

# **FOREVERWELL**

May 2024 Ridgedale YMCA



#### **CHECK THIS OUT INBODY TEST** is a non-

invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water on an InBody Results Sheet. Get results you trust without pinching or dunking to achieve your health and wellbeing goals with precision and actionable objectives. Visit the Welcome Desk at your local Y schedule with you Fitness Assessment

**WEDNESDAY MAY 8 CRAFT FAIR 9AM** 

**MEMORIAL DAY HOURS 7-NOON** 

**NEED TO SIGN UP FOR WATER EX CLASSES ONLINE** 



**WEDNESDAY, MAY 29, 2024** 

# **NATIONAL SENIOR HEALTH AND FITNESS DAY**

MIND BODY SPIRIT **ACTIVITIES STARTING 11AM BRAIN TEASERS/GAMES HERB SEED STARTERS** EAT THE RAINBOW. SAMPLE NUTRIONAL **RECIPES OF FRUITS AND VEGGIES.** 

Bring a friend all month on Tuesdays without using a guest pass (they need a picture ID) and get entry into our drawing for prizes on May 29th. Bring a friend on the 29th too.

#### **BRANCH HOURS**

Monday-Friday: 5am-9pm Saturdays: 7am-5pm Sundays: 7am-5pm

#### Ridgedale YMCA

12301 Ridgedale YMCA Minnetonka, MN 55305 Coordinator: Molly Skoro Molly.skoro@ymcamn.org 952-582-8264

ANNUAL CRAFT FAIR Wednesday, May 8 9am Remember to BRING your Money for gifts for Mother's Day. Lots to choose from jams, jewelry, linens etc.



### **VOLUNTEERS NEEDED TO HELP PLANT IN THE FRONT PLANTERS** IN THE BEGINNING OF JUNE.

The Y will supply the plants and dirt, just need a few hands to plant them. If you have gloves and tools, please bring with. After, some bagels and fruit will be provided. Reach out to Molly.skoro@ymcamn.org if you are interested and she will let you know the date closer to lune

## KIM CRAMER PERSON TRAINER WILL BE DEMOSTRAITING HOW TO GET DOWN AND UP OFF OF THE FLOOR. DON'T FEAR THE FLOOR TUESDAY, MAY 14 HLC @ 10:30-11:15

Do you want to take a yoga or mat Pilates class? Garden? Play on the floor with your grandkids or fur babies? Get back up from the ground after a fall?

Join us to talk strategy for making the floor friendly, and for finding your way back up. You can choose to listen, ask questions, or move around and try out some strategies. We promise not to leave you on the floor at the end of the hour :)

## GRATITUDE CIRCLE WEDNESDAY OFFICE **NOTICE DATE CHANGE TO WEDENSDAY MAY 22 11:15 – NOON**





FRIDAY 5/17 DIME A CARD, 3 FOR QUARTER EACH GAME. **DOUBLE COST FOR COVER** ALL AT THE END. 9:30 HLC TREATS TOO. WINNER GETS POT.

We are here to help make "Wellness Your Plan For Life". We offer various ways to help you with this:

Weekly classes with as you know amazing instructors both studio and pool group ex classes. Pickelball Monday-Friday 2-4PM and Sunday mornings 10:30-1PM, beginner times Mon & Wed. 1-1:55 and Sun 9-10:30 member lead.

Free Acupuncture Tuesdays 12:30-2:30 and 6:30 -8:30. It can improve your overall wellbeing and is effective for various health challenges such as pain, anxiety, and depression, hormone regulation, and migraine therapy. Community Acupuncture is available in a shared space where multiple clients can receive treatments simultaneously. Check with the front desk for more info. Volunteering Opportunities inquire with Molly, skoro@ymcamn.org Monthly Activities: Gratitude Circle, Adult Coloring, BINGO, etc..