IN THIS ISSUE...

Stay centered through the holidays and beyond by incorporating mindful pauses into your regular daily routines. Learn more on page 2.

Physical Therapy with Orthology is back. See page 4 for more info.

- Pickleball programming changes... page 2.
- Walking Club is back... page 3.
- Next Chapter (transitions in retirement) Group forming... page 3.

WHAT IS FOREVERWELL?

Staying active mentally, physically and spiritually is important for feeling your best. ForeverWell is programming geared toward all Y members 55 and up, developed to build healthy mind, body and spirit. 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...

Or returning after some time away? Come for a ForeverWell Orientation! Hear about classes, programs, and activities that match your needs and interests. Enjoy a tour of the facility and discover how to get the most out of your Y experience! Thursdays at 9:30 am. No registration required, but please let the front desk know that you are there for the orientation, then meet under the large TV in the lobby.

Also consider signing up for a meeting with our Wellbeing Director, Steve Coley. He can talk with you about your fitness goals and suggest a good path to head you in the right direction. Contact Steve at 952-582-8245 or steve.coley@ymcamn.org.

HOURS

Monday - Friday: 5am - 9pm
Saturday & Sunday 8am - 5pm

SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435
ForeverWell Coordinator:
Maureen Peterson
Email: maureen.peterson@ymcamn.org
Phone: 651-747-0927
Southdale Website
FINISH THE YEAR OUT STRONG WITH ACTIVITIES AND CLASSES THAT SUPPORT A HEALTHY MIND, BODY AND SPIRIT

TAKE REGULAR PAUSES TO HELP MANAGE STRESS – MINDFULNESS THROUGH THE HOLIDAYS
THURSDAY, DECEMBER 16 & MONDAY, DECEMBER 20 AT NOON IN THE ROTARY COMMUNITY ROOM

We all want to make the most of creating joyful time during the holidays while feeling at peace and ease; yet during this season life pulls us in many directions, sometimes adding feelings of stress. Take a pause and experience ways to connect mind and body through breathing, gentle movement, and mindful meditation. It only takes a moment.

This signature program, exclusively created and offered at The Marsh (now part of the YMCA), is your starting point for incorporating mindfulness into your everyday life. In a highly accessible way, mindfulness practices are introduced/re-introduced to address common concerns such as managing stress, improving interpersonal communications, getting a better night’s sleep, and feeling happier and more fulfilled.

Your Instructor will be, Liz Anema – Integrative Health and Wellbeing Expert

Pickleball - Explanded Times

- Adult Rotating Pick-Up Pickleball Games
  Mondays, Wednesdays & Fridays; 12:00 pm - 2:00 pm
  Tuesdays & Thursdays; 11:00 am - 12:45 pm
- Skills, Drills & Practice
  Mondays, Wednesdays & Fridays; 2:00 pm - 3:00 pm
  Registration not needed, just come and play
  Bring your own paddle and balls. If you are new to Pickleball, we do have a few practice paddles available at the front desk so you can try Pickleball out before purchasing your own paddle.

Book Club

Join fellow book lovers the 2nd Wednesday of each month from 11:30 am - 12:30 pm 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. We’ll meet in the Rotary Room (room subject to change due to scheduling requirements). No registration required.

December Selection:
December 9 – “Evidence of V,” by Sheila O’Connor
PEDALING FOR PARKINSON'S

Pedaling for Parkinson's 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, and it has been proven that pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute. Fast pedaling is not a cure for Parkinson's disease, but there is compelling evidence to show that it does make a real difference in quality of life for many who try it. Completed intake process required prior to participating in class.

Contact ForeverWell Coordinator, Maureen Peterson at maureen.peterson@ymcamn.org for more information.

FRESH AIR TAI CHI

FRESH AIR TAI CHI meets at Arneson Acres Park every Wednesday 2:00-2:45pm. Enjoy quiet practice of the movements in Sun41, the Tai Chi for Arthritis Program by the Tai Chi for Health Institute.

Arneson Acres Park: 4711 W 70th St, Edina, MN 55424. Registration required.

WALKING, HIKING AND ADVENTURE GROUP

Wednesdays 9:30 - 10:30 am. Meet by the TV in the lobby. Watch for announcements about upcoming adventures that we are planning with the Y Adventure Lab.

If you have questions please contact ForeverWell Coordinator, Maureen Peterson at maureen.peterson@ymcamn.org or 651-747-0927.

NEXT CHAPTER GROUP

Are you newly retired, preparing to retire, or have you been retired for a while and still working through how to get the most out of this next chapter in your life? Next Chapter Group is a monthly meet-up where you can connect with other ForeverWell members who are in a similar place in life. Group meets the third Thursday of each month 1:15 - 2:15 pm in the Rotary Community Room.

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 on the YMCA website www.ymcanorth.org. If a class doesn't fit your schedule, no problem! Many classes are saved on the website for later On Demand viewing. If you have difficulties logging in, the Customer Service Desk can help you 612-230-9622.

