



FOREVERWELL

AUGUST | MAPLEWOOD

SAVE THE DATE

DJ DANCE PARTY

13TH

ROOM A

3-5PM

BINGO

14TH

2-4PM

MOVIE DAY

"AUGUST RUSH"

19TH

2-4PM

PUPPY PARTY

16TH

STUDIO A

2-3:30PM

**LIFEGUARD SHOUT
OUT**

16TH

ALL DAY

TIE-DYE

21ST

UPSTAIRS

2-4PM

FRIENDLY AUGUST

BRANCH HOURS

Monday-Friday:

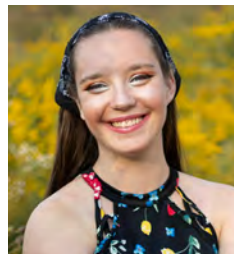
6am-8pm

Saturdays and
Sundays:

7am-5pm

Front Desk:

651-747-0922



MAPLEWOOD

2100 White Bear Ave.

Maplewood, MN 55109

Contact: Ketzie Leake

Ketzie.Leake@ymcamn.org

Phone:

612-268-0067

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

DJ DANCE PARTY

AUGUST

To celebrate summer we are going to be doing a DJ Dance Party on August 13th from 3-5pm with all of your favorite artists, the Beach Boys, ABBA and some slow dance music. Brought to you by Patsy Cline. If you have any specific song requests you wish to hear in the 2 hour dance party, please email or talk to Ketzie about your ideas.

PUPPY PARTY

\$25

The Puppy Party will be on August 16th from 2-3:30pm. Cost is \$25 per person; some of the funds will help support Healing Heart Rescue. All of the dogs that are going to be at this puppy party will be up for adoption. To play with the puppies you can hang out with a chair, yoga mat, stand, or dance around. If you are unable to attend, but you want to donate to the cause, you can drop donations with Kara Hirdman. There will be door prizes! Want to know what they might be? Sign up for the event and come find out.

LIFEGUARD SHOUT-OUT

AUGUST 20TH

To celebrate our hard working lifeguard staff we are bringing in food, snacks, and gifts for our lifeguard team. You as well can drop them off at the red desk on the pool deck.

TIE-DYE

\$20

As a fun summer activity we will be doing tie-dye on August 21st from 2pm-4pm. We will be providing the table, the colors, and smiles. This will be hosted on the upstairs patio. Tie-dye is a vibrant and playful art form that transforms plain fabric into bursts of swirling color using simple techniques like twisting, folding, and binding. The YMCA will provide rubber bands, dye, and laughter. Please bring your own shirt, pillow case, or item to dye.

BOOK CLUB

The first Wednesday of the month we get together and discuss the book we picked last month. If you are interested in learning more, please reach out to Ketzie.

MOVIE DAY

Every month on the 3rd Tuesday we watch a movie. This month we will be watching "August Rush." Twelve years ago, on a moonlit rooftop above Washington Square, sheltered young cellist Lyla Novacek (Keri Russell) and charismatic Irish singer/songwriter Louis Connelly (Jonathan Rhys Meyers) were drawn together by a street musician's rendition of "Moondance" and fell in love. After the most romantic night of her life, Lyla promised to meet Louis again, but despite her protests, her father rushed her to her next concert, leaving Louis to believe that she didn't care. Disheartened, he found it impossible to continue playing and eventually abandoned his music. While Lyla, her own hopes for love lost, was led to believe months later that she had also lost their unborn child in a car accident. Their orphaned son (Freddie Highmore) uses his musical talent as a clue to find his birth parents.



BINGO

Come to BINGO for fun and socialization. There will be prizes for the 10 rounds of BINGO we will be doing. To help continue BINGO as our monthly tradition, donations of prizes and money will be accepted at any time. Please bring them to the Woodland Room and place it on the metal cart at the Maplewood YMCA.

BALANCE ASSESSMENTS

Balance Assessments Monday, the 4th from 11:30am-12:30pm.
Thursday, 21st from 1-2pm.

CRAFT FAIR

Mary is going to be under the stairs on August 27th from 10am-2pm. She will be selling personal artwork, cross stitch towels and other artworks. She takes cash or card. Here is a picture of her work.



LUNCHEON

This month for all members to socialize and get to know each other we are hosting a luncheon. This event is hosted on the last Monday of every month; this month it will be on August 25th from 1:30pm-2:30pm. We will have food and beverages provided. We are going to start requiring sign-ups. Please understand that this is to have a better understanding of how much food to order for this event. If your name is on the list before 12pm the Friday before (22nd), you are guaranteed the drink and food for this luncheon. Sign-ups will be available at the Front Desk. Please sign up the Friday before the last Monday. This month it will be August 25th from 1:30-2:30pm.

