

SEVERE WEATHER CRISIS RESPONSE AT THE Y

This month we lift up the MN Dept of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it's essential to plan ahead for Minnesota's severe spring and summer weather. An informed, involved community is more resilient to disaster. Being prepared helps reduce the risks and costs of hazardous weather events. Here are some great ways to help you, your friends and family prepare for Severe Weather:

1

American Red Cross

Build an emergency kit.

What to pack:
Water, food, flashlight, battery-powered radio, first aid kit, medications, phone charger, copies of important papers, blankets.

→

3

American Red Cross

Know how to stay informed.

- **Download** the free Red Cross Emergency app.
- **Follow reputable local accounts** on social media for updates.

2

American Red Cross

Plan what you'll do.

- Decide **where you'll go** if you have to evacuate.
- Know how to **contact your kids**.
- Plan to **bring any pets** with you.

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FOREVERWELL CLASS SCHEDULE

WATER EXERCISE

MONDAYS/WEDNESDAYS/FRIDAYS

10:00 am-10:45 am

NEW!-TUESDAYS/THURSDAYS - NEW!

8:45-9:30 am

MONDAYS

5:30 pm

PICKLEBALL

TUESDAYS/THURSDAYS/FRIDAYS/SATURDAYS

9:00-Noon

SILVERSNEAKERS® CIRCUIT

TUESDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CHAIR YOGA

TUESDAYS

11:00 am-11:45 am

SILVERSNEAKERS® CIRCUIT

THURSDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CLASSIC

FRIDAYS

10:55 am-11:40 am



With Dru

Monday, April 7th

NOON –(7 games will be played)

Multipurpose Room

Coffee and Conversation

Join us for coffee and conversation on

Fridays (Upstairs)
11:00 am-12:30 pm

Feel free to bring a snack to share.

YMCA will provide coffee

Barb I-Fudali
ForeverWell Coordinator

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612-230-3473

ST PAUL EASTSIDE

875 Arcade Street
St. Paul, MN 55105

BRANCH HOURS

Monday-Friday
5:00 am-9:00 pm

Saturday-Sunday
7:00 am-4:00 pm

The Solar System

M	I	L	K	Y	W	A	Y	M	S	N	N	C	N
V	R	R	W	C	U	T	U	U	M	M	W	S	Y
T	S	I	E	T	H	E	U	E	R	R	K	A	E
E	P	W	A	A	S	N	J	U	M	Y	N	T	U
E	E	A	N	U	R	U	S	T	A	M	S	U	P
E	Y	J	E	R	A	T	N	S	R	U	P	R	M
P	W	U	T	A	U	P	H	U	S	S	P	N	A
E	N	P	L	N	U	E	A	A	Y	N	M	T	N
S	V	I	T	U	R	N	S	A	M	R	I	E	R
U	N	T	Y	S	N	M	E	R	C	U	R	Y	A
Y	J	E	U	J	I	W	H	N	R	U	T	R	M
R	M	R	Y	N	U	U	M	O	A	P	A	S	Y
E	O	T	U	L	P	S	A	V	E	N	U	S	R
U	C	L	R	N	T	E	E	A	U	M	P	E	T

MERCURY
 JUPITER
 VENUS
 SUN
 NEPTUNE
 EARTH
 SATURN
 MILKY WAY
 URANUS
 PLUTO
 MARS

Play this puzzle online at : <https://thewordsearch.com/puzzle/110/>