



FOREVERWELL

APRIL 2025 | WHITE BEAR AREA YMCA

AMERICAN RED CROSS

BLOOD DRIVE



April 18, 2025

9:00 am - 3:00 pm

Schedule today!

Visit: [RedCrossBlood.org](https://www.RedCrossBlood.org)

LUCKY 13

Don't forget to pick up
your **FOREVERWELL**
(55 and older)

Lucky 13 card at the Member
Service Desk

Visit the White Bear Area Y
13 times every month for a
chance to win a prize.

WBA Lucky 13

1	2	3	4	5	6
	13				
7	8	9	10	11	12

ForeverWell April 2025

Free Blood Pressure Checks

April 15, 2025

11:00 am - 12:00 pm in lobby

Check Newsletter for more information



Welcome to Your ForeverWell Wellness Journey at the WBA YMCA!

At the YMCA, we're committed to helping you live a healthier, more fulfilling life. With a variety of specialized programs and activities, we're here to support your wellness journey every step of the way.

Programs Designed for You

Our offerings for individuals aged 55+ are designed to promote physical and social well-being, keeping you active, engaged, and connected.

Group Exercise Classes

Join our invigorating group exercise sessions tailored to fit all fitness levels. Whether you're looking to build strength, improve flexibility, or increase cardiovascular health, our certified instructors will guide you through each workout with care and encouragement.

Aquatic Exercises

Dive into a refreshing and low-impact way to stay fit! Our aquatic exercise classes are perfect for improving joint mobility, building endurance, and providing a full-body workout in a safe, supportive environment.

Specialized Wellness Programs

Take advantage of programs designed specifically for your needs, including fitness assessments, personalized coaching, and workshops on nutrition, mental health, and lifestyle balance.

Engaging Social Events

It's not all about exercise! The YMCA offers a variety of social events, from meet-ups to themed gatherings, where you can make new friends, stay connected, and have fun.

Your Community at the YMCA

The YMCA is more than just a place to work out—it's a place where you can build lasting friendships, find support, and engage with a community that shares your goals and interests. Explore all of these activities and more in our newsletter below.

We look forward to being a part of your journey toward everlasting wellness!

BRANCH HOURS

Monday-Friday 5am - 9pm

Saturday & Sunday 7am - 5pm

WHITE BEAR AREA YMCA

2100 Orchard Lane

White Bear Lake, MN 55110

THESE LIFESTYLE CHANGES CAN HELP PREVENT AND LOWER HIGH BLOOD PRESSURE:

- REDUCE THE AMOUNT OF SALT YOU CONSUME
- A GENERALLY HEALTHY DIET
- LOSE WEIGHT IF YOU'RE OVERWEIGHT
- CUT BACK ON ALCOHOL
- EXERCISE REGULARLY
- CUT DOWN ON CAFFEINE
- STOP SMOKING



Health Talk

MANAGING STRESS NATURALLY

Dr. William Kriva from Parkview Chiropractic will be present at our 1st Health Talk . This talk exposes the health risks of prolonged high levels of stress which are endemic in the United States. The concepts of "good" and "bad" stress are introduced. The relationship between stress and productivity is also exposed. Finally, the attendees are given practical tools they can take home and immediately begin to more effectively manage their stress without the use of medications or alcohol.

When: Tuesday, April 29, 2025

Where: The Commons

Time: 9:30 - 10:30 am



Parkview Chiropractic Clinic

Dr. William Kriva



Demos With Devan on the Pilates Reformer

Where: Mezzanine

When: Tuesday 8:30 - 9:00 am

Thursdays 1:00-1:30 pm

Reformer Pilates is a comprehensive fitness system that uses the Pilates Reformer, a unique piece of exercise equipment that enhances strength, flexibility, and posture. This sophisticated apparatus is outfitted with a sliding carriage, springs, ropes with handles, and a footbar to provide resistance and support for a variety of movements. This makes Reformer Pilates an ideal choice for beginners and seasoned practitioners.

