FOREVERWELL NEWSLETTER

MARCH 2020

ForeverWell bus trip to the MN Capitol on February 11.

Mark Your Calendar!
Blood Drive at YMCA on May 20!
Sign up at Front Desk if interested!

GET INVOLVED

• Join. Become a member of the YMCA in West St. Paul and get access to Y’s throughout the state.
• Donate to the Annual Giving Program online or in person at ymcamn.org/give
• Volunteer

CONTACT
Diana Wright
ForeverWell Coordinator
diana.wright@ymcamn.org
(651) 292-4126
Brunch Bunch: Thursday, March 5 @ 10:30AM

Panera Bread on Robert Street
Meet at local restaurant for coffee, a snack, and fun social time with other YMCA members! No transportation provided, meet us there!

March ForeverWell Bus Outing ~ Tuesday, March 24

SeaQuest
Join your WSP ForeverWell friends on a trip to the SeaQuest Aquarium at the Rosedale Mall in Shoreview. SeaQuest is home to over 1200 animals of 300 different species! Expect to see stingrays, sharks, turtles, snakes, lizards and birds. Please bring money for lunch at Potluck, a food-court style restaurant inside the mall. Wear walking shoes!
Trip cost= $12 early bird (before 3/20); $15 late registration (after 3/20)
* cost covers admission to the aquarium and transportation *
The bus will depart the West St. Paul YMCA at 11:00am, return by 3:00pm.
**Please sign up at Member Services**
Contact Diana Wright with any questions at: (651) 292-4126 or via email at: diana.wright@ymcamn.org

Lunch Bunch: Wednesday, March 25 @ 12:30PM

Fireside Lounge ~ 1288 Robert Street ~ West St. Paul
Meet at local restaurant for lunch after Silver Sneakers. No transportation provided, please meet us there! Join ForeverWell friends for lunch & socializing!

FOREVERWELL ORIENTATION

All new members are encouraged to attend the ForeverWell program orientations. The orientations will be lead by Diana Wright, the ForeverWell Coordinator.
The ForeverWell orientation will include a question-and-answer session with, a tour of the building, explanations of all we offer.
ForeverWell orientations are free and held at different days and times throughout the month. (see schedule posted on newsletter calendar)
Please see Member Services for more information and to schedule an orientation.
Lunch & Learn: Monday, March 23, 12:30pm
Cultivate: How to be a Better Giver

Understanding how your gifts and talents can better support the causes you love.

An interactive workshop to help you learn how to support the charities and causes you love in a more impactful way. Hear Elaine Tymchak, founder & Executive Director of Cultivate International, and learn the best practices you can start to make this world a better place for all.

Join us in the West St. Paul YMCA multi-purpose room for this free presentation!

Light refreshments provided.

LINE DANCING! THURSDAY, MARCH 12

Group outing to Eagan YMCA for Line Dancing!
Bus will depart YMCA at 11:30am Return 3PM.
Lunch at Culver’s in Eagan, followed by 1:30pm Line Dancing Class at Eagan YMCA.
Cost: $2 (for bus) *Please Sign up at Member Services*
If you’d like to drive yourself and meet us at the Eagan YMCA please feel free! The Line Dance Class begins at 1:30PM.

COFFEE & CONVERSATION - MONDAY, MARCH 16, 10:30AM

Make new friends, keep the old; one is silver and the other gold!

Come into the Y to socialize with other members over a hot cup of coffee!

March Birthday Potluck +Bingo! Monday, March 30, 12:30pm
Celebrate our friends with March Birthdays!! Please bring a dish to share.
Bingo will take place following the potluck lunch. See you there!
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3  3 ForeverWell Orientation 12:30pm</td>
<td>4  4 ForeverWell Orientation 2:00pm</td>
<td>5  Brunch Bunch @ Panera 10:30am</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10     ForeverWell Orientation 11:00am</td>
<td>11  11 ForeverWell Orientation 12:00pm</td>
<td>12  BUS TRIP: Eagan YMCA Line Dancing Depart 11:30am Return 3pm</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17      Coffee &amp; Conversation 10:30am</td>
<td>18  Happy St. Patrick’s Day!</td>
<td>19  ForeverWell Orientation 11:00am</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24  BUS TRIP: SeaQuest Aquarium Depart 11am Return 3pm</td>
<td>25  Lunch Bunch @ Fireside 12:30pm ForeverWell Orientation 2:00pm</td>
<td>26  ForeverWell Orientation 1:00pm</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>Birthday Potluck + Bingo 12:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mark Your Calendar! Blood Drive at YMCA on May 20! Sign up at Front Desk if interested!