BENEFITS OF MUSIC

Music is a powerful force that evokes strong emotions, brings back heartwarming memories, and provides a way to express yourself. With this type of impact, it's not surprising that music can be an effective tool and being therapeutic.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

FREE UKULELE LESSONS

\$25

Interested to see if ukulele lessons would be right for you? We will be offering lessons through the YMCA starting August 19th from 10-11am. The next lessons will be September 2nd, 9th, 16th, and 23rd. Those sessions are \$25 for the collective group of 4. They are not priced individually at \$25; they are roughly \$6.25 a session. If you can't make it to all of them, please talk to the instructor. Not sure where to start? This first intro lesson (August 19th) will be free to see if this is the right thing for you. You are not required to have any prior knowledge or have an instrument to join our first session. Email Ketzie that you would be interested in another free intro session if you can't make it to this one. If you like it, you can sign up with the Front Desk for the following sessions at \$25 for the group.

UKULELE LESSON- LVL 2

\$35

Already comfortable with ukulele? Want to start with Level 2? We will be offering Level 2 lessons through the YMCA starting August 21st from 10am-11am. The next lessons will be August 28th, September 4th, 11th, 18th and 25th. Those sessions are \$35 for the collective group of 6 sessions. They are not priced individually at \$35; they are roughly \$5.85 a session. If you can't make it to all of them, please talk to the instructor. What should you look for in your skills to make it to Level 2? You should already have a ukulele. Familiar with the C, F, and G chords, but might struggle some between chord changes to move fingers to the next location.

UKULELE LESSON- LVL 3

\$35

Already comfortable with ukulele? Want to start with Level 3? We will be offering Level 3 lessons through the YMCA starting August 28th from 11am-12pm. The next lessons will be September 4th, 11th, 18th and 25th. Those sessions are \$35 for the collective group of 6 sessions. They are not priced individually at \$35; they are roughly \$5.85 a session. If you can't make it to all of them, please talk to the instructor. What should you look for in your skills to make it to level 3? You should already have a ukulele. Familiar with the C, F, and G chords, but might struggle for some of chord changes in moving fingers to the next location.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

WHAT TO LOOK FOR IN THE COMING MONTHS NO BAKE/MINNESOTA SALAD CONTEST

SEPTEMBER 25TH

On September 25th from 2-3:30pm we are going to have a no bake/Minnesota salad contest. Each person will register at the front desk for what item they will be bringing. We will have 2 lifeguards/instructors be the judges/event tasters. Everyone will get to enjoy all of the wonderful foods that will be brought after the judges have tried the food. You will be able to reveal what you brought at the end of the judging. it will be a fun time to socialize

FUNDRAISER CONCERT

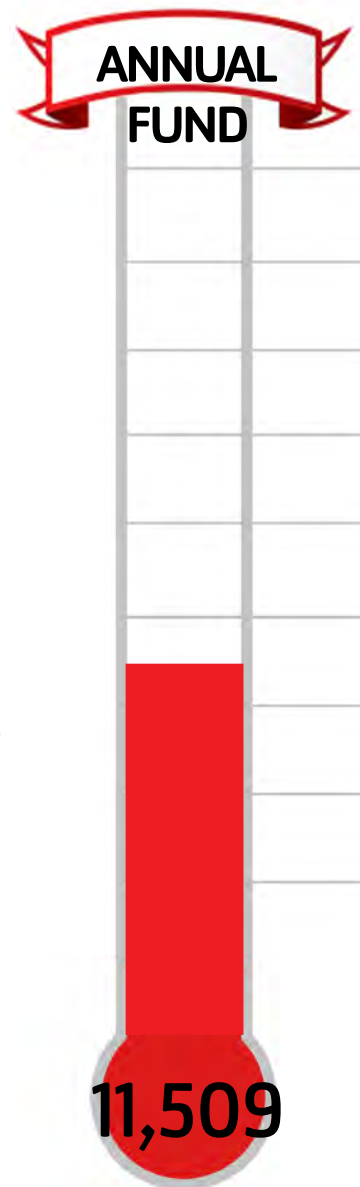
SEPTEMBER - OCTOBER

To celebrate our Fall Giving Campaign Ketzie will be putting on another concert. In order to know what songs she should sing she will be posting a survey on the fitness door. Please tally any of the songs that you would like to hear only one time. We will have the official date posted there and at the front desk. Keep an eye out. It will also be posted in the newsletter next month but registration will be posted on the counter before the newsletter comes out. If you would like to be called the day of the posting please reach out to Ketzie either by phone or by email.

HEALING THE SOUL THROUGH GRIEF AND LOSS

SEPTEMBER 9TH

On September 9th from 2:15-3:15pm we will be having Healing with the Rev come in and do a presentation. Grief and loss touch every life, but their impact goes far beyond the experience of death. Loss can take many forms—an ended relationship, the pain of betrayal, struggles with addiction, a spiritual crisis, or even the fading of friendships and roles that once defined us. Each of these experiences can leave us feeling isolated, uncertain, or overwhelmed. This workshop is designed to create a safe, compassionate space where you can explore your unique journey through grief. Together, we'll uncover the many faces of loss and learn gentle, practical tools to support healing and renewal. Whether your pain is recent or rooted in the past, you'll find understanding, encouragement, and connection with others who truly get it.



ANNUAL FUND

For many years, donors who give on a recurring basis have helped fund key initiatives across the YMCA of the North, such as:

- Financial aid opportunities
- Support for refugees
- Resources for families
- Tools to equip youth
- Programs for seniors

When you donate to the YMCA you help develop our community and give back to your friends, families, and neighbors. This year our goal is \$30,000 We have currently raised \$11,509.



GAMES



COMPETITIVE GAMES:

Interested in playing games? The YMCA has games every week. If you want to see more games or something new, please reach out to Ketzie. These games are all located on the first floor in Studio C, unless otherwise specified. (Studio C are the doors right across from the Locker Rooms.)

MONDAY:

SCRABBLE- 10:30AM-4PM

Test your language skills. A dictionary is provided.

CARDS- 10:30AM-4PM

Learn to play card games. We will have a variety of games going. We also have one Cribbage board if people want to play and are interested.



TUESDAY:

MAHJONG- 11:30AM-5PM

It is a tile-based game. Fun for all to play.

THURSDAY:

CRAFTS AND CHAT- 12PM-4PM

Bring your knitting, crocheting or other crafts, and socialize.



FRIDAY:

TEXAS HOLD-EM- 12:30-3PM

Come play Texas Hold-Em. It is one of the most popular variations of the card game Poker.

Pinochle- 9:30am- 12pm

Join us for Pinochle. It is a trick-taking card game, typically for two to four players and played with a 48-card deck. It is derived from the card game Bezique; players score points by trick-taking and also by forming combinations of characters into melds.

STAYING SAFE WITH THE YMCA

SCAMS

Here are 3 common scams to watch for in 2025.

1. Employment scams

Every source contacted for this article from the Better Business Bureau (BBB) to the Identity Theft Resource Center (ITRC) reported a rise in employment scams, from phony ads on job sites to fake recruitment pitches in your inbox. In some cases, the goal is simply to gain your personal information. You're told you got the job, so you fill out paperwork that includes your Social Security number and your bank account info for direct deposit, notes Melanie McGovern, director of public relations and social media for the International Association of Better Business Bureaus, Inc. More elaborate scams can involve bogus payments. Some scams, for example, ask would-be employees to pay for training or useless certifications. **How to stay safe: Remember that just because ads appear on reputable platforms such as LinkedIn and Indeed, it doesn't mean they're genuine.**

"Those platforms do their best to police what's there, but they cannot catch everything," says Eva Velasquez, president and CEO of ITRC. **"And the bad actors often use the name of a real hiring manager and make it look like they are involved in that company."** If you're contacted by a recruiter, visit the company's website and see if they're hiring for that particular position, if the person actually works there, and if it's a legitimate company. Also watch for jobs that promise you can work at home while making big money. During the application process, companies only need basic information not your Social Security number or financial information. And if you're promised a job but required to pay money, it's a scam.

2. Cryptocurrency scams

Cryptocurrency is hot, with the price of one Bitcoin reaching \$100,000 for the first time in December 2024. That may be good for savvy investors, but the hype could lure novices into cryptocurrency scams with huge potential losses. Scammers use dating apps, messaging apps, social media and other communications to build relationships and trust with their targets, then share their "expertise" on investments, frequently promising large returns and little risk. To confirm that a company is legit, make sure it's registered with the Commodities Futures Trading Commission (CFTC) and the National Futures Association. Also avoid companies with no physical address or customer service line, the CFTC suggests. Also beware of requests to pay for something or address an urgent financial matter with crypto; they may ask you to use a crypto ATM. "Crypto is the payment method in a lot of different scams," Velasquez says, because it's hard to trace and payments usually can't be reversed.

