Annual ForeverWell
Thanksgiving Potluck
Thursday November 14
12:00 noon
FREE!
Activity Center
The Y will provide Turkey
Bring a dish to share

Pre-registration is required. Sign up at member services and pick up potluck ticket.

Sign up Closes Mon 11/11
Free Health Screenings

Shoreview YMCA
Wednesday November 20th 1:00pm—3:00pm
No registration required - Drop in

Cub Pharmacy
Glucose Screening

Sam’s Club
Vision

YMCA Personal Trainers
Balance assessments & BMI Body Mass Index
find out what % of your body is lean mass

Minneapolis Vascular Physicians and Minneapolis Vein Center
Do you experience leg pain, achiness, swelling or pain with walking?
FREE leg screening to evaluate for varicose/spider veins & leg artery blockages.”

Lake Johanna Fire Department
Blood Pressure Screening

Advanced Spinal
Chair Massages
Annual Shoreview ForeverWell Bail out your Coordinator event!

The Fun
Heckle your ForeverWell Coordinator Amy Nawrocki
She will be “in Jail” in the Lobby

When
Thursday November 14, 2019 From 7:00 am—12:00 noon
This is also potluck day be sure to pre-register for our Annual Turkey Potluck. See potluck flyer
We have to get Amy Out of Jail in time for Potluck @ 12:00 noon

The How
Donate to the Shoreview YMCA Annual Campaign
You can bring, cash, check, CC or you can fill out a pledge form & the YMCA will send you a bill.

The Why?
A fun way to Support one of Minnesota's leading nonprofits for youth development, healthy living, & social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

Donations of all sizes are needed and will be put to great use. Here are some examples of what your dollars can do right here in our own community!

$25 Help 1 senior participate in special classes that ease pain, increase mobility, & provide social interaction
$50 Empower a working parent & provide safe child care for 1 day where a kid will build social & emotional skills
$75 Give 2 individuals the opportunity to learn water & safety skills to help them be safe around lake & pools
$100 Send 1 kid to day camp to learn, play, make friends, & connect with caring counselors
$1500 you become a round table donor and get a banner hanging in the lobby. You can always be anonymous if you wish.

The Goal
$5,000

What if I want to support but can't be there on Thursday November 14?
You can drop off your donation at member services in an envelope C/O Amy Nawrocki
DON’T GIVE YOUR MONEY TO THE IRS!!!
GIVE IT TO YOUR YMCA

ASK YOUR FINANCIAL ADVISOR ABOUT HOW YOU CAN USE A REQUIRED MINIMUM DISTRIBUTION FROM YOUR RETIREMENT PLAN TO AVOID TAXES AND HELP SUPPORT YOUR YMCA COMMUNITY

What are Required Minimum Distributions?

Required Minimum Distributions (RMDs) generally are minimum amounts that a retirement plan account owner must withdraw annually starting with the year that he or she reaches 70 ½ years of age or, if later, the year in which he or she retires.

CONTACT YOUR FINANCIAL ADVISOR FOR MORE DETAILS
TO GIVE TO THE YMCA CALL 651-259-2126
HARK!
The Basement Ladies Sing
is the latest installment in the Church Basement Ladies musical series. It is December 1960, and members of this rural community have gathered around their reel-to-reel tape player to record a special Christmas greeting for one of their boys serving overseas. As the ladies serve up coffee and cookies, Pastor suffers from a case of stage fright, Mavis smuggles a piglet into the kitchen, a surprise visitor leaves Karin speechless, and the Widow Vivian Snustad gets caught in an embarrassing situation. Throughout it all, you are encouraged to sing along as Beverly Barsness bangs out Christmas carols on the old upright. So come “Fa La La” with the Church Basement Ladies as they deck their fellowship hall.

