

FOREVERWELL

May 2025 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 7 CRAFT FAIR 9AM

CLOSED MEMORIAL DAY

NEED TO SIGN UP FOR WATER EX CLASSES ONLINE



WEDNESDAY, MAY 28, 2025

NATIONAL SENIOR HEALTