Shoreview YMCA Annual Senior Resource Fair!!!!
Wednesday May 20, 2020
10:00am to 1:00pm
FREE! Invite your friends.

Explore and research over 80 vendors all under one roof right here at the Shoreview YMCA.

Resources, Services, housing options, health screenings, more! PRIZES! POPCORN!
Forever Well Outing

Take a trip back in time as these incredible singers and musicians guide you through two decades of classic love songs...from doo-wop to Frankie Valli and everything in between! Featuring four of the Twin Cities best male vocalists performing tunes such as "Earth Angel", "A Sunday Kind of Love", "Can't Take My Eyes Off of You", "Come Go With Me", and "Unchained Melody," this classic quartet-driven theatrical concert experience is one you won't forget!

Located the Ives Auditorium in Bloomington

Friday February 14
Bus departs YMCA: 10:15 am
Approx Return: 4:00pm
Members: $65.00
Nonmembers: $70.00
Cost includes; coach bus, show ticket, lunch & gratuities
Register at member services

Lunch Menu
Chicken Breast in Herb & Wine Cream Sauce
Served with Parsley Potatoes
Vegetable Du Jour
Dinner Rolls
Dessert - Chef's Choice
Coffee, Decaffeinated Coffee and Hot Tea
Do you need something fixed?????

Come see us!!! For FREE!!!!!

Shoreview YMCA Super Sewers are here to help!
A group of volunteers that will Mend clothing for our YMCA ForeverWell members.

Bring your CLEAN items in need of mending.
Examples: Buttons, hems, torn seams,

We will have thread, some buttons, patches, and volunteers to get you looking great!

2nd Wednesday Each Month - FREE!!!!!!!

February Session
2/12/2020
1:00-3:00pm

Shoreview YMCA 2nd Floor Meeting Room
Donations Accepted
Do you know the facts on Peripheral Arterial Disease (PAD)?

Please join us for a Lunch-n-Learn

Wednesday, February 5th

1:00-2:00 pm

Shoreview YMCA 2nd Floor Meeting Room

FREE – You must preregister at member services to have a spot

Chris McAninch, MD

Dr. McAninch, vascular surgeon with Minneapolis Vascular Physicians, will be speaking about the signs and symptoms of PAD and how it is treated.

Peripheral Arterial Disease is a narrowing or blockage of the arteries outside of the heart. It can cause many symptoms, such leg pain with walking, or no symptoms at all.

Lunch will be provided. We hope to see you there!
ForeverWell Workshop—Getting up from the floor

Getting up from the ground is not easy if you have mobility, flexibility or lack of personal strength issues. Regardless of personal limitations, there are strategies that can be used to improve the process of getting upright.

We will cover:

- How to safely get up from the ground/floor
- Getting up from the floors with bad knees
- Getting up off the floor without using your hands
- What if I am injured?

This is a physical class so please wear comfortable clothing and shoes. A handout on specific exercises that will increase your strength and ability to get up from the ground will be available.

Wednesday Feb 12
11:00am
2nd floor meeting room
FREE
Presented by Patti McClintock - YMCA Personal Trainer
Space is limited
Stop at member services to register
ForeverWell Presentation
Understanding Reverse Mortgages and its Uses
Which now include purchases.

This presentation is NOT a sales pitch! It is a presentation that will go over the pros and cons of a Reverse Mortgage and will provide a better understanding of what they are and clarify the myths and truths. During the class there will be a Realtor and Financial advisor available to answer questions.

Wednesday Feb 26
1:00pm
2nd floor meeting Room
FREE!

Pre-Registration REQUIRED
February Forever Well Potluck

SOUP

CONTEST

The Y will provide prizes to winners

Cook off Participants:
Bring a full crockpot Soup

Not participating in the cook off:
Bring bread, crackers, dessert

Thursday February 20
12:00 Noon
Activity Center
FREE—Ticket Required

GET YOUR TICKET!

Stop by member services to register & pick up ticket.
ForeverWell Painting make & take class with Sandy

Cheerful Hearts Portable Painting Studio

We take pride in teaching acrylic paint classes to groups of people interested in learning new skills, or just brushing up on some old ones.

Our step by step cheerful instruction is easy to follow and fun to see what you can actually do, even if you have never picked up a paint brush before!

We have a great time and really enjoy getting to know you and helping you feel comfortable.

Class includes everything you need to create your painting. All supplies and easy to follow step by step instructions by the ever patient, kind, and sweet Sandy. Everyone can do this. Even if you have never painted before!

Thursday February 13
1:00

Location:
Shoreview YMCA
3760 Lexington Ave N
Shoreview, MN 55126
2nd floor meeting room

Cost: $25.00
Bring cash or check to class. You will pay the artist directly.

Stop by member services

Pre-Registration REQUIRED
What is Fare For All?*
Fare For All buys fresh produce and frozen meat in bulk from wholesalers & manufacturers to find the best deals available. Volunteers at our warehouse pre-pack the produce and meat into food packages that range in price from $10 - $25. These packages are for sale at all of our Fare For All locations.

To visit a Fare For All location, there is no need to register in advance or fill out any paperwork. Fare For All is open to everyone! Because we buy food in bulk, the more people who participate the better.

