



FOREVERWELL

APRIL 2024 | ST. PAUL MIDWAY YMCA

IN THIS ISSUE

EXISTING FOREVERWELL PROGRAMS AT MIDWAY

Coffee and Conversation
Thursdays from 11-12:30
(Kitchen/Community Room)

Bridge Group
Wednesdays from
12-2 pm (Kitchen/Kids Play)

Pickleball
Monday through Friday from
8 am to 12 pm (Gym)
(Tuesdays are beginner day,
all are welcome to help)

FOREVERWELL BINGO

Every other Wednesday
April 3rd and April 17th from 11
am to 12 pm in the Community
Room.

MAHJONGG ORIENTATION

Have you been interested in
learning mahjongg? Join in
on an orientation to learn
how to play the game. You
will learn the Chinese
tradition of mahjongg.
**Tuesday, April 9th at 12:30
pm in the kitchen.**

DOCUSERIES WATCH

"Live to 100: Secrets of
the Blue Zones"
**Friday, April 12th at 11:30 am
in the Kitchen.**

APRIL: CELEBRATE EARTH DAY AND SPRING

Let's do some things to take care of our earth and our community this April!

- On Earth Day, Monday April 22nd, we will be doing a trash clean up around the YMCA at 12:15 pm. Meet in the lobby by the front desk. Trash bags and gloves will be provided.
- On Wednesday, April 24th, Elsa will be leading an April/May seasonal foods workshop from 9:30 to 10 am in the kitchen! Join in to learn more!

UPCOMING EVENTS... SAVE THE DATE!

We will be having a local author, Jo Prouty, doing a book signing for her book, "The Love of a Dog: A Chronicle of a Remarkable Retriever" at the **Midway YMCA in the Community Room on Tuesday, May 14th at 11:30 am.** Jo will talk about her writing and publishing process and have Q+A and then you will have an opportunity to purchase the book and get it signed. Coffee and snacks will be provided. We will also do a drawing for a copy of her book!

We will be having a Senior Health and Wellness Fair on Wednesday, June 5th, 2024 in the Gym from 10 am to 1 pm.

Note: Pickleball will be cancelled this day. At the health fair we will be offering blood pressure screenings, nutrition, community resources, healthy juices and more!

BRANCH HOURS

Monday-Friday: 5am-9pm
Saturday: 7am-5pm
Sunday: 7am-5 pm
YMCA Customer Service
(612) 230-9622

MIDWAY YMCA

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Saint Paul, MN 55104
ForeverWell @ Midway
Hayley, ForeverWell Coordinator
hayley.kilbride@ymcanorth.org
651.259.9623
<https://www.ymcanorth.org/>

BIRTHDAYS OF THE MONTH!

Last Tuesday of every month – April 30th from 11-12 pm in the kitchen/community room

Celebrate those who have had birthdays this month with treats, coffee, and singing! (Any ForeverWell members are welcome, not just those who have had a birthday)



Mindful Movement/Gratitude Circle

Join for a special Mindful Movement/Gratitude Circle demo where you will focus on moving in a mindful way and the benefits that mindfulness can have on your overall wellbeing as well as sharing or journaling things you are grateful for.

Tuesday, April 23rd from 12 to 12:45 pm in the Community Room.

Dr. Kriva Presentation: “Managing Stress Naturally”

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.

RESCHEDULED TO Tuesday, April 30th at 12 pm in the Kitchen

FOREVERWELL ORIENTATION/ NEW MEMBER INFORMATION + EGYM

Welcome to the Midway YMCA! ForeverWell is an awesome program geared to all YMCA members 55 and older. We have many different classes, programs, and events that will help you improve your mind, body, and spirit.

If you are interested in learning more about the ForeverWell program, would like to schedule a ForeverWell Orientation, or if you have any suggestions for programming, contact Hayley at Hayley.Kilbride@ymcanorth.org or 651.259.9623. I would love to hear your ideas!

Schedule your fitness assessment today! With your membership at the YMCA you get a free 60 minute fitness assessment with a personal trainer. Contact the front desk at the Y or Hayley to schedule your assessment.

What is Egym? Egym is a full body strength training circuit with 11 machines that are tailored to you and your strength needs. Looking to get an egym orientation? Orientations are now by appointment – talk to the front desk to schedule your egym orientation.

APRIL/MAY SEASONAL FOODS

As we approach summer, more and more produce is "in season" locally at farmers markets. When produce is in season, it means that the conditions are right to harvest that particular crop. In the cool, wet spring and early summer, there are some superstars like rhubarb and asparagus that are only available at this time of year! Learn more about what's in season in April and May, and take home a few recipes to try as you keep your eye out for local produce.

