



# FOREVERWELL

## GET ACTIVE. STAY FIT. BE SOCIAL.

May 2025 | SOUTHDALE

### At a Glance...

#### HAPPENING IN MAY

See page 3

#### ONGOING PROGRAMS AND ACTIVITIES

See page 5-7

#### MORE...

See page 8-10

#### FOREVERWELL CLASS GUIDE & GROUP EXERCISE SCHEDULE

See page 11-12

#### MONTHLY CALENDAR

See Page 13



## LIVING HEALTHY AND HAPPY

May's theme is all about how to live healthy and happy as we age. Every May, Seniors celebrate National Senior Health and Fitness Day which falls on Wednesday, May 28<sup>th</sup> this year. To celebrate the day, we will be holding a Community Resource Fair with many community businesses to help you live your life to the fullest. In addition, we have many other programs and activities throughout the month that will engage you in exciting, interesting ways:

- To Celebrate National Pilates week, Try mat pilates or a pilates reformer demo. Learn more about Joseph Pilates. The inventor of this practice. (page 8)
- Take part in the city of Bloomington health needs assessment. Your feedback allows the community to focus resources, make use of current efforts, and create attainable goals and strategies to meet the needs of the community. (page 3)
- Learn about the art of Oriental medicine and how it can help you treat some common conditions that are common as we age. (page 3)
- Participate in the annual Edina Rides bike ride on May 17<sup>th</sup> sponsored by Edina Morningside Rotary Club. This is a family friendly ride starting at the Edina YMCA with the route taking you on local trails (10 or 15 mile routes). Afterwards, stay for the community party with food trucks, music and more! (page 4)
- Celebrate National Senior Health and Fitness Day on May 28<sup>th</sup> by attending our Community Resource Fair. Over 20 vendors will be on hand to share ways you can enhance your wellbeing. (page 4)

Cheers to living healthy and happy!

Cathy Quinlivan | Nick Hanks -Branch Directors

### HOURS

Monday - Friday: 5am - 9pm  
Saturday & Sunday 7am - 5pm  
Member Services: 952-835-2567  
[https://www.ymcanorth.org/locations/southdale\\_ymca](https://www.ymcanorth.org/locations/southdale_ymca)

### SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435  
For info. about ForeverWell program contact:  
Cathy Quinlivan, Associate Executive Director  
Email: [catherine.quinlivan@ymcamn.org](mailto:catherine.quinlivan@ymcamn.org)  
Ph: 651-292-4138  
Nick Hanks, Executive Director  
Email: [Nick.Hanks@ymcamn.org](mailto:Nick.Hanks@ymcamn.org)  
Ph: 952-230-6680

# FOREVERWELL AT THE SOUTHDALE YMCA

## WHAT IS FOREVERWELL AT THE YMCA?

Staying active mentally, physically, and spiritually is important for feeling your best. ForeverWell is programming geared toward all Y members 55+, developed to build healthy mind, body and spirit and is based on the **Five Dimensions of Health – Connect – Restore – Nourish – Move – Reflect**. ForeverWell programming includes group fitness classes, as well as life-long learning, volunteer opportunities, social events, and a wide range of on-going clubs and activities.

## NEW TO THE Y OR COMING BACK AFTER TIME AWAY...

- *ForeverWell Orientations* are held each **Thursday at 9:30 am**. You get a tour of the entire facility and learn about the things you have available to you with your YMCA membership. Visit the welcome desk to sign up.
- *Let's Connect Orientation* is a monthly meet-up with Associate Executive Director, Catherine Quinlivan. "Let's Connect" Orientations held this month on **Tuesday, May 20<sup>th</sup> from 10:00 – 11:00 am**. This is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

## SHARE YOUR Y-STORY!



Cathy teaching swim lessons in the early 80's at the St. Paul Midway Y



Nick taking part in one of his favorite pastimes in the early 90s

At the Southdale YMCA we all have a Y-story. Whether you're a new member, found a supportive environment for your fitness journey, made lasting friendships, watched your children grow through our youth programs, we all have experienced transformative impact of being part of this amazing community.

We want to hear from you! Sharing your Y experience helps us understand what makes our community special and reminds us of the difference we're all making together. It's through your stories that we continue to build a stronger, more connected place where everyone can thrive.

