



FOREVERWELL

MAY 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.

FOREVERWELL CO-COORDINATORS

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OUTDOOR POOL OPENING SATURDAY, MAY 24

RESERVE YOUR SPOT FOR MAY 23 EARLY ACCESS

It's time! Our beautiful outdoor pool is opening soon. **If you'd like to be among the first to enjoy it**, make your \$25 reservation today for a lap lane or Aqua Zumba class one day before the pool officially opens.

Stop by the YMCA in Shoreview front desk to see available times and complete your reservation.

NATIONAL SENIOR HEALTH & FITNESS DAY, MAY 28

Along with our usual class schedule, we've sprinkled in a few special activities. From a generosity of giving drive to a chance to talk about what's on your mind to a mindful meditation session, we hope you'll find a way to find a new way to nourish yourself. Details follow throughout this newsletter.

GUEST PASS POLICY REMINDER

Non-member guests are always welcome at the YMCA. Please review the YMCA's updated guest pass policy at the end of this newsletter. Adult guests must bring a valid ID and sign in with you at the front desk.

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.

MAY EVENTS



MOBILE FOOT CARE CLINIC

Footcare Disciples

Karin Hamerston RN, BSN, CFCN

Thursday, May 1 | 12:00 – 4:00pm | Fusion Studio

By appointment only. Limited availability.

Sign up in ForeverWell binder.

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.



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 is Minnesota Board of Nursing certified one of only a few dozen certified foot care nurses (CFCN) in Minnesota.

- 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.

GENEROSITY OF GIVING DRIVE

NOURISHING OURSELVES BY HELPING OTHERS

Wednesday, May 28 | All day | Lobby

Studies show that acts of generosity stimulate the release of feel-good chemicals in the brain, such as oxytocin, dopamine, and serotonin. These neurotransmitters can reduce stress and promote feelings of happiness and connection.

If you're able, please help us celebrate Senior Health & Fitness Day as we nourish our YMCA community with these donations:

Non-perishable food items for our Members Helping Members food shelves. Shopping lists are available on the shelves in the lobby.

Packs of flowers (annuals) to help us beautify our outdoor spaces. High-to-medium sun, heat tolerant are preferred.



Please place your donations in the designated areas of the lobby.

MAY EVENTS

WHAT'S LIVING RENT-FREE IN YOUR MIND?

COFFEE & CONVERSATION

Wednesday, May 28 10:30 – 11:30am | Meeting Room

Sign up in ForeverWell binder.

Let's talk about the tough stuff. The stuff we get stuck on. The stuff that keeps us up at night. You'll have the opportunity to submit your living-rent-free topic(s) anonymously when you arrive and our facilitator will guide us in a group conversation. Thanks to our community partner, NYSF, for kicking off what we hope can become a monthly gathering.



MINDFUL MEDITATION

Wednesday, May 28 | 1:45 – 2:45pm | Meeting Room

Sign up in ForeverWell binder.



Mindful meditation involves focusing on the present moment with intentional awareness and non-judgment. It's about observing your thoughts, feelings, and sensations without getting carried away by them or reacting automatically. This practice can help reduce stress, improve concentration, and cultivate self-awareness.

Join us to learn mindful meditation techniques that you can do at home everyday as part of your wellness routine.

PLAN AHEAD FOR JUNE

CARFIT APPOINTMENTS AVAILABLE: MAKE YOUR CAR SAFER TO DRIVE

Tuesday, June 10 | 1:00 – 4:00pm | By appointment only | No cost

There's a lot more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety in the driver's seat.

Register today to have trained experts show you how to enhance your comfort, safety and fit within your vehicle. Register at car-fit.org, under Find an Event (choose Minnesota from the State/Province drop-down menu) or call 612-986-8469.



ONGOING MONTHLY SERVICE OPPORTUNITIES



WRITE CARDS OF FRIENDSHIP FOR JOHANNA SHORES

Wednesday, May 14 | 1:30 – 2:30pm | Meeting Room

Drop-in. No sign up needed.

Donations of notecards are always welcome.

May 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, May 13 | 2:30 – 5:00pm

Real Life Church

2353 North Chatsworth Street, Roseville

Sign up in the ForeverWell binder.

