



FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

October 2023 | SOUTHDALE

At a Glance...

FREE BLOOD PRESSURE CHECKS

Second & Fourth Mondays in October; 10:00am - Noon.
No appointment necessary, just walk in.

HAPPENING IN OCTOBER

See page 2-3

ONGOING PROGRAMS AND ACTIVITIES

See page 3-4

MORE...

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UPCOMING...

See page 6

FOREVERWELL GROUPEXERCISE SCHEDULE

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MONTHLY CALENDAR

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WORD FIND

See Page 9



FALL INTO ACTION

WHOLE PERSON WELLBEING

Body . Mind . Spirit . Community . Environment

Fall into Action at the Southdale Y in October.

The week of October 2 – 8 is Active Aging Week at the YMCA. Use ideas from the Components of Wellbeing Action Ideas to inspire you to *Fall into Action* in October.

COMPONENTS OF WELLBEING – ACTIVITIES IDEAS

BODY – Group fitness classes, do a strength workout, do an eGym session, complete an eGym Orientation, get a full night’s sleep, drink your recommended amount of daily water, eat a healthy meal...

MIND – Take a yoga or meditation class, do a crossword puzzle or another word game...

SPIRIT – Take a meditation class on Virtual Y (if you need help getting onto Virtual Y call Customer Service at 612-230-9622); take a mind-body class, such as Tai Chi...

COMMUNITY – Stop by the Pro-Active Aging Resource Fair, try out Pickleball, come to Board Games Abound with Andrew.

ENVIRONMENT – Get outside for a walk, walk with a friend...

Yours in health,
Maureen

HOURS

Monday - Friday: 5am - 9pm
Saturday & Sunday 7am - 5pm

SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435

ForeverWell Coordinator:

Maureen Bowen

Email: maureen.bowen@ymcamn.org

Phone: 651-747-0927

https://www.ymcanorth.org/locations/southdale_ymca

Member Services: 952-835-2567

HAPPENING IN OCTOBER

PRO-ACTIVE AGING RESOURCE FAIR

Monday, October 2; 9:00 am – 4:00 pm.

FREE Resource Fair hosted by the Southdale YMCA located throughout the building. Speakers and demonstrations throughout the day on a variety of topics. Lunch provided by Southdale ForeverWell served on a first come first served basis.

DANCE FOR LIFE FALL SESSION



Mondays & Wednesdays, October 2 – December 13; 4:00 – 5:00 pm in Studio A.

According to the [New England Journal of Medicine](#), ballroom dancing at least twice a week made people less likely to develop dementia. A study at the Albert Einstein School of Medicine examined a variety of cognitive and physical activities — from tennis and swimming to reading and crossword puzzles — and found frequent social dancing scored the highest with a 76% risk reduction for dementia. Altogether, social dance works wonders for neural connectivity!



COST: \$150 for members/\$175 for non-members (\$7.50 – \$8.75 per class). Some scholarships and payment plans available. Registration required. Register

at the Welcome Desk or by using the QR code.

PILATES REFORMER WORKSHOPS

Monday, October 16; Tuesday, October 17 & Thursday, October 19; 9:45 – 10:45 am in the Reformer Studio.



Curious about Pilates Reformer? The Pilates Reformer can help develop and maintain strength, mobility and flexibility. These Pilates Reformer workshops will include work on the reformer. Dress comfortably in clothing that you can move freely in.

Sign up required. Sign up at the Welcome Desk.

FREE BLOOD PRESSURE CHECKS

Mondays, October 9 & 16; 10:00 am – Noon in the Lobby.

No appointment needed, just show up.

CRAFT SALE TABLE SIGN-UP

Friday, October 20; 10 am – Noon in the Lobby.

ATTENTION CRAFTERS Coming Saturday December 2 from 9:00 – 3:00 in the Rotary room there will be a craft sale. Reserve a table for \$30. You keep all of the proceeds of your sale. Preregistration is required. Volunteers will be available to help you reserve your table.

OCTOGENARIAN BIRTHDAY CELEBRATION

Friday, October 20; 11:30 am – 1:00 pm in the Rotary Community Room.
Celebrate Life. Celebrate Longevity. Celebrate Health.
Octogenarian party for our 80+ year old members.
FREE. (Must be at least 80 years old.) Limited to the first 40 who sign up.