Join Elsa, Garden & Nourish Instructor, to learn more on **Wednesday, April 24th from 9:30 to 10 am in the Kitchen.**

Contact Hayley at 651.259.9623 or Hayley.kilbride@ymcanorth.org to sign up.

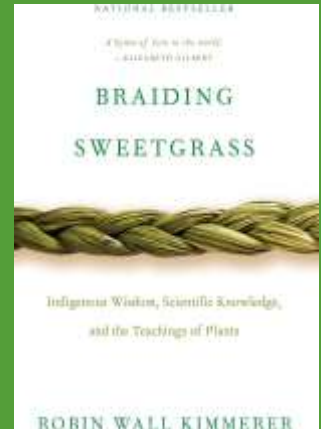
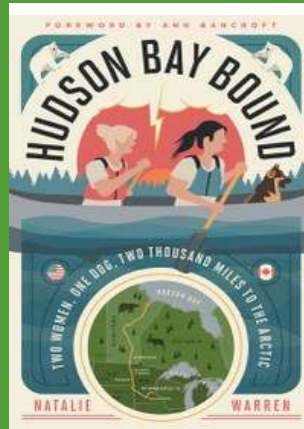


Elsa is a gardener and cook who loves to get outside to observe nature! She teaches gardening and fresh food workshops at Midway, and also works with gardens at other Y locations. She grew up in the Twin Cities, and attended a Y summer camp through her childhood. Several years ago, she started her role building a new garden program for Camp Warren, and went on to manage gardens at the Farm at Camp St. Croix. Now she has helped grow gardens at 7 camps, 3 branches, and 3 preschools. Whether it's a vegetable garden or flowers for native pollinators, growing is her passion! When she isn't gardening in her free time, she is crafting, baking, and watching

ST. PAUL MIDWAY YMCA BOOK CLUB

The next books for the St. Paul Midway YMCA Book Club are "Hudson Bay Bound" by Natalie Warren and "Braiding Sweetgrass" by Robin Wall Kimmerer.

The next meeting will be on Thursday, April 18th at 10 am.



Contact Pam at 651-699-4555 or Marilyn at 651-207-6813 If you need a book.

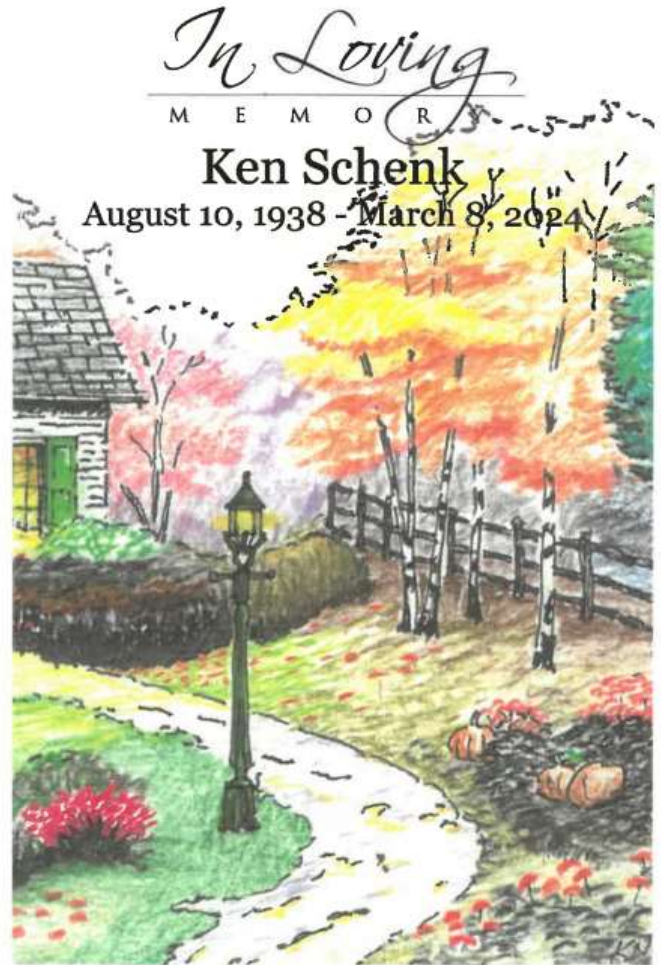
Craft Day! Making a Beaded Bracelet

Let's make some crafts!

Let's make a beaded bracelet! There will be a variety of beads to choose from.

