

FOREVERWELL

April 2025

SAINT PAUL EASTSIDE

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:



What to pack:

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

(((3)

Hed Cross

Know how to stay informed.

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

(2)

Plan what you'll do.

- Decide where you'll go if you have to evacuate.
- Know how to contact your kids.

American Red Cross

- Plan to bring any pets with you.

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

Barb.lacarella-Fudali@ymcamn.org 612-230-3473

ST PAUL EASTSIDE

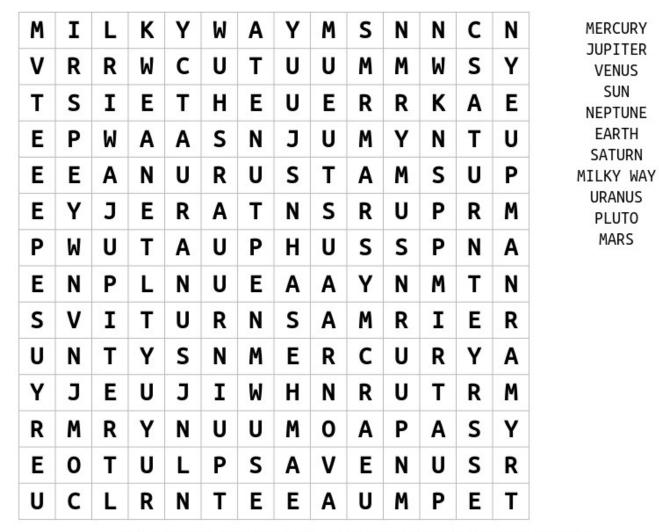
875 Arcade Street St. Paul, MN 55105

BRANCH HOURS

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

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

The Solar System



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