BOARD GAMES ABOUND

Friday, October 27; 10:30 – 11:30 am in the Rotary Room.
Stop by the Rotary Community Room for a game day with Andrew that will bring you around the world! Play and learn the history behind some of America's most popular board games with its origins written next to each one! Every member is welcome!

MEDICARE OPEN ENROLLMENT PRESENTATION

Saturday, October 28; 10:00 am in the Rotary Room.
Medicare Open Enrollment begins October 15 and ends December 7. This presentation will highlight a top choice plan and provide information about Medicare plans. Time for Q & A following the presentation.

ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

PICKLEBALL

OPEN COURT TIME

Monday & Wednesday: 11:30 am – 2:00 pm; Tuesday & Thursday: 11:00 am – 12:45 pm; Friday: 10:30 am – 2:00 pm.
ADDITIONAL COURT TIME: SUNDAYS 9:00 – 11:30 AM. 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).

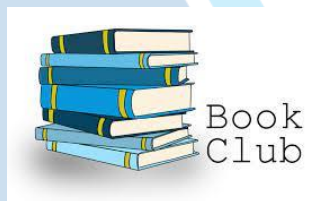
BEGINNER/INEXPERIENCED PLAYERS OPEN COURT TIME

Monday, Wednesday, Friday: 2:00 pm – 3:00 pm

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.

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. *No registration required.*



Upcoming Book Club Selections:

October 11 – “A Woman is No Man,” by Etaf Rum

November 8 – “Hotel on the Corner of Bitter and Sweet,” by Jamie Ford

December 13 – “The Thursday Murder Club,” by Richard Osman

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. Research shows 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.

Effective September 1, intake forms, appointments and reservations are no longer required to participate in Pedaling for Parkinson's.

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.

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, 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 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 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 ForeverWell Coordinator, Maureen Bowen at maureen.bowen@ymcamn.org.

CHINESE MAHJONG

Fridays 9:30 - 11:45 am 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. **FREE.**

MORE...

PHYSICAL THERAPY AVAILABLE AT THE YMCA



Orthology physical therapy services are now in nine YMCA locations, including Southdale YMCA. Physical therapy services combine a wide variety of techniques designed to restore function, range of motion, flexibility, resolve injury, and alleviate pain. Eric Koch, physical therapist, strives to continually learn and provide exceptional patient care. Listening to the patient, and truly understanding the entire picture from the patient's perspective is at the foundation of care. Eric works one-on-one with every patient to create an individualized plan that will allow patients to reach goals that are important to them.

Availability: M & W 12:00-4:00 PM

This quarter Orthology is focused on how to stay active in the winter.

- *What is the right cardio for you?*
- *How often?*
- *What should I do to strengthen myself?*
- *How often?*
- *What resources do I have in and outside of the YMCA?*

Come in for a **functional assessment (FREE)**, sit down with your provider and talk through some of these issues. If you are a good candidate to start/continue care with your provider then we can answer insurance questions and verify your insurance is IN NETWORK.

Call an Orthology office to schedule your appointment at **952-222-5769** or go online at www.orthology.com.

LIFE LONG LEARNING...

Do you have a skill you'd like to learn? Or, a topic you'd like to know more about?

Do you have a skill you'd like to share with others?

If there's something you'd like to learn to do or a topic you'd like know more about, or if you have a skill that you have that you'd be willing to share with others, contact ForeverWell Coordinator, Maureen Bowen at maureen.bowen@ymcamn.org.

Some examples are:

- A card or other game
- How to repair something
- Crocheting or knitting
- A craft...

ATTENTION CRAFTERS

Coming Saturday, December 2 from 9:00 - 3:00 in the Rotary room there will be a craft sale. Pre-registration required with a deposit of \$30.00. Pay at front desk to save your table. Come and join the day of fun.

NEW TO THE Y OR COMING BACK AFTER 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. Also, consider signing up for a *Fitness Assessment* with a Personal Trainer. Talk with a trainer about your fitness goals and plan a path to head you in the right direction. Make your appointment at the Welcome Desk.

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 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.