Need more info? Email: Devan at Devan.blake@ymcanorth.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOREVERWELL ORIENTATION

Join us for a 30-minute ForeverWell Orientation at the White Bear Lake YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to:

Tour the Facility: Explore the YMCA's state-of-the-art amenities, including our fitness center, pool, and more.

Learn about our variety of group fitness classes designed for all levels, including cardio, strength training, water aerobics, and chair and regular yoga. Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals.

22-0001

FOR MORE INFORMATION:
ann.sellers@ymcamn.org | 952-897-5479

Strawberry Goat Cheese Salad with Lemon Honey Vinaigrette



Here is a great Easter Dinner Salad! **Strawberry Goat Cheese Salad with Lemon Honey Vinaigrette** -- is a beautiful, delicious addition to any spring meal. It features sweet strawberries, creamy goat cheese, and toasted almonds on a bed of mixed greens drizzled with Lemon Honey Vinaigrette!

Prep Time 15 minutes

Servings 8 servings

Calories 210 kcal

Ingredients

For the Salad

- 1 cup slivered almonds
- 12 ounces mixed spring greens
- 16 ounces strawberries hulled, & sliced
- 4 ounces crumbled goat cheese

For the Lemon Honey Vinaigrette

- ½ cup sunflower, safflower, OR extra-virgin olive oil (neutral-flavored)
- 5 tablespoons freshly-squeezed lemon juice
- 2 tablespoon honey
- ¼ teaspoon sea salt plus additional to taste
- Freshly ground black pepper to taste
- 1 teaspoon poppy seeds optional

m EXPLORE
MINNESOTA™

*Unique things to do in
Minnesota*

Bell

Museum



Minnesota's official natural history museum, is now located on the Saint Paul campus of the University of Minnesota. Take amazing journeys from the far reaches of the cosmos to deep inside the human brain in the Whitney and Elizabeth MacMillan Planetarium. Explore the origins of the universe and the diversity of life on earth in our galleries, which include our world famous wildlife dioramas.

Engage all your senses in our Touch & See Lab with 10,000 year-old fossils, living plants and animals, and more. Wander outside on our green roof and observation deck, and explore the learning landscape of native plants, geology gardens, and solar station. And drop into the Solutions Studio, our summer pop-up workshop where you can let your creativity run wild

Contact Information

Bell Museum

2088 Larpenteur Avenue West
St Paul, MN 55113

(612) 626-9660



White Bear Area YMCA ForeverWell Focus on Fitness



April is Stress Awareness Month

Tips to Help You Cope

Stress Awareness Month has been recognized every April since 1992, however this year it seems particularly important. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. Long-term stress can prove to be more than just a mental issue.

We all experience stress, yet we experience it in different ways. For that reason there is no single definition for stress, but the American Institute of Stress states the most common explanation is a "physical, mental, or emotional strain or tension."

Common issues related to stress:

Headaches;
Stomach disorders;
Anxiety/Depression;
Stroke;
Heart Disease.

Tips for Coping with Stress

- Take care of yourself. Eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Discuss your problems. Talk with a friend, or another trusted source.
- Avoid drugs and alcohol. Brain research now indicates that people exposed to stress are more likely to abuse alcohol or other drugs, or to relapse into drug addiction.
- Recognize when you need more help. Know when to talk to a psychologist, social worker, or counselor if things continue.



Meet Robert Marson

Robert Marson

Personal Trainer

Robert is a perpetually positive person who believes that most people have little idea of what they are capable of in life. He believes that there is no higher calling than to assist others in becoming a better version of themselves by challenging the accepted limitations that we all carry with us through our lives. Robert is a Certified Life Coach through iPEC and is an ACE Certified Personal Trainer.

If you are interested in getting to know Robert, he would love to take you through your FREE Fitness Assessment. Just ask someone at Member Service to sign you up. The Free Fitness Assessment FREE one-on-one 60-minute session with a certified personal trainer to explore your mobility and flexibility and discuss opportunities to MOVE at the Y. This assessment also includes a full tour of the Fitness Center and popular equipment.