Nick and Cathy are eager to hear from you about how your time at the Southdale YMCA has shaped your life and made a difference in your well-being. Please reach out to schedule a time to meet with us to share your story over a cup of coffee. Our contact information is below. We are excited to hear your story!

*Catherine Quinlivan, Associate Executive Director:*  
[Catherine.quinlivan@ymcamn.org](mailto:Catherine.quinlivan@ymcamn.org) 651-292-4138

*Nick Hanks, Executive Director:*  
[Nick.hanks@ymcamn.org](mailto:Nick.hanks@ymcamn.org) 952-230-6680

# HAPPENING IN MAY

## NATIONAL PILATES AWARENESS WEEK

**Get to Know Joe: Joseph Pilates** that is! Joseph Pilates is the founder of the pilates method that improves posture, strengthens core and improves mobility. May 3<sup>rd</sup> is National Pilates Day to celebrate the legacy of Joseph Pilates. At the Y, we will celebrate his legacy May 5<sup>th</sup>-7<sup>th</sup> by highlighting our mat pilates classes and providing opportunities for free pilates reformer demos. For more about Joe see page 8.

**Sign up at Member Services to secure a spot for a free 30-minute Pilates Reformer demo:**

Tuesday, May 6<sup>th</sup> | 3:30pm and 4:00pm with Makayla

Wed., May 7<sup>th</sup> | 9:00am and 9:30am with Anne

Wed., May 7<sup>th</sup> | 1:00pm with Makayla

If you are interested in a group wellness subscription for pilates reformer, contact Jo Goulding, Wellness Director, at [jo.goulding@ymcmn.org](mailto:jo.goulding@ymcmn.org).

**Try Mat Pilates:**

Mondays, 7:45pm-8:30pm | Studio B

Wednesdays, 7:45am-8:30am | Studio B

Wednesdays, 5:30pm-6:15pm | Studio B



## HELP PRIORITIZE HEALTH ISSUES IN OUR COMMUNITY BY CITY OF BLOOMINGTON PUBLIC HEALTH

**Monday, May 12<sup>th</sup>, 10:00-12:00pm | Rotary Room | No RSVP Required**

Join us from 10 to noon to prioritize the findings from the Community Health Assessment developed by the Bloomington Public Health Division on behalf of the Public Health Alliance of Bloomington, Edina, and Richfield (PHABER). Prioritization allows the community to focus resources, make use of current efforts, and create attainable goals and strategies to meet the needs of the community. *Light refreshments will be provided!*



**What is a Community Health Assessment?** Minnesota's community health boards are required by statute to complete a community health assessment (CHA) at least every five years. The CHA helps to determine local public health priorities by collecting and analyzing data on the health status, needs and resources of a community.

## ANCIENT WISDOM, MODERN HEALING: A JOURNEY INTO ACUPUNCTURE AND ORIENTAL MEDICINE HEALING | PRESENTATION

**Wednesday, May 21<sup>st</sup>, 11:30-12:30 | Rotary Room | No RSVP Required**

Acupuncture and Oriental medicine are often shrouded in a mysterious veil in the Western world. While we don't have the time to discuss everything about Oriental medicine and the role of acupuncture, your presenter will introduce how this 3,000-year-old medicinal practice fits in the modern world, address some common conditions treatable by Oriental medicine, and share what you should expect from your treatments. You will have time for some questions and answers, and maybe even some light acupuncture for the brave souls amongst you.

Whether you are looking for a natural and holistic path to help you feel better in your everyday life or are experiencing conditions that every doctor has given up on, find out how oriental medicine may be the answer.

**About Yelty:** Yelty Koe is a licensed acupuncturist (L.Ac) and oriental medicine clinician with subspecialties in musculoskeletal, allergies, and internal medicine. Yelty offers her services in her clinic right here in Edina, only a couple hundred yards from the Y. She was a ballet dancer, a certified yoga instructor, and a certified qigong/taichi practitioner. Her personal healing journey motivated her to make her mission about making others feel better. Her clinic, Le Meridian Acupuncture, was voted the Best in Edina 2024.



Yelty Koe

## MEDICARE RESOURCES

Tuesday, May 13<sup>th</sup>, 10am-12pm | Resource Table  
Thursday, May 15<sup>th</sup>, 6pm-7pm | Medicare 101  
Hosted by Lee Ziesmer of Gold Leaf Insurance.