The Church Basement Ladies Sing

Inspired by the books of Janet Letnes Martin and Suzann Nelson

Written by: Greta Grosch
Original lyrics by: Greta Grosch and Michael Pearce Denley
Music by: Michael Pearce Denley

NOV 1, 2019 thru JAN 5, 2020

Cost includes: Coach bus, lunch & Show ticket
Brown sugar glazed boneless ham
Served with: Hash brown casserole and Glazed herbed carrots.
Variety of dinner rolls with Chef’s butter.
Full Soup and Salad Bar
Dessert options (will vary): Homemade French silk pie, Cheesecake Fluff, Swiss cake roll, Chocolate mousse, bread pudding

Monday December 9
Bus Departs YMCA: 10:15
Return time: 4:00
Members: $68
Non members: $73

Registration Closes Nov 13 or when full
ForeverWell Presentation—AARP HomeFit Guide

Smart solutions for making your home comfortable, safe and a great fit

Class Description:
AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP “HomeFit Guide” was created to help people stay in the homes they love by turning where they live into a "lifelong home," suitable for themselves and anyone in their household. This presentation offers solutions that range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise but are well worth the expense.

Presenter:
Our presenter is Gene Nicolelli, AIA, CAPS. Gene is an award-winning architect licensed in Minnesota and California, is a Certified Aging-in-Place Specialist (CAPS) with expertise in universal design and has over 40 years of experience in residential architecture. Gene will walk us through the “HomeFit Guide” and share his own advice on modifications that help people stay at home where they want to be.

Monday November 18
1:00pm
2nd floor meeting room
FREE

Pre-Registration REQUIRED
Super Sewers are a group of volunteers that will mend clothing for our YMCA ForeverWell members.

Examples: buttons, hems, torn seams

Wednesday November 6th 1pm-3pm
After that it will be the 2nd Wed every month 1pm -3pm
Shoreview YMCA Meeting Room
Drop in no sign up required - just drop in

Bring your CLEAN items in need of mending. We will have thread, some buttons, patches, and volunteers to get you looking great!

Questions? Want to sign up to volunteer to be a Super Sewer?
Contact Amy Nawrocki ForeverWell Coordinator
651-490-4891 amy.nawrocki@ymcamn.org

Service is free
Free will donations accepted to help with supplies
Veterans Benefits—Explore The Options That Can Help You Thrive
The Insight you Need on Veterans Benefits For Seniors

Presented by:
Team Tillman Coldwell Banker Burnet
Ramsey County Veterans Services

Military veterans have hundreds of available benefits, including health care, education, and training, housing, assistance & more. There are so many benefits in fact the challenge comes in navigating these benefits well, especially with misconceptions around who is eligible for what.

Dan & Mary Tillman, Senior Real Estate Specialists, have partnered with Department of Veterans Administration to provide informational seminars for veterans and their families about senior housing options, as well as specific veterans’ benefits & services.

If you’re a retired veteran or approaching retirement age, there are a host of resources waiting to assist you. This free seminar will provide information on the following topics.

- Common Solutions: paying for senior housing
- VA Nursing Care: Aid & Attendance
- VA Spousal Benefits
- VA Medical Care
- VA Widows or Death Pension
- VA Service Connected Disabilities
- VA burial Benefit
- VA Seniors Nursing Homes
- VA Mental Health Care
- VA Life Insurance

Wed Nov 13
1:00pm
2nd floor meeting room
Free
Registration Required
Open to the public

Pre-Registration REQUIRED
Nobody is eager to reach the day of their funeral, but taking control of that inevitable step and organizing your final wishes is simply the right thing to do for yourself and for your family. Completing the preplanning process will create a great sense of clarity, joy, and pride. You’ll have a renewed energy to live your life to its fullest with knowledge that you have accomplished something that your family will remember lovingly when the time comes.

Gift of Pre-Arranging
FREE INFO SESSION

Why pre-arrange? What are my choices?
Traditional funeral vs. cremation
What is the best fit for my family?
What are the costs?