Additionally, we are proud to offer an InBody Assessment to quickly and accurately determine your basal metabolic rate, muscle mass, body fat percentage, water weight, etc. This is included at no charge during this appointment if desired.

FOREVERWELL CLASSES

Here is a list of ForeverWell classes at the White Bear Area YMCA. You are not limited to just these classes. Check the online schedules for all classes at all the YMCA of the North locations at www.ymcanorth.org

Mondays:

8:30-9:00 am	Cycle 30	Cycle Studio
8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Water Exercise	Blue Pool
9:45-10:30 am	ForeverWell Strength	Gym
9:50-10:50 am	Tai Chi	Studio B

Tuesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:30-11:15am	Chair Yoga	Gym
11:30-12:30pm	Zumba Gold	Studio B
7:00-7:45 pm	Water Exercise	Blue Pool

Wednesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:45-10:30 am	SilverSneakers Classic	Gym
10:00-10:45am	Water Exercise Power	Blue Pool
11:15-12:15pm	Tai Chi	Studio B

Thursdays:

8:45-9:30 am	ForeverWell Combo	Studio A
10:00-10:45am	Water Exercise Power	Blue Pool
1:15-2:15 pm	Line Dancing	Studio A
11:30-12:15pm	Zumba Gold	Studio B
1:00-1:45pm	ForeverWell Strength	Studio B

Fridays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:45-11:30am	Silver Sneakers Circuit	Gym
11:45-12:30pm	Chair Yoga	Gym

ForeverWell Combo

Enjoy a blend of cardio, strength and stretching in this low impact class. Your endurance, muscle tone and flexibility will improve with this energetic class. All levels.

Water Exercise

This class provides a light to moderate aerobic workout that increases endurance, core strength and flexibility. There is limited use of equipment. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

ForeverWell Strength

This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles. Level: All. Free drop-in class for Members.

Deep Water Exercise

This low to moderate intensity water workout offers exercises for every body part with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture. Level: All. Free drop-in class for Members. Limited supply of buoyancy belts available, members encourage to bring their own.

Chair Yoga

Chair Yoga – A gentle form of yoga practiced sitting in a chair and/or using the chair for support. Enjoy the benefits of traditional yoga including flexibility, strength, concentration and deep breathing.

SilverSneakers™ Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Level: All. Free drop-in class for Members.

Water Exercise Power

This class provides a high-intensity workout to increase strength and endurance for the upper and lower body and core. Equipment may be used. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

Zumba Gold®

Zumba Gold® is guaranteed to provide a safe and effective total body workout. Class design introduces easy to follow Zumba dance moves and rhythms including Cumbia, Salsa, Merengue, Tango, Rumba, Cha-Cha and many other contemporary dances. Perfect for all ages and physical abilities looking for a low impact Zumba class that recreates the original moves you love at a lower-intensity. Classes focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and leave feeling empowered and strong!

Line Dancing

You'll learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed. Level: All. Free drop-in class for Members.

Tai Chi For Health Instruction

Tai = big or great. Chi = ultimate energy. Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Say goodbye to sweating, puffing and panting and say hello to feel cool, calm, refreshed and energized. Participants learn the "how" and the "why" behind each movement.

Cycle 30

Cycle 30 is your 30-minute cardio workout. Music will make the time fly, and you will feel great working up a sweat! It's only 30 minutes and the format is easy to follow. Since the bike is completely adjustable, you are in control. It's also perfect for those that are short on time and men and women of all ages..



APRIL



Vanished in Vermillion
Lou Raguse

In May 1971, Pam Jackson and Sherri Miller were two seventeen-year-olds driving to an end-of-the-school-year party in a rundown Studebaker Lark when they seemingly disappeared off the face of the earth. Police back then didn't do enough to try and find them. Investigators thirty years later did too much. Two families endure decades of pain as they await answers of what happened to their girls. When a third family is pulled into the mystery, they quickly learn their nightmare is just beginning.