From Lee, "I enjoy helping put people's minds at ease, knowing I've done the due diligence to ensure they have the best health plan for their specific needs."

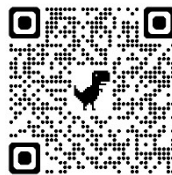
## EDINA RIDES COMMUNITY BIKE RIDE SPONSORED BY EDINA MORNINGSIDE ROTARY CLUB

Saturday, May 17<sup>th</sup>, starting at 9am

Gear up for a day of fun, fitness and philanthropy in the heart of Edina! This is an annual community-driven bike ride, dedicated to supporting and promoting educational non-profit organizations like the Southdale YMCA! The ride starts in the back parking lot of the Southdale YMCA. Choose from one of two out and back routes on the Nine Mile Creek Trail (10 or 15 miles). After your ride, stay for the party including music, food trucks, and more!  
Cost: \$10.00 ages 12+, kids under 12 are free!

Register at [edinarides.com](http://edinarides.com) or use the QR code:

See you on the trail!



## NATIONAL SENIOR HEALTH AND FITNESS DAY: COMMUNITY RESOURCE FAIR:

Wednesday, May 28<sup>th</sup>, 9am-1:00pm | Free and Open to the Community!



**NATIONAL SENIOR HEALTH AND FITNESS DAY RESOURCE FAIR**  
**SOUTHDALE YMCA | WEDNESDAY MAY 28, 9-1 PM**  
**FREE AND OPEN TO ALL!**

Community Resource Fair: 9am-1pm | Featuring over 20 businesses from the local community that support your healthy lifestyle.

Presentations on brain health and wholistic wellness throughout the morning.

Want a **FREE** Membership?  
Your Medicare Advantage plan may cover it!!  
Bring your ID & Insurance Card to verify your eligibility today!

**FOR MORE INFORMATION:**  
CATHERINE.QUINLIVAN@YMCAMN.ORG  
651-292-4138

Featuring over 21 **Community Businesses** dedicated improving the lives of seniors. 9am-1pm | Lobby  
**Vendors include:** Edina Senior Center, Alzheimer's Association, Edina Community Education, American Parkinson Disease Foundation, Herself Health, City of Bloomington Public Health, Visiting Angels, Joyful Companions, Gold Leaf Insurance, Le Meridian Acupuncture, Provision Law Firm, Corridor Commuter Services, Vivie Senior Living, Fox Rehabilitation, CapTel Captioned Phones, 101 Moblity, Seniors Blue Book, Minnesota Seniors, Minnesota Hospice, Commuter Services, Dr. Raccasin Ly-Chiropractor.

- "Healthy Brain and Body" presentation by the Alzheimer's Association. 11:30am-12:30pm | Rotary Room
- Opportunities to win prizes and wellness experiences
- Free to all community members. **Bring a Friend!**
- Featuring the following **Group Fitness classes:**  
9:30 a.m. – 10:15a.m. Silver Sneakers Classic  
10:30 a.m. – 11:15a.m. Silver Sneakers Circuit  
11:00 a.m. – 12:00 p.m. Parkinson's Cycle Class  
11:30 a.m. – 2:30 p.m. Open Pickleball  
11:15p.m.-2:00p.m. Foreverwell Strength  
2:00p.m.-3:00p.m. Tai Chi For Health Practice



# ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

## FOREVERWELL ORIENTATION – THURSDAYS AT 9:30

Join us for a **30-minute ForeverWell Orientation** at the Southdale YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to: tour the facility: explore our state-of-the-art amenities, including our fitness center, pool, and more. Learn about our variety of group fitness classes designed for all levels, including cardio and strength classes, water exercise and chair and regular yoga. **Get Expert Guidance:** Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals. Whether you're new to fitness or looking to get back on track, this orientation will set you up for success in your wellness journey at the Southdale YMCA.



## NEW MEMBER BINGO

Everyone better watch out for the new kid on the block... YOU! Challenge yourself to get connected by completing at least 5 bingo squares from the "New Member Bingo!" card within your first 30 days of membership. After completion, turn your bingo card into member services for a chance to win 50 Y Bucks towards YMCA programs. It's time to show us what you're made of – you got this! Pick up your Bingo card at member services.



