park beachside off the parking lot. Bring your lunch, lawn chair (if you don't like the picnic table seats), and conversation.</p>

DAILY SCHEDULE

*** Starred items require sign up in the ForeverWell binder at the Welcome Desk. ***

INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

MONDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	9:05 - 9:50am	Water Exercise	Indoor Pool - Abby B.
Weekly	10:00 - 10:45am	Water in Motion	Indoor Pool - Lacy L.
Weekly	11:25am - 12:25pm	Parkinson's Cycle	Fusion Studio - Susan T.
Weekly	11:35am - 12:20pm	SilverSneakers® Circuit	Studio - Mary T.
Weekly	12:35 - 1:20pm	SilverSneakers® Yoga	Studio - Susan T.

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Heather D.
Weekly	6:00 - 11:30am	Coffee	Lobby
Weekly	9:05 - 9:50am	Water Exercise Power	Indoor Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Tabata	Indoor Pool - Kathy S.
Weekly	10:55 - 11:40am	Aqua Yoga	Indoor Pool - Elizabeth
Weekly	11:00am - 1:30pm	Cribbage	Meeting Room
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	11:30am - 1:00pm	Picnic	Tony Schmidt Park
Weekly	12:45 - 1:30pm	SilverSneakers® Circuit	Studio - Jennifer P.
Weekly	1:00 - 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)
*** 4/15	2:30 - 5:00pm	Volunteering	Fare for All

DAILY SCHEDULE

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INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:00 - 9:45am	ForeverWell Cardio Dance	Fusion Studio - Melinda
Weekly	9:05 - 9:50am	Water in Motion	Indoor Pool - Lacy L.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	10:00 - 10:45am	Water Exercise Power	Indoor Pool - Pat C.
Weekly	11:25am - 12:25pm	Parkinson's Cycle	Fusion Studio - Pat C.
4/2	11:30am	Lunch Bunch	Lisbeth
Weekly	11:35am - 12:20pm	SilverSneakers® Classic	Studio - Susan T.
Weekly	12:35 - 1:20pm	Chair Yoga	Studio - Angie D.
4/9	1:30 - 2:30pm	Card Writing	Meeting Room
4/16	2:30 - 3:30pm	Book Discussion Group	Meeting Room
4/30	3:00pm	Happy Hour	Carbones

THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	6:00 - 11:30am	Coffee	Lobby
Weekly	8:00 - 11:30am	Pickleball (experienced)	Gym (full)
Weekly	8:00 - 9:00am	ForeverWell Combo	Studio - Jennifer P.
Weekly	9:00 - 10:00am	Men's Bible Study	Meeting Room
Weekly	9:05 - 9:50am	Aqua Zumba	Indoor Pool - Darcy F.
Weekly	10:00 - 10:45am	Water Exercise Power	Diving Well - Pat C.
Weekly	10:30 - 11:15am	ForeverWell Orientation	Welcome Desk
Weekly	11:00am - 1:30pm	Cribbage	Meeting Room
***4/3	12:00 - 4:30pm	Foot Care Clinic	Fusion Studio
Weekly	1:00 - 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
Weekly	2:00 - 4:00pm	Pickleball (beginner)	Gym (full)

DAILY SCHEDULE

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INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

FRIDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	8:00 - 8:45am	ForeverWell Cardio	Studio - Julie G.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	9:05 - 9:50am	Water Exercise Power	Indoor Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Exercise Power	Indoor Pool - Abby B.
Weekly	12:35 - 1:20pm	SilverSneakers® Circuit	Studio - Jessie W.
Weekly	1:00 - 2:00pm	Bingo	Meeting Room
Weekly	1:30 - 2:15pm	SilverSneakers® Yoga	Studio - Jessie W.