

FOREVERWELL ACTIVITIES



YMCA OF THE GREATER TWIN CITIES

White Bear Area YMCA

2100 Orchard Lane, White Bear Lake

JUNE 2019



ACTIVITY	DAY	START TIME	PAGE #
ForeverWell Annual Potluck Picnic	Tuesday—4th	11:30am	2
Speaker—Lynn Amon From 2nd Half with Lyngblomsten	Thursday—6th	11:30am	2
Book Club	Monday—10th	11:30am	2
Free Pontoon Boat Ride	Monday—10th	6:00pm	4
Bingo!	Tuesday—11th	11:30am	3
Saints Ball Game	Wednesday—12th	11:30am	2
Painting with Sandy	Thursday—13th	Noon	3
Elderwriting with Edna	Will be back in July!		
Star Tribune Tour	Thursday—20th	TBD	2
Walking Club	Tuesdays	11:30am	4
Crochet/knit Club	Wednesdays	1:00pm	2
Line Dancing	T & Th	1:15pm	3
Intro to Line Dance	Thursdays will Resume in July	2:15pm	3
ForeverWell Group Program Orientations	Thursdays	11:00am	3
Tai Chi Instruction Tai Chi Practice Cane Tai Chi Instruction	Tu & Th M & F W	Noon	3
Pickleball	T, Th & F	Noon-3pm	3

SAVE THE DATE:

Sign up for activities begins June 3rd

Saints Game
Wednesday
June 12th
Page 2

Star Tribune Newspaper Tour
Thursday
June 20th
Page 2

Attention Gardners!!
Watch for flyer on planting dates
Page 2

QUESTIONS, COMMENTS, IDEAS?

Sue Georgacas at
Sue.Georgacas@ymcamn.org
651-773-2649

OR
Kim Ustruck at
Kim.Ustruck@ymcamn.org
651-773-2641

Continues next page



ForeverWell Annual Potluck Picnic

Tuesday, June 4th
11:30am

We will supply the hot dogs and brats along with the "fixings". You are welcome to bring a dish to share!

We will be in the upstairs, outdoor patio.

Star Tribune
Newspaper
Tour
Thursday
June 20th



Time & cost to be determined. Watch for flyer!

Attention Gardners!!

Hey all you green thumbs...

We will need volunteers to help plant our 2 boxes in the Community Garden.



Watch for the flyer for details

Book Club

Monday,
June 10th
11:30am

The book for June is:

"The Trouble with Goats and Sheep"

By Joanna Cannon



Bring a snack or lunch. Meet in the cycle room.



Saints Game

Reserved seating in the shade!

Wednesday, June 12th

Bus leaves at 11:30am for a 1:05pm game.

Cost: \$36 Members
\$41 Guests



Crochet/ Knit Club

1:00pm
Wednesdays

Come and learn how to crochet or knit

OR just bring a project and chat with others.

Needles and yarn are here to practice with if needed!

Speaker, Lynn Amon from 2nd Half with Lyngblomsten.

Thursday, June 6th

11:30am in the upstairs lobby.

She will present community events and information.



Tai Chi Practice: Monday & Fridays (Noon-12:45pm)

Practice of all forms plus instruction of form 24.

***Tai Chi Instruction (41 form):** Tuesday & Thursday (Noon-12:45pm)

Please sign up for this class at Member Services in the ForeverWell folder.
This is a free class!

Cane Tai Chi: Wednesdays Noon-1pm Bring your own cane or the instructor will have one for you to use.

ForeverWell Group Program Orientations

Thursdays 11-11:30am
Or by appointment
(call Sue at
651-773-2649)

**Discover all that the Y has
to offer!**

Meet in the upstairs lobby

Painting with Sandy

Thursday

June 13th

Noon—2:30pm

Cost: \$25 Members/\$30Guests



In the commons!



Tuesday
June 11th
11:30am

New summer prizes!
In the commons!

Pickleball!

**Tuesday, Thursday,
Friday**

Noon-3pm

In the Gym



LINE DANCING
TUESDAY &
THURSDAY
1:15-2:15PM

**IT'S ALL
ABOUT THE
FUN!!**



**No Intro to Line Dancing in June, but
it will return in July**

2:15-2:45pm

**Learn the basic steps of Line Danc-
ing and enjoy some fun easy to learn
dances!**

Walking Club **Tuesdays, in June** **11:30am**

**Meet in the down-
stairs lobby.**



Free Pontoon Boat Ride on White Bear Lake with Bear Boating.

Monday, June 10th

**Meet at VFW at 5pm for dinner
first. Boat ride is from 6-8pm**

**Space is limited, please
sign-up in the Forever-
Well blue book at Mem-
ber Services beginning
June 3rd.**



DID YOU KNOW...



SINCE OUR FIRST DAYS in this part of the Twin Cities, when the committees working launch a family YMCA in the late 1960s envisioned the Y as a community center for Maplewood, North St. Paul, White Bear, Mahtomedi, and beyond, the Y has always sought ways to strengthen our community. Ensuring that everyone, regardless of race, income, or belief can come to the Y to learn, grow, and thrive has been our mantra.

Our Community Board has ever sought to close gaps in the community. As you read through this document, you will get a sense not only of our historical efforts in this work, but also of the priorities identified and formally adopted by our volunteer Board leaders for 2020 and beyond.

From Joye & Jan's "Appreciation Luncheon"...