CALL TO SERVICE

SEEKING CROCHET INSTRUCTOR

Do you know how to crochet? Would you be willing to lead a crocheting class at the Southdale YMCA? Please contact ForeverWell Coordinator, Maureen Bowen at maureen.bowen@ymcamn.org to discuss setting up a crocheting class.

UPCOMING...

BIRTHDAY BUNCH

It started small... a group of us sang Happy Birthday to a regular group class participant. Everyone in the room was happy to be a part of this little celebration and someone said, "Maybe we should always do this..."

So... introducing Birthday Bunch, a great way to celebrate your birthday with your friends at the YMCA. Watch upcoming ForeverWell newsletters for announcements about our first Birthday Bunch party.

LINE DANCE CLASS HOLIDAY PARTY

Come to Line Dance Class (1:00 pm in Studio A)... then the fun continues with a holiday party.

GROUP EXERCISE CLASSES – OCTOBER

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.
Pedaling for Parkinson's	11:00am-12:00pm	Cycle Studio	Kim C.
Water Exercise	12:15-1:00pm	Pool	Kitty W.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Maureen B.

TUESDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15-9:15am	Studio B	Peggy W.
ForeverWell Combo	9:45-10:30am	Studio A	Maureen B.
Silver Sneakers Yoga	10:30-11:15am	Studio B	Linda D.
Line Dance	1:00-2:00pm	Studio A	Colette I.
SilverSneakers Classic	1:15-2:00pm	Studio B	Kim Cr.
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

WEDNESDAY

ForeverWell Combo	8:30-9:15am	Studio A	Julie A.
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
Water Exercise	9:45-10:30am	Pool	Mike L.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Pedaling for Parkinson's	11:00am-12:00pm	Cycle Studio	Katy E.
ForeverWell Water Exercise	12:15-1:00pm	Leisure Pool	Patty K.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Maureen B.
Tai Chi for Health	2:00-2:45pm	Arneson Park	Tom E.

THURSDAY

ForeverWell Yoga	8:15-9:15am	Studio B	Peggy W.
ForeverWell Dance	8:30-9:15am	Studio A	Kitty W.
SilverSneakers Yoga	10:30-11:15am	Studio A	Anne H.

FRIDAY

ForeverWell Yoga	8:15-9:15am	Studio B	Diane A.
ForeverWell Cardio	8:30-9:15am	Studio A	Julie A.
SilverSneakers Classic	9:30-10:15am	GYM	Kim Cr.
ForeverWell Water Exercise	12:15-1:00pm	Pool	Kitty W. NEW

SATURDAY

SilverSneakers Classic	12:15-1:00pm	Studio B	Rotation
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WaterX classes require a reservation. You may register up to 73 hours in advance for classes requiring a reservation on the YMCA of the North website, by downloading and using the YMCA of the North app on your phone or tablet, or by calling Customer Service at 612-230-9622. If you have questions about group exercise classes, please contact Group Exercise Director, JoJo Goulding at jo.goulding@ymcamn.org.