## LET'S CONNECT ORIENTATION

Tuesday, May 20th; 10:00 – 11:00 am. The "Let's Connect" Orientation with Associate Executive Director, Catherine Quinlivan is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

- Group exercise
- Pickleball
- EGYM strength line
- How to navigate the YMCA app to find classes and make pool reservations
- Personal Training
- Pilates Reformer classes

Perfect for new or returning members, you will enjoy coffee and conversation with Cathy and other members like yourself.

Cathy has over 30 years' experience in the health and wellness industry and is passionate about helping people navigate their wellness journey. Cathy looks forward to connecting with you about how to make your experience at the Southdale Y the best it can be. To register for the orientation, contact Cathy at [catherine.quinlivan@ymcamn.org](mailto:catherine.quinlivan@ymcamn.org) or 651-292-4138.



## OPEN PING PONG PLAYING TIME:

Playing ping pong on a regular basis can improve attention, movement, mood and social connection among people striving to outpace a progressive disease, which affects one in every 100 people aged 60 and older. When people with Parkinson's disease are playing the game, areas of the brain that handle tasks like planning and problem-solving — usually impacted by the disease — are activated.

Come give Ping Pong a try! Open time is available Monday, Tuesday, Thursday from 1-4pm and Wednesdays and Fridays from 11:30-4pm in the Rotary Room unless scheduled events are taking place. Consult calendar near Rotary room door. *Note: If there are others waiting to play, score to 11 points and allow others to rotate in to play.*

## PICKLEBALL

### OPEN COURT TIME

Monday 11:30 am – 2:30 pm; Wednesday 11:30 – 3:00 pm; Tuesday & Thursday: 11:00 am – 12:45 pm; Friday: 10:30 am-3 pm. **ADDITIONAL COURT TIME: SUNDAYS 9:30am-11:30am. NOTE: HALF COURT IS AVAILABLE FOR PICKLEBALL ON SUNDAYS.** *Skill and athletic ability should not limit participation.* Prerequisites, however, do include knowledge of the game such as scoring, court etiquette, etc., as well as minimum ability to play (serving over the net and returning balls in play).

### BEGINNER/INEXPERIENCED PLAYERS OPEN COURT TIME

Monday 2:30 pm – 3:30 pm; Wednesday 3:00 pm – 4:00 pm; Friday 3:00 – 4:00pm.

This time is reserved for new players who are learning the game or who have never played before, or those who just simply want to practice their skills. All three courts will be open and reserved for those members just learning the game. Seasoned players are typically on hand most days and can help new participants get settled and learn the game. Limited equipment is available for checkout at the Welcome Desk at no cost to members. Once the beginners have started play, if there are remaining open courts, experienced players are welcome to stay.

## PARKINSON'S CYCLE

Parkinson's Cycle is an evidence based indoor cycle program that aims to improve the lives of those living with Parkinson's disease and their caregivers. Regular exercise is one of the key components in treating the many symptoms of Parkinson's disease. Research shows that pedaling a bicycle may change the life of someone with Parkinson's disease. Wednesday 11:00-12:00pm, Friday 10:30-11:30am.

## RESTORE AND RECOVER WEDNESDAYS

Every second Wednesday of the month, 9-10am. (*May 14th*) Chiropractor, Dr Rassacin, will be available in the lobby from 9am-10am to provide general soft tissue therapy such as massage, trigger point therapy, and/or myofascial release. He will also be available to discuss any general health, and wellness concerns you may have. These sessions do not include or constitute an exam, diagnosis, or treatment of specific conditions. To reserve your 10-minute session, a sign-up sheet will be available on the coffee counter in the lobby starting at 8:45am the day of appointments.



Dr. Rassacin (Russ) Ly – Chiropractor

## SIP HAPPENS... COFFEE IN THE LOBBY

Thursdays at 8:00 am until the pot is empty in the Lobby. Each Thursday coffee will be available in the lobby. Come hang out with your friends and make new friends.



## COFFEE CONCERT SERIES

Classical Guitarist, Charlie Pydych | Thursday, May 15<sup>th</sup>, 10:30-11:30am | Lobby

Charlie will be back to offer a warm and inviting coffee house experience for our members in the lobby, where you can enjoy live music while sipping coffee and visit with friends.