We try to fill our trucks for each location, so it is very rare that we run out of food. We visit our locations once a month, for two hours at a time. Fare For All accepts cash, credit, debit, & EBT

**Date & Time**
*FEBRUARY HOT BUY*
**WILD- CAUGHT SALMON FILLETS**
$5.50 / 1 lb
(Limit 2 per household)

**FEBRUARY HOT BUY**
**HORMEL PORK LOIN**
$3.50 / approx. 1 lb
(Limit 2 per household)
*flavor may vary

**Volunteers Needed**
2:30—5:00
Call Amy Nawrocki
651-490-4891

**Location:** Real Life Church
2353 Chatsworth St N
Roseville, MN 55113
Turkey Kielbasa Bean Stew

3 cans cannellini beans (white kidney), drained and rinsed
1 lb. bacon, cut in chunks
1 ring Turkey kielbasa, cut in chunks
1 chopped onion
3-4 carrots, peeled and cut into chunks
1 small jalapeno, minced with seeds and white pith removed
2 bay leaves
1 tsp. Allspice
1 tsp Marjoram
1 clove garlic, minced
2 C low sodium chicken broth (or water)
1 Tbls. butter
1 Tbls. flour
1/2 tsp. black pepper
1 tsp. paprika

Fry bacon to crisp. Drain on paper towel.
Brown kielbasa in bacon fat 3-5 minutes. Drain on paper towel.
Cook onion in bacon fat until brown, 5-10 min. Drain off fat.
Cook carrots in small amount of water until tender. Drain.

Mix beans, bacon, kielbasa, onion, jalapeno, carrots, bay leaves, Allspice, marjoram, garlic, pepper, and chicken broth in a pot. Bring to a simmer and simmer 10-15 min.

Melt butter and whisk in flour until smooth. Add to stew with paprika. Simmer until thick, about 15 min. Remove bay leaves.
2020 Chili cook off winner - The Knutsens

Knutsen’s TOP SECRET Chili Recipe

From Tucson, Arizona - around the turn of the century.

An old Mexican Family developed a famous recipe for chili. They shared the chili but not the recipe. It was stolen from them by an old gringo and brought to northern Minnesota. There is a warrant for the arrest of the old gringo, still outstanding in Tucson.

Ingredients

2 medium onions (about 3 cups)
1 Tbsp ground cumin
2-14 oz cans black beans
2 Tbsp apple cider vinegar
2lbs ground beef (90% lean)
2 green peppers (2-3 cups)
2 Tbsp chili powder
2-14 oz cans chopped tomatoes
1-12 oz can beer, prefer Mexican
1 packet EQUAL
1 tsp brown sugar
1 tsp Tabasco sauce or season to taste, one makes mildly hot
1 Tbsp kosher salt 2
2 Tbsp olive oil, coat pan for frying onions, etc.
Optional: 2 –4 tsp Xantham Gum (to thicken)

Process—makes 3 quarts

Put olive oil in big pot;

Add chopped peppers & onions, sauté until transparent. Add ground sirloin & brown. Add beans, tomatoes, seasoning, & beer. Add kosher salt & stir occasionally, while bringing pot to a slow simmer. Test for taste, add Tabasco for desired heat. Allow chili to simmer for one hour. Turn off heat and allow to stand until serving time.

Re-heat to a brisk simmer, shut off heat and serve, with saltines, tortilla, bread, palox or oyster crackers and ice cold Corona!

Bon appetite 280 calories/8oz
Thursday February 27
11:00am

We will meet at the Lindey’s
3600 North Snelling Ave
Arden Hills, MN 55112

Sign up at member services

Pre-Registration
REQUIRED

Tuesday February 11
3:00pm

We will meet at Baldamar
1642 County Road B2 West
Roseville, MN 55113

Sign up at member services
Are you tired of not fitting in with all the couples? Happy Weekenders is a group of retired singles interested in making friends, going on adventures, & having fun.

This is NOT a dating group.

Details of activities are intentionally not included for the safety of the group. For more information and details on the singles group please contact Amy Nawrocki - amy.nawrocki@ymcamn.org

Upcoming Activities
Feb. 1, Saturday: Omni Theater Superpower Dogs
Feb. 16, Sunday: Game Day
Feb. 23, Sunday: Music at Como
Men's Bible Study
Every Thursday Morning
9:00am—10:00am

Women's Bible Study
Every Monday
11:00—12:30

Both Studies are nondenominational
Everyone is welcome
Please stop in and join us!

Book Club
Meets the 3rd Wed of the month
2:15—3:15
2nd floor meeting room
Free—stop by and check it out!

Book: Eleanor & Park
Author: Rainbow Rowell

Everyone is welcome
Dime Bingo

Tuesday 2:30pm February 4
Tuesday @ 2:30pm February 25

Second Floor Meeting Room
*Bring your dimes, bring your friends.
*Each card is a dime.
*Whoever wins the round wins the dimes.

We will end with a coverall game & a great prize!

Cribbage

*Every Tuesday & Thursday
*12:00 noon

* 1st floor lobby
If you have a cribbage board please bring it with you.
If not that’s ok. Just come play!

DO you have questions? Suggestions?
Please contact: Amy Nawrocki, ForeverWell Coordinator
amy.nawrocki@ymcamn.org
651-490-4891