There are so many questions when it comes to pre-arranging. Getting funeral plans in place is such an easy thing to procrastinate on, however, no matter our age, or state of our health, it is indisputable that having a plan in place can be a gift to survivors. Join us on November 25 at 1:00 pm in the Shoreview YMCA Meeting Room when we will hear from Julie Salato, manager for Neptune and National Cremation Society. Julie will share with you her own story of personal loss, which is why she is so inspired to provide information and help families put a plan in place. Julie’s seminars are interactive, engaging and highly informative. Her expertise and professional, friendly demeanor help make these difficult topics easy to navigate through!

Shoreview YMCA Meeting Room
November 25, 2019 @ 1:00 PM
Please sign up at member services
Volunteer Opportunity

WHO WE ARE AND WHAT WE DO

MISSION

The mission of Hearts & Hammers—Twin Cities is to provide exterior home improvement assistance for Senior Citizens, Disabled Adults, and Veterans of the United States Armed Forces or their Surviving Spouse so that they may continue living independently. This is accomplished by organizing teams of volunteers and providing them with the necessary leadership, expertise, resources, and materials. A typical Hearts & Hammers home requires significant exterior painting, moderate carpentry, and landscaping to restore the weatherproofing, security, and overall appearance of the home. Hearts & Hammers—Assistance is provided at no cost and is completed during our Program Day events. Hearts & Hammers enables deserving Twin Cities’ homeowners to continue living independently in homes that are weatherproof, safe and secure.

Shoreview YMCA ForeverWell Volunteer days.
2019 Dates: 10am—12:00 noon

(Sign up Available at member services)
November 6
December 4

We will be volunteering in the Warehouse. Work Varies from inventorying supplies, unpacking, organizing bins, and replenishing supplies to help get ready for program days. We have a variety of activities for your comfort level.

Please sign up at member services so we know how many volunteers to expect.
We will meet at the Hearts & Hammers Warehouse. We start at 10am,
2599 Fairview Ave N
Roseville, MN 55113
What is Fare For All????

Fare For All buys fresh produce and frozen meat in bulk from wholesalers & manufactures 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 cards.

Date & Time
Tues November 12
3:00pm—5:00pm

Location: Real Life Church
2353 Chatsworth St N
Roseville, MN 55113

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

Friday November 8
1:00—3:00pm

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
Thursday November 21
11:30am
Saks Sports Bar
1460 County Rod E
Vadnais Heights, MN 55110
You will order & pay on your own.
Please register at member services so we know how

The Lunch Bunch Review by Janet Cain

Burger Bar in White Bear Lake

Burger Bar really has the ambiance of a bar setting. Tall stools are arranged around long tables for 6 or more. You pick up a menu at the checkout counter and order your food there which is brought to your table. Twenty people came to enjoy burgers, chicken and salad selections. There are many entrees to choose from and, according to several in our group, all were delicious. You can upgrade from chips to French fries for an added cost but the report on the fries was that they were very good. At least 3 people ordered taco salads which were fresh, a very large portion and had a generous serving of avocado. It was served in a crispy shell. One person had an Impossible burger which was a vegan option. It was reported to be a little dry. The entrees range in price from about $9 to $13. The Burger Bar has an outside patio and has a breakfast menu which looks quite extensive. Sign up at the front desk to join a nice group of people next month for the next eating adventure.

Grumpy’s Bar & Grill
2801 Snelling Ave
Roseville, MN 55113

You will order & pay on your own.
Please register at member services so we know how many are coming

Tuesday November 26
3:00pm
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**
Nov.10 Brunch at New Louisiana Cafe Sunday,
Nov.17 Game Day
Nov. 23 Soda and lunch
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:
Author:

Everyone is welcome
Let's Play a Game!

Dime Bingo

**Note Day Change**

* Tuesday November 5th 2:30—3:30
* Tuesday November 19th 2:30—3:30

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 and a great prize!

Cribbage

* Every Tuesday & Thursday
* 12:00

* 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
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**Happy Thanksgiving**

**YMCA Hours 7am - noon**