We are still looking for *volunteer musicians*, whether soloists, duos, or small groups—to provide calming, relaxing music that enhances the atmosphere for our members. Whether you're a seasoned performer or an emerging artist, this is a wonderful opportunity to share your gift with an appreciative audience. If you're interested or know someone who would be, please reach out to Cathy Quinlivan, for more information or to sign up. We look forward to hearing from you!

[Catherine.quinlivan@ymcamn.org](mailto:Catherine.quinlivan@ymcamn.org) (651) 292-4138.



CHARLIE

## CHINESE MAHJONG

Fridays 9:30 - 11:45 am: Open Play | Previous experience required | Rotary Room

Mahjong is a tile-based game that originated in the early 20th century in China. Over the years various versions of the game have developed, including American Mahjong.

Room 0

## BEGINNING BRIDGE – SUSPENDED IN MAY

~~Mondays 9:30 – 11:00 am | Rotary Room~~

## BOOK CLUB

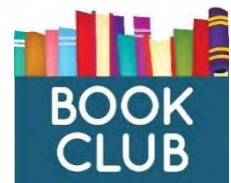
Join fellow book lovers on the 2nd Wednesday of each month from 11:30 am - 12:30 pm (May 14<sup>th</sup>) to visit and discuss the monthly reading selection. New faces always welcome! If you haven't had the opportunity to read the book, come anyway to enjoy the discussion. *No registration required.*

Upcoming Book Club Selections:

May 14<sup>th</sup>, "How to Age Disgracefully", Claire Pooley

June 11<sup>th</sup>, "Cocktail Hour: Under the Tree of Forgetfulness", Alexandra Fuller

July 9<sup>th</sup>, "Crow Mary", Kathleen Grissom



## FREE LIBRARY

The Southdale YMCA Free Library is a community resource for both kids and adults to enjoy! Our shelves are getting a little empty, and we need your help to keep this wonderful resource thriving. If you have gently used books that you're ready to part with, please consider donating them so someone else can discover a new favorite. Whether you're looking for a good read or want to share the books you've already enjoyed, our library is here for you. Simply drop off your donations in the book bin in the lobby or place them directly on the bookshelf. Take a book, leave a book, and help spread the joy of reading!



## VIRTUAL YMCA

Livestream classes are broadcast daily from the Virtual Studio located right in our own Southdale YMCA! The range of classes offered is huge with many options aimed at our ForeverWell audience. Check out the schedule online at the YMCA website [www.ymcanorth.org](http://www.ymcanorth.org), or on the YMCA of the North mobile app. If a class doesn't fit your schedule, no problem! Many classes are available on the website for later On Demand viewing. If you have difficulties logging in, the Customer Service Center can help you 612-230-9622.

# WHOLE PERSON WELLBEING

## GROUP FITNESS CLASS FEATURE – MAT PILATES / PILATES REFORMER

**Get to know Joe:** Joseph Pilates was a German physical trainer and the founder of the Pilates method of exercise. Born on December 9, 1883, in Mönchengladbach, Germany, and later immigrating to the United States, he developed a system of exercises aimed at strengthening the body, improving posture, and enhancing flexibility and mental awareness.

As a child, Joseph suffered from asthma, rickets, and rheumatic fever, which led him to study body movement and fitness to improve his own health. While interned in England during World War I as an "enemy alien," he developed his system by training fellow internees using minimal equipment. He even adapted hospital beds with springs to help rehabilitate injured patients—this inspired later Pilates equipment like the Reformer.

In 1926, Joseph moved to New York City and opened a studio with his wife, Clara. His method gained popularity among dancers, athletes, and performers for its focus on controlled movement and core strength. He called his method "Contrology," emphasizing controlled, precise movements coordinated with breathing and mental focus. Today, Pilates is practiced worldwide, in both mat and equipment-based formats (Reformer), for general fitness, rehabilitation, and athletic conditioning.

