



FOREVERWELL

September 2023 Ridgedale YMCA



Machine Orientation

Would you like to learn how to use the machines in the Fitness Center? Sign up at the Front Desk for an orientation.

NEW TO THE YMCA

Contact

Molly.skoro@ymcamn.org

to learn more about ForeverWell and what it offers

UPCOMING EVENTS

BINGO 9/15 9:30

GRATITUDE CIRCLE 9/20 11:15

MARTIN FLEISCHHAKER FROM MINNESOTA COMMERCE SPEAKING ON SCAMS 9/22 10AM



WE WANT TO HEAR FROM YOU. WHAT IS THE REASON WHY YOU'RE AT THE Y? WE LOVE HEARING FROM YOU ALL. PLEASE EITHER EMAIL ME OR DROP A NOTE OFF AT THE FRONT DESK. WITH YOUR PERMISSION WE WOULD LOVE TO SHARE YOUR STORIES. HERE IS MY STORY:

Been employed by the Ridgedale YMCA for 35 years. In that 35 years worked at several YMCA's in Minneapolis, along in the Minneapolis, Minnetonka and Wayzata schools for the YMCA. Worked at several camps. Met my husband working with him at the front desk. Have 4 children, each have worked for the YMCA. I have had fortunate opportunities to work in array of programs and now I am the ForeverWell/Project Access Coordinator. Project Access is programming for Adults with Disabilities. Not only do I put on events and teach classes at Ridgedale, but I also teach 9 classes offsite at Senior Living sites. I have been very blessed over the years, especially working and getting to know you all. I have an amazing job and thank you.

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

HAVE YOU TRIED VIRTUAL AT THE Y?

Go to YMCA of The North website and under ForeverWell page where there is so much information like:

Activity Finder, Virtual Y, In-Person at the Y, Fitness Assessments

George Wellbeing Programs and Save on a Y Membership

If you are not comfortable coming back into the Y or still doing activities remote, try our online Fitness and Wellbeing experience.

Go to our website to find all the information to do this.

DO YOU KNOW ABOUT THE CLASSES/PROGRAMS OFFERED THROUGH GEORGE WELLBEING? CHECK OUT THE FLYER ON HLC BOARD FOR DATES/TIMES

TUESDAYS WALKING CLUB IN THE FALL MEETING AT SEVERAL WALKING AREAS @ 1PM. NEED TO EMAIL 24 HOURS IN ADVANCE SO WE CAN CONNECT. WEATHER PERMITTING

9/12 1pm Westwood Hills Nature Center St Louis Park

9/19 French Park Plymouth

9/26 Plymouth Creek Community Center

**THURSDAYS 10:30 DOMINOS /COFFEE/CHAT
9/14, 9/21, 9/28 IN THE HLC**

FRIDAY, SEPTEMBER 15 BINGO



dime a card, 3 for quarter each game.
9:30 HLC Treats too. Winner gets pot.

GRATITUDE CIRCLE WEDNESDAY

9/20 11:15 – NOON

What are the 3 qualities of gratitude?

First – Feeling grateful for the good things in your life; Second – Expressing your gratitude to the people who have made your life better; and Third – Adopting new behaviors as a result of interacting with those who have helped you.



Martin Fleischhacker from the State of Minnesota Commerce, will be presenting on scams that affect our society today. Very informative lecture and how to recognize and prevent being scammed. Please sign up on the HLC Board.

There will be a light brunch provided. Friday, September 22 @ 10am HLC

Monday 9/25 11:30
Celebrating September Birthdays in HLC

HAPPY BIRTHDAY

Eat the RAINBOW, for the next four months we will have a sampling of a dish that is in that season. September 28 @ 10:30 is a roasted veggie salad.