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Pickleball</i> 9-11:30 am (HALF GYM)	2 <i>-Pro-Active</i> <i>Aging Resource</i> <i>Fair 9 am – 4 pm</i> <i>-Pickleball</i> <i>11:30 am -3 pm</i> <i>-Dance for Life</i> <i>4 - 5 pm</i>	3 <i>Pickleball</i> <i>11 am-12:45 pm</i>	4 <i>-Pickleball</i> <i>11:30 am -3 pm</i> <i>-Dance for Life</i> <i>4 – 5 pm</i>	5 <i>-ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Pickleball</i> <i>11am -12:45 pm</i>	6 <i>-Mahjong</i> <i>9:30 -11:45 am</i> <i>-Pickleball</i> <i>10:30 am -3 pm</i>	7
8 <i>Pickleball</i> 9-11:30 am (HALF GYM)	9 <i>-Blood Pressure</i> <i>Checks</i> <i>10 am – 12 pm</i> <i>-Pickleball</i> <i>11:30 am -3 pm</i> <i>-Dance for Life</i> <i>4 – 5 pm</i>	10 <i>Pickleball</i> <i>10:30-11:45 am</i>	11 <i>- Book Club</i> <i>11:30 – 12:30</i> <i>-Pickleball</i> <i>11:30 am - 3 pm</i> <i>-Dance for Life</i> <i>4 – 5 pm</i>	12 <i>-ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Pickleball</i> <i>11am -12:45 pm</i>	13 <i>-Mahjong</i> <i>9:30 -11:45am</i> <i>-Pickleball</i> <i>10:30 am -3 pm</i>	14
15 <i>Pickleball</i> 9-11:30 am (HALF GYM)	16 <i>-Reformer</i> <i>Workshop</i> <i>9:45 – 10:45 am</i> <i>-Pickleball</i> <i>11:30 am - 3 pm</i> <i>-Dance for Life</i> <i>4 - 5 pm</i>	17 <i>-Reformer</i> <i>Workshop</i> <i>9:45 – 10:45 am</i> <i>-Pickleball</i> <i>11am-12:45 pm</i>	18 <i>- Pickleball</i> <i>11:30 am - 3 pm</i> <i>-Dance for Life</i> <i>4 – 5 pm</i>	19 <i>- ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Reformer</i> <i>Workshop</i> <i>9:45 – 10:45 am</i> <i>- Pickleball</i> <i>11am -12:45 pm</i>	20 <i>-Mahjong</i> <i>9:30 -11:45am</i> <i>-Craft Sale Table</i> <i>Sign-up</i> <i>10 am – 12 pm</i> <i>-Pickleball</i> <i>10:30 am -3 pm</i> <i>-Octogenarian</i> <i>B-Day</i> <i>Celebration</i> <i>11:30 am – 1 pm</i>	21
22 <i>Pickleball</i> 9-11:30 am (HALF GYM)	23 <i>-Blood Pressure</i> <i>Checks</i> <i>10 am – 12 pm</i> <i>-Pickleball</i> <i>11:30 am - 3 pm</i> <i>-Dance for Life</i> <i>4 – 5 pm</i>	24 <i>Pickleball</i> <i>11am -12:45 pm</i>	25 <i>Pickleball</i> <i>11:30 am - 3 pm</i> <i>-Dance for Life</i> <i>4 – 5 pm</i>	26 <i>-ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Pickleball</i> <i>11am -12:45 pm</i>	27 <i>-Mahjong</i> <i>9:30 -11:45am</i> <i>-Pickleball</i> <i>10:30 am - 3 pm</i> <i>-Board Games</i> <i>About 10:30 –</i> <i>11:30 am</i>	28 <i>-Medicare Open</i> <i>Enrollment</i> <i>Presentation</i> <i>10 am</i>
29 <i>Pickleball</i> 9-11:30 am (HALF GYM)	31 <i>-Pickleball</i> <i>11:30 am - 3 pm</i> <i>-Dance for Life</i> <i>4 – 5 pm</i>	31 <i>Pickleball</i> <i>11am -12:45 pm</i>	11/1 <i>Pickleball</i> <i>11:30 am - 3 pm</i> <i>-Dance for Life</i> <i>4 - 5 pm</i>	11/2 <i>-ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Pickleball</i> <i>11am -12:45 pm</i>	11/3 <i>-Mahjong</i> <i>9:30 -11:45 am</i> <i>-Pickleball</i> <i>10:30 am - 3 pm</i>	11/4

ForeverWell / Fall into Action

Look in all eight directions for words

QKELYNLGBLACKCATKXGMRXT
QPDCSTARRYNIGHTSAUTUMNR
TWVSNOITCAOTNILLAFMHQFQ
YNIGDETXTNTPYJRMMPIMMFU
HLBNFRRBHBRPQKKZKXGKVM I
NCRIAAUEHHWDHMDKWFRNJRL
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AANGNNGRXKVTELP LRENGKIA
RIMMDSKLGVIJHGPNLNRRLHTC
RRKQSNOITISNARTBBYCDNLY
VSBHKMS EDIRYAHFBQBWRGTL

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ForeverWell Word Search for Blaisdell YMCA

Active Aging Week

Apples
Autumn
Black Cat
Candy Corn
Canning
Cider
Crisp Air
Falling Leaves
Fall into Action

Frost

Gourds
Halloween
Hay Rides
Health Fairs
Hearth Fires
Homecomings
Jack O Lantern
Make a Difference
Migrations

Oktoberfest

Pumpkins
Quilts
Raking
Scary
Starry Nights
Sweater Weather
Transitions
Try New Things
Vibrant Colors