Cultural Explorations (on ZOOM) is a weekly meet-up of YMCA members from various branches of YMCA of the North. Each week the group takes a (virtual) trip to places near and far, tour of some of the world’s museums, landmarks and historic sites from the comfort of your own home; hear a lecture about history; enjoy a concert; learn about new food. Each week we will explore a different topic. To learn more and sign up contact Maureen Peterson at maureen.peterson@ymcamn.org.
PHYSICAL THERAPY IS BACK AT THE SOUTHDALE YMCA

To set up an appointment for physical therapy at Orthology at the Y contact Eric Koch, Doctor of Physical Therapy at 952-373-5720.

Appointments available:
Mondays - 1:00-3:30
Wednesdays - 12-3:45

ADVENTURE LAB AT THE SOUTHDALE YMCA

Have you noticed some changes in the Rotary Community Room? Last month [Y Adventure Lab](#) moved its headquarters into the Rotary Community Room. The Y Adventure Lab mission is to build outdoor experiences that build confidence and community. Watch for upcoming opportunities for outdoor adventures with collaborations between the Southdale YMCA ForeverWell program and the Y Adventure Lab.

PREVENT WINTER FALLS

Winter safety in Minnesota is so important, and keeping your body safe is essential. Here are some tips for preventing falls or slips on ice in the winter:

- Wear sensible winter shoes
- Allow extra time for walking and don’t rush
- Walk with a slow and wide gait to be more cautious
- If you do fall, protect your head by pivoting to the side and tucking your head in

HAPPENING IN THE COMMUNITY

SUPPORT GROUPS AT WALKER METHODIST CARE SUITES (LOCATED ACROSS FROM THE SOUTHDALE YMCA)

Parkinson’s Support Group
Join our Parkinson’s community to find specific answers and talk to others going through similar experiences. Be part of a network of support as you connect with others in one of our monthly discussions. For details about upcoming discussions, please contact Haley at 952-230-1327.

Caregivers Are Really Essential
A monthly opportunity for caregivers to receive mutual support and social interaction, and to exchange coping skills with one another in matters related to caring for a loved one who has dementia. For details about upcoming groups, please contact Lola at 952-230-1322.
# Group Exercise Classes

**Monday**
- **Water Exercise** 7:45-8:30am Pool  Indira H.
- **ForeverWell Yoga - NEW** 8:15 - 9:15am Studio B  Diane A
- **ForeverWell Cardio** 8:30 - 9:15am Studio A  Pam G.
- **SilverSneakers Classic** 9:30-10:15am GYM  Roxy K.
- **SilverSneakers Circuit** 10:30-11:15am GYM  Roxy K.
- **Water Exercise** 12:15-1:00pm Pool  Indira H.
- **ForeverWell Strength - NEW** 1:00-1:45pm Studio B  MaureenP

**Tuesday**
- **Water Ex, Interval Training** 7:45-8:30am Pool  Indira H.
- **ForeverWell Yoga** 8:15-9:15am Studio B  Peggy W.
- **ForeverWell Combo** 9:45-10:30am Studio A  Pam G.
- **SilverSneakers Yoga** 10:30-11:15 Studio B  Linda D.
- **SilverSneakers Classic - NEW** 1:15-2:00pm Studio B  Clare O.
- **Tai Chi for Health Practice** 2:15-3:15pm Studio B  Tom E.

**Wednesday**
- **ForeverWell Combo** 8:30-9:15am Studio A  Julie A.
- **SilverSneakers Classic** 9:30-10:15am GYM  Roxy K.
- **SilverSneakers Circuit** 10:30-11:15am GYM  Roxy K.
- **ForeverWell Water Exercise** 12:15-1:00pm Leisure Pool  Patty - NEW LOCATION
- **ForeverWell Strength - NEW** 1:00-1:45pm Studio B  MaureenP
- **Tai Chi for Health** 2:00-2:45pm Arneson Park  Tom E.

**Thursday**
- **ForeverWell Yoga** 8:15-9:15am Studio B  Peggy W.
- **ForeverWell Combo** 9:30-10:15am Studio A  Pam G.
- **Muscle Stretch and Release** 10:30-11:30am Studio B  John L.
- **SilverSneakers Yoga** 10:30-11:15am Studio A  Nicole P.

**Friday**
- **ForeverWell Yoga** 8:15-9:15am Studio B  Diane A.
- **ForeverWell Cardio** 8:30-9:15am GYM  Pam G.
- **SilverSneakers Classic** 9:30-10:15am GYM  Pam G.
- **ForeverWell Water Exercise** 12:15-1:00pm Pool  Hope

**Saturday**
- **SilverSneakers Classic** 12:15-1:00pm Studio B  Pam G.

See the website [www.ymcanorth.org](http://www.ymcanorth.org) for a complete class listing and to register. Registration is required for all classes and opens 72 hours before the class. You may also register on the YMCA Twin Cities app on your phone or tablet, or by calling Customer Service at 612-230-9622.