This is the final day of Fare for All at our Roseville location. On behalf of the YMCA in Shoreview, Fare for All and its customers, THANK YOU to each of you who volunteered at our Fare for All site over the years. We appreciate your generosity of spirit.



ORGANIZE SCHOOL SUPPLIES

Tuesday, May 20 | 2:00 – 4:00pm

NEW ADDRESS

200 South Owasso Boulevard East, Little Canada

Sign up in the ForeverWell binder.

Kids in Need Foundation provides teachers and students with the supplies they so desperately need. YMCA volunteers are much appreciated to help the organization in several ways, which varies month-to-month.

OTHER IN-BRANCH NEWS

MEMBERS HELPING MEMBERS FOOD SHELVES



The YMCA is for youth development, healthy living and social responsibility. At the root of each of these things is a sense of responsibility to help make sure people's basic needs are met. We've recently opened up the YMCA in Shoreview Members Helping Members food shelves.

At the end of the lobby, near the Fusion Studio, the shelves are open for both giving and taking. Please note the shopping lists of most commonly requested non-perishable items, and bring items from that list if you are able. If you are in need, please know that the food on these shelves is given with no strings attached, and support from your YMCA community.

Let's help each other, friends. Give what you can. Take what you need.

EXPANDED PICKLEBALL SCHEDULE

More opportunities to play beginner and advanced beginner pickleball at the YMCA in Shoreview!

EFFECTIVE MAY 1:

2:00 - 4:00pm

Monday, Wednesday, Friday: Advanced beginners

Tuesday, Thursday: Beginners



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, 5/21 2:30 – 3:30pm Meeting Room</p> <p>Chronicles of a Radical Hag by Lorna Landvik</p> <p>More info: Susan Taylor sjtaylor62@comcast.net</p>	<p>CARD WRITING FOR JOHANNA SHORES Wednesday, 5/14 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, 5/13 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, 5/21 3:00pm</p> <p>The Exchange Food & Drink 500 Fifth Avenue NW New Brighton</p> <p>Email cathy@cartersonline.net before noon on 5/20 to reserve your spot.</p>
<p>KIDS IN NEED FOUNDATION Tuesday, 5/20 2:00 – 4:00pm NEW ADDRESS 200 South Owasso Blvd East, Little Canada</p> <p>Sign up in ForeverWell binder.</p>	<p>LUNCH BUNCH Wednesday, 5/7 11:30am</p> <p>Apple Garden Chinese Restaurant Glen Oaks Center South Pine Drive, Circle Pines</p> <p>Email cathy@cartersonline.net before noon on 5/6 to reserve your spot.</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>	

DAILY SCHEDULE MAY 1 – 23

The summer schedule will be available online and posted in the branch later this month.

*** 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.
Weekly	2:00 - 4:00pm	Pickleball (adv. beginner)	Gym

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	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)
***5/20	2:00 - 4:00pm	Volunteering	Kids in Need Foundation
*** 5/13	2:30 - 5:00pm	Volunteering	Fare for All

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WEDNESDAYS	TIME	DESCRIPTION	LOCATION
5/28	All day	Senior Health Wellness Day	See individual events.
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.
*** 5/28	10:30 – 11:30am	Coffee & Conversation	Meeting Room
Weekly	11:25am – 12:25pm	Parkinson's Cycle	Fusion Studio – Angie D.
5/7	11:30am	Lunch Bunch	Apple Garden
Weekly	11:35am – 12:20pm	SilverSneakers® Classic	Studio – Susan T.
Weekly	12:35 – 1:20pm	Chair Yoga	Studio – Angie D.
5/14	1:30 – 2:30pm	Card Writing	Meeting Room
*** 5/28	1:45 – 2:45pm	Mindful Meditation	Meeting Room
Weekly	2:00 – 4:00pm	Pickleball (adv. beginner)	Gym
5/21	2:30 – 3:30pm	Book Discussion Group	Meeting Room
5/21	3:00pm	Happy Hour	The Exchange

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INDOOR POOL CLASSES REQUIRE ONLINE REGISTRATION.

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
*** 5/1	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)

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.
Weekly	2:00 - 4:00pm	Pickleball (adv. beginner)	Gym



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



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

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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