Friday, April 19th at 11:30 am in the Kitchen

Contact hayley.kilbride@ymcanorth.org to sign up.



One of our ForeverWell members, Ken Schenk, passed away March 8th. Ken enjoyed playing pickleball and bridge at the Midway YMCA and was one of the organizers and the chief mentor of the bridge group held here. A donation to the Midway YMCA was made in Ken's honor by the bridge and pickleball players. Pictured above is a drawing of Ken's.



ST. PAUL MIDWAY YMCA CALENDAR – APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Pickleball 8-12 (Gym)</p>	<p>2 Pickleball 8-12 (Gym)</p>	<p>3 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen) Bingo 11-12 (Community Room)</p>	<p>4 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>5 Pickleball 8-12 (Gym)</p>
<p>8 Pickleball 8-12 (Gym)</p>	<p>9 Pickleball 8-12 (Gym) Mahjongg Orientation 12:30 pm (Kitchen)</p>	<p>10 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen) Bingo 11-12 (Community Room)</p>	<p>11 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>12 Pickleball 8-12 (Gym) Blue Zones Docuseries 11:30 am (Kitchen)</p>
<p>15 Pickleball 8-12 (Gym) Como Conservatory Walking Group 2-3:30 pm</p>	<p>16 Pickleball 8-12 (Gym)</p>	<p>17 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen) Bingo 11-12 (Community Room)</p>	<p>18 Pickleball 8-12 (Gym) Book Club 10 am (Kitchen) 11-12:30 Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>19 Pickleball 8-12 (Gym) Jewelry Making/Beading 11:30 am (Kitchen)</p>
<p>22 Pickleball 8-12 (Gym) Earth Day Clean Up (Meet in Lobby) 12:15 pm</p>	<p>23 Pickleball 8-12 (Gym) Mindful Movement Demo/Gratitude Circle 12 pm to 12:45 pm (Community Room)</p>	<p>24 Pickleball 8-12 (Gym) Seasonal Foods and Recipes 9:30- 10 am (Kitchen) Bridge Group 12-2 pm (Kitchen) Bingo 11-12 (Community Room)</p>	<p>25 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee and Conversation (Kitchen/Community Room) Mahjongg 1-3 (Kitchen)</p>	<p>26 Pickleball 8-12 (Gym)</p>
<p>29 Pickleball 8-12 (Gym)</p>	<p>30 Pickleball 8-12 (Gym) Birthdays of the Month Celebration (Kitchen) Dr. Kriva Presentation 12 pm (Kitchen)</p>	<p>31 Pickleball 8-12 (Gym) Bridge Group 12-2 pm (Kitchen)</p>		

ForeverWell Group Exercise Classes to

Check Out: (Full Class Listing Online or Posted on Studio Doors)

Mondays:

Water Exercise – 6:45 am with Abby (Pool)
ForeverWell Cardio – 8:30 am with Brenda (Studio A)
Deep Water Exercise – 9 am with Dave (Pool)
Tai Chi for Practice – 10 am with John (Studio B)
SilverSneakers Classic – 10:15 am with Heidi (Flex B/C)
Yoga – 10:45 am with Sandra (Studio A)
Line Dancing – 11:15 am with Hayley (Flex B/C)
Silver Sneakers Yoga – 12:15 pm with Sandra (Flex B/C)

Tuedays:

Gentle Yoga – 8:15 am with Laura (Studio A)
Water in Motion – 9:30 am with Lacy (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Flow – 10:45 am with Alexa (Studio A)

Wednesdays:

Water Exercise – 6:45 am with Dave (Pool)
Zumba Gold – 8:30 am with Hayley (Studio A)
Mat Pilates – 9 am with Abby (Flex B/C)
SilverSneakers Classic – 10:15 am with Brenda (Flex B/C)
Yoga – 10:50 am with Sandra (Studio A)

Thursdays:

Deep Water Exercise – 9:00 am with Dori (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Gentle Yoga – 11:30 with Barbara (Studio A)

Fridays:

Water Exercise – 6:45 am with Dave (Pool)
ForeverWell Cardio – 8:30 am with Catherine (Studio A)
SilverSneakers Classic – 10:15 am with Hayley (Flex B/C)
Yoga – 10:50 am with Matt (Studio A)

Saturdays:

ForeverWell Strength – 11:45 with Catherine (Flex B/C)

Sundays:

Yoga – 3:30 pm with Mike

Studio A – downstairs
Flex B/C – upstairs

***SCHEDULE SUBJECT TO CHANGE. Please see the front desk with questions. To see the current schedule, download the Y app or visit our website at ymcanorth.org.**