3. Celebrity impostor scams

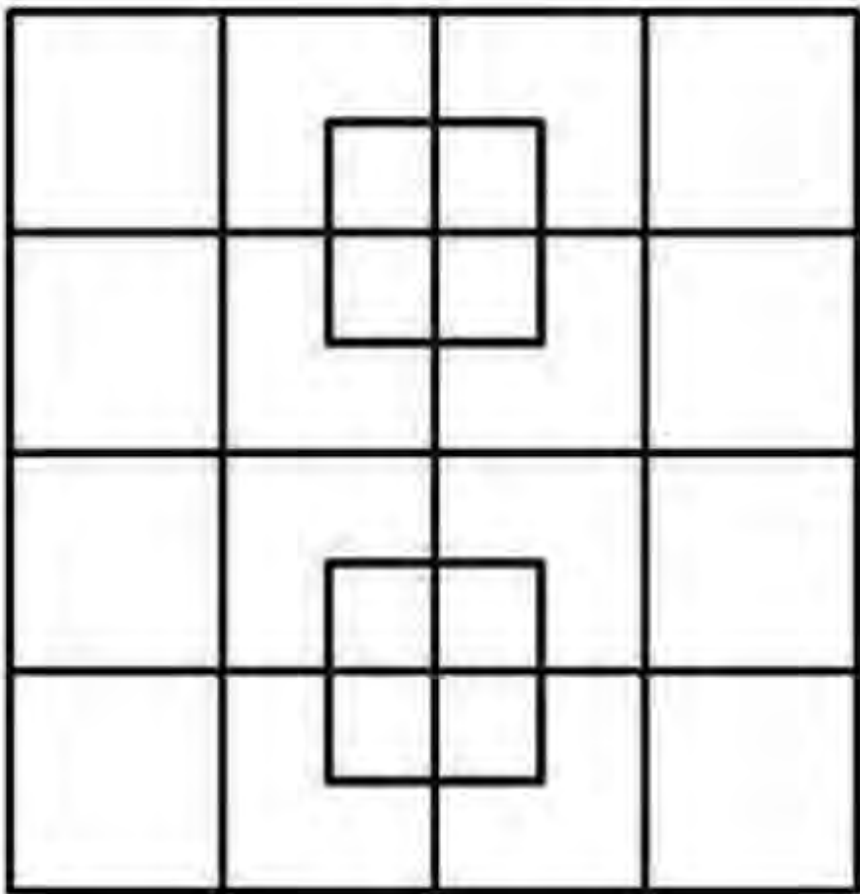
"These are the ones we see the most," she says. The scammer hits the victim when they are emotionally vulnerable, she explains when they might be feeling unworthy, lonely, or bored, or grieving the loss of a loved one. The supposed celebrity needs money, whether launching a new charity or putting down money on the house where you both will live.

How to stay safe: No legitimate celebrity will ever ask for money or personal information online. Most celebrities don't manage their own social media accounts, so if you truly believe that you're communicating with a star, go to the celebrity's website and contact their management team to confirm, says Nofziger.

Before buying a product based on a celebrity recommendation, conduct an online search of the person and product, with words like "scam" or "fake," the FTC suggests. When you see a celebrity promoting a product or making a political statement on a t-shirt, hat, flag any surface with text be suspicious. Those surfaces can be a canvas for false messages; it's become easy to alter photos.

BRAIN GAME

How Many Squares Are There?



Fourth of July
WORD SCRAMBLE

WFORRIESK

PEIEDDEENCNN

DAREPA

EFOMEDR

FGLA

NPCCII

URMSEM

EIBTLR

ERIAMCA

NITEUD STTSEA

JUYL

SASTTE

RTILEVOONU

PTTOIARCI

RASTS

- Answers:
- Firework
 - Independence
 - Parade
 - Freedom
 - Flag
 - Picnic
 - Summer
 - Liberty
 - America
 - United States
 - July
 - States
 - Revolution
 - Patriotic
 - Stars



MONTH GAMES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Color System Red- Repeats monthly on specific week Green- City not YMCA. Purple- Ashland Orange-Only for this month					Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm	
					01	02
	Cards- 10:30am-4pm Scrabble- 10:30am-4pm	Mahjong- 11:30am-5pm	Book Club-2pm-3pm	Crafts and Chat- 12pm-4pm	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm	
03	04	05	06	07	08	09
	Cards- 10:30am-4pm Scrabble- 10:30am-4pm	Mahjong- 11:30am-5pm	DJ Dance Party- 3pm-5pm Family Days- 6pm-7:30pm	Crafts and Chat- 12pm-2pm Bingo- 2pm-4pm	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm	Puppy Party- 2pm-3:30pm
10	11	12	13	14	15	16
	Cards- 10:30am-4pm Scrabble- 10:30am-4pm	Mahjong- 11:30am-5pm Ukulele Lesson LV1- 10am-11am Movie day- 2pm-4pm	LifeGuard ShoutOut	Crafts and Chat- 12pm-4pm Tie-Dye- 2pm-4pm	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm	
17	18	19	20	21	22	23
	Cards- 10:30am-4pm Scrabble- 10:30am-4pm Luncheon- 1:30pm-2:30pm	Mahjong- 11:30am-5pm	Craft Sale- 10am-2pm	Crafts and Chat- 12pm-4pm Ukulele Lesson LV2- 10am-11am Ukulele Lessons LV3- 11am-12pm	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm	
24	25	26	27	28	29	30