Stop by the lobby on Tuesday April 22, 2025
10:30-11:30 am for a FREE Chair Massage
from Dr. Berg



Parkview Chiropractic Clinic

Destress with Devan

Join Devan our Senior Health and Wellness Coordinator in a Virtual Y class with the ancient practices of breath work and guided visualization come together to decrease stress by calming the nervous system and increase self awareness by engaging in mindfulness. This is appropriate for all levels. Bring a mat if you would like to de-stress on the floor. This workout can be done on chairs too!

When: Friday April 4, 2025
Where: The Commons
Time: 10:00 - 10:30 am



BOOK CLUB

Join us on the 2nd Monday
Book club begins at 11:30 am
in The Commons.

Please come and share in our discussions.
Everyone is welcome.

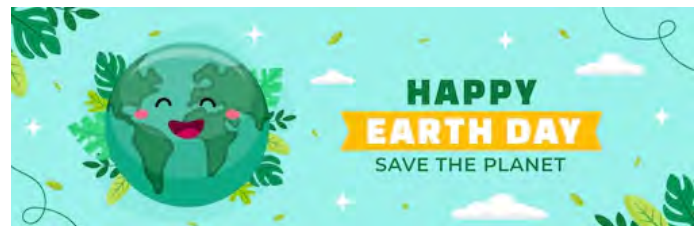
Reach out to Carole with any questions at
croverlie@aol.com

MAY



The Girl Who Came Home
Hazel Gaynor

A voyage across the ocean becomes the odyssey of a lifetime for a young Irish woman. . . .
Ireland, 1912 . . . Fourteen members of a small village set sail on RMS *Titanic*, hoping to find a better life in America. For seventeen-year-old Maggie Murphy, the journey is bittersweet. Though her future lies in an unknown new place, her heart remains in Ireland with Séamus, the sweetheart she left behind. When disaster strikes, Maggie is one of the few passengers in steerage to survive. Waking up alone in a New York hospital, she vows never to speak of the terror and panic of that fateful night again.
Chicago, 1982 . . . Adrift after the death of her father, Grace Butler struggles to decide what comes next. When her great-grandmother Maggie shares the painful secret about the *Titanic* that she's harbored for almost a lifetime, the revelation gives Grace new direction—and leads both her and Maggie to unexpected reunions with those they thought lost long ago.



Earth Day, celebrated annually on April 22nd, is a global movement that raises awareness about environmental issues and encourages people to take action to protect the planet. It began in 1970 and has grown into a large, event with over a billion participants every year!

Earth Day Activities and Ideas

1. Support Our Pollinators! ...
2. Clean Up Plastic in Your Neighborhood. ...
3. Go to a Park Today! ...
4. Plant a Tree! ...
5. Use Wildflowers and Native Plants. ...
6. Reduce, Reuse, and Recycle in the Garden. ...
7. Stop Using Chemicals in the Garden. ...
8. Conserve Water!

MEDICARE

THE A, B & C's OF MEDICARE

WEDNESDAY, April 9TH

11:30-2:00 (meeting starting at 12:00)

Join us for an informative session where an expert will answer your questions and provide insights about Medicare. The following topics will be discussed: Advantage compared to Supplement plans, when to enroll in parts A,B,C and D, \$0 plan, Dental, Eyecare, Hearing Aids, Fitness plans and work out classes covered by Medicare. Sponsored by Pat Markfort 651-428-8871 Licensed Agent



We are trying a new time for Coffee and Conversation beginning April 1, 2025.

What: Coffee and Conversation

Where: The Commons

(until Summer Programs begin)

When: Tuesdays 11:30 am – 12:30 pm

Thursdays 11:00 am – 12:00 pm

See you there!

the **Y**

**JOIN THE MOVEMENT
MAKE AN IMPACT**

YMCA DAY OF GIVING

APRIL 9 **DONATE**

ymcanorth.org/ydayofgiving

SCAN THE QR CODE BELOW AND DESIGNATE WHITE BEAR AREA Y FOR YOUR GIFT. THANK YOU!



Did you know that at the White Bear Area Y last year, over \$223,000 in donor- supported assistance offset membership and programming fees, ensuring our offerings and resources remained accessible to all?



WHITE BEAR AREA PILATES REFORMER

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAYS:

- 7:25 AM- 8:25 AM (LEVEL 2)
- 8:30 AM- 9:30 AM (LEVEL 1)

TUESDAYS:

- 8:30AM- 9:00AM FREE DEMOS ON MEZZANINE

WEDNESDAYS:

- 9:00 AM- 10:00 AM (LEVEL 3)
- 10:00 AM - 11:00 AM (LEVEL 1)
- 12:25 PM- 1:25 PM (LEVEL 2)
- 1:30PM- 2:30PM (INTRO)

THURSDAYS:

- 1:00PM- 1:30PM FREE DEMOS ON MEZZANINE

22-0801



APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April Fool's day</p>	<p>1</p> <p>Demos With Devon Pilates Reformer 8:30 am</p> <p>Coffee and Conversation 11:30 -12:30 pm The Commons</p>	<p>2</p> <p>WORLD AUTISM DAY</p>	<p>3</p> <p>Demos With Devon Pilates Reformer 1:00 pm</p> <p>Coffee and Conversation 11:00 am-12:00pm</p>	<p>4</p> <p>Destress Workshop 10:00 - 10:30 am</p>
<p>7</p> <p>FOREVERWELL ORIENTATION 10:30 AM</p>	<p>8</p> <p>Demos With Devon Pilates</p> <p>Book Club 11:30 am</p> <p>Coffee and Conversation 11:30 -12:30 pm</p>	<p>9</p> <p>MEDICARE THE A,B & C's OF MEDICARE 11:30-2:00 (meeting starting at 12:00)</p> <p>JOIN THE MOVEMENT MAKE AN IMPACT MARCH DAY OF GIVING</p>	<p>10</p> <p>Demos With Devon Pilates Reformer 1:00 pm</p> <p>Coffee and Conversation 11:00 am-12:00pm</p>	<p>11</p> <p>National PET DAY APRIL 12</p>
<p>14</p> <p>FOREVERWELL ORIENTATION 10:30 AM</p>	<p>15</p> <p>Coffee and Conversation 11:30 -12:30 pm</p> <p>Demos With Devon Pilates</p> <p>TAX DAY</p>	<p>16</p> <p>Eat some fruit today!</p>	<p>17</p> <p>Demos With Devon Pilates Reformer 1:00 pm</p> <p>Coffee and Conversation 11:00 am-12:00pm</p>	<p>18</p> <p>Easter Weekend! YMCA will be closed on Sunday, April 20.</p>
<p>21</p> <p>Adult Coloring 1:00 pm-3:00 pm</p>	<p>22</p> <p>Coffee and Conversation 11:30 -12:30 pm</p> <p>Free Chair Massage 10:30 - 1:30 am</p> <p>EARTH DAY</p>	<p>23</p> <p>Spread cheer! Call a friend</p>	<p>24</p> <p>Demos With Devon Pilates Reformer 1:00 pm</p> <p>Coffee and Conversation 11:00 am-12:00pm</p>	<p>25</p>
<p>28</p> <p>Don't forget to Hydrate</p>	<p>29</p> <p>Demos With Devon Pilates Reformer 8:30 am</p> <p>Coffee and Conversation 11:30 -12:30 pm</p>	<p>30</p> <p>What is your workout today?</p>	<p>31</p> <p>Coffee and Conversation 11:00am -12:00pm</p> <p>Demos With Devon Pilates Reformer 1:00 pm</p>	<p>April showers bring May flowers</p>



EARTH DAY

WORD SEARCH



Solve the following puzzle by finding all the hidden words!



REUSE

ORGANIC

RECYCLE

OXYGEN

REDUCE

WATER

TREE

OCEAN

PLANET

TRASH

ENERGY

PLASTIC

EARTH

AIR

PLANTS

COMPOST

CLEAN

CONSERVE

CLIMATE

POLLUTION