Pilates exercises typically emphasize:

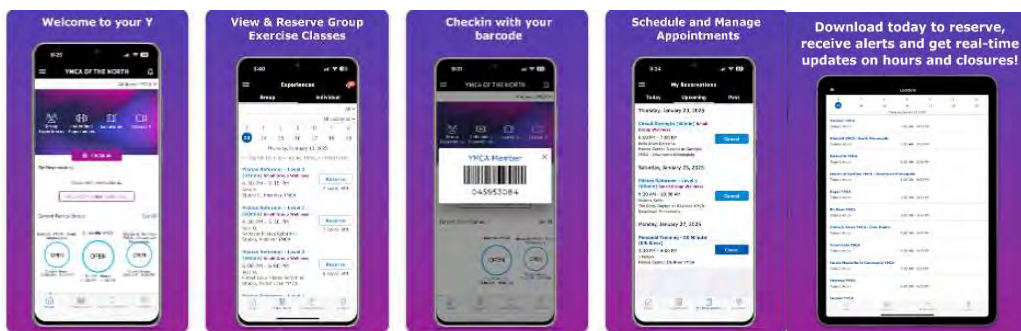
- Controlled, precise movements
- Core engagement (abdominals, lower back, hips)
- Breath control
- Balance and coordination



Joseph Pilates on a Reformer

It's often used for injury prevention and recovery, and is popular among dancers, athletes, and people seeking a low-impact but effective workout.

## APP-TITUDE: THE NEW YMCA OF THE NORTH MOBILE APP IS COMING MAY 30TH!



Download the app by following the links below. Now it will be easier than ever to check-in with your bar code, view the group x schedule, schedule and manage your personal training and small group well-being classes and get real-time updates to manage your membership experience.

[YMCA of the North App](https://www.ymcnorth.org/app/ymca-mn) or <https://www.ymcnorth.org/app/ymca-mn>



# SAFETY AT THE YMCA –MAY

## SEVERE WEATHER CRISIS RESPONSE AT THE Y

This month we put focus on the MN Dept of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it's essential to plan for Minnesota's severe spring and summer weather. An informed, involved community is more resilient to disaster. Being prepared helps reduce the risks and costs of hazardous weather events. Here are some great ways to help you, your friends and family prepare for Severe Weather:

- Create or update emergency plans with your entire family so everyone knows what to do in an emergency. Ensure everyone has up-to-date contact info and knows what to do.
- Practice your family plan during the tornado drills. Have everyone build a family emergency kit together.
- Check with places your family spends time, such as schools, workplaces, churches, markets, or sports facilities to learn what their emergency plans are.
- Share the plans for these areas with your entire family and talk about what you would do if your family was not together during a disaster.
- Plan with your neighborhood. Ask your homeowners association, your tenant's group or neighborhood association to make emergency preparedness an agenda item during your next meeting. Make sure there is an evacuation plan for your neighborhood.
- Ask a Y team member what you should do in the case of severe weather during your visit to the Y.



1

American Red Cross

### Build an emergency kit.

**What to pack:**  
Water, food, flashlight, battery-powered radio, first aid kit, medications, phone charger, copies of important papers, blankets.

→



2

American Red Cross

### Plan what you'll do.

- Decide **where you'll go** if you have to evacuate.
- Know how to **contact your kids**.
- Plan to **bring any pets** with you.

→



3

American Red Cross

### Know how to stay informed.

- **Download** the free Red Cross Emergency app.
- **Follow reputable local accounts** on social media for updates.

# Y DAY TO GIVE – RESULTS AND IMPACT!

THANK YOU TO THE MANY DONORS AND VOLUNTEERS THAT MADE AN IMPACT!

 **JOIN THE MOVEMENT  
MAKE AN IMPACT**  
*YMCA DAY OF GIVING* **APRIL 9 DONATE**  
[ymcanorth.org/ydayofgiving](http://ymcanorth.org/ydayofgiving)

**THANK YOU FOR SUPPORTING Y DAY  
TO GIVE!**  
**WE RAISED \$6500 with 70 donors**







# FOREVERWELL

## CLASS GUIDE

### JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- SilverSneakers® Classic
- SilverSneakers® Yoga
- Shallow Water Exercise
- ForeverWell Tai Chi
- Sound Bath

### ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- ForeverWell Combo
- ForeverWell Strength
- Water Exercise
- Line Dancing
- ForeverWell Balance
- Sound Bath

### EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- ForeverWell Strength
- Gentle Yoga
- Deep Water Exercise
- Line Dancing
- Sound Bath

## GROUP EXERCISE CLASSES – MAY

### MONDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15 – 9:15am	Studio B	Diane A.
ForeverWell Combo	8:30 –9:15am	Studio A	JoJo G.
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Silver Sneakers Yoga	11:30-12:15pm	Studio B	Mel
ForeverWell Balance	12:30- 1:00pm	Studio B	Mel
ForeverWell Strength	1:15 – 2:00pm	Studio A	Anne H.

### TUESDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15-9:15am	Studio B	Anne H.
ForeverWell Cardio Dance	9:45-10:45am	Studio A	Kitty W.
Silver Sneakers Yoga	10:30-11:15am	Studio B	Linda D.
Sound Bath	11:30-12:30pm	Studio B	Priscilla
Water X Bootcamp	12:15-1:00pm	Lap Pool	Deb C
SilverSneakers Classic	1:15-2:00pm	Studio B	Kelly D
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

### WEDNESDAY

Water Exercise	7:45-8:30am	Leisure Pool	Sheila B.
ForeverWell Combo	8:30-9:15am	Studio A	Mel
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Parkinson's Cycle	11:00am-12:00pm	Cycle Studio	Katy E.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Staff
Advanced Tai Chi for Health	2:15-3:15pm	Studio A	Tom E.

### THURSDAY

Water Exercise	7:45-8:30am	Leisure Pool	Kelly D.
ForeverWell Yoga	8:15-9:15am	Studio B	Michelle L.
ForeverWell Cardio Dance	8:30-9:15am	Studio A	Kitty W.
SilverSneakers Yoga	10:30-11:15am	Studio A	Anne H.
Sound Bath	12:00-1:00pm	Studio B	Hayley
Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.
Silver Sneakers Classic	1:15-2:00pm	Studio B	Kelly
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

### FRIDAY

Aquaflow	7:45-8:30am	Leisure Pool	Mel
ForeverWell Yoga	8:15-9:15am	Studio B	Diane A.
ForeverWell Combo	8:30-9:15am	Studio A	Gayle
SilverSneakers Classic	9:30-10:15am	GYM	JoJo G.
Parkinson's Cycle	10:30-11:30am	Cycle Studio	Katy E.
ForeverWell Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.

### SATURDAY

SilverSneakers Classic	12:15-1:00pm	Studio B	Anne/Stephanie
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# May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	* open ping pong 1-4pm M T, TH 11:30-4pm W,F			1 Sip Happens 8-12 -ForeverWell Orientation 9:30 -Pickleball 11am -12:45 pm	2 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am -4 pm	3
4 -Pickleball 9-11:30 am (HALF GYM) -	5 -Pickleball 11:30a -3:30p	6 -Pickleball 11am -12:45 pm	7 - Restore and Recover 9-10am -Pickleball 11:30 am - 4 pm	8 Sip Happens 8-12 -ForeverWell Orientation 9:30 -Pickleball 11am -12:45 pm	9 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am -4 pm	10
11 -Pickleball 9-11:30 am (HALF GYM)	12 -Bloomington Community Health Assessment 10- Noon -Pickleball 11:30a - 3:30p	13 Medicare Resource Table 10-Noon -Pickleball 11am-12:45 pm	14 - Restore and Recover 9-10am - Book Club 11:30 - 12:30 - Pickleball 11:30 am - 4 pm	15 Sip Happens 8-12 ForeverWell Orientation 9:30 -Coffee Concert 10:30-11:30 - Pickleball 11am - 12:45 pm -Medicare 101 6-7pm	16 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am -4 pm	17 -Edina Rides community bike ride 9am start time
18 -Pickleball 9-11:30 am (HALF GYM)5	19 -Pickleball 11:30a - 3:30p	20 --Let's Connect Orientation 10- 11am Pickleball 11am -12:45 pm	21 -Pickleball 11:30 am - 4 pm -Introduction to Oriental Medicine Presentation 11:30am-12:30pm	22 Sip Happens 8-12 ForeverWell Orientation 9:30 - Pickleball 11am -12:45 pm	23 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am - 4 pm	24
27 -Pickleball 9-11:30 am (HALF GYM)	26 -Pickleball 11:30a - 3:30p	27 Pickleball 11am -12:45 pm	28 National Senior Health and Fitness Day - Resource Fair 9am-1pm -Pickleball 11:30 am - 4 pm	29 Sip Happens 8-12 ForeverWell Orientation 9:30 - Pickleball 11am -12:45 pm	30 Open Mahjong 9:30 -11:45am -Pickleball 10:30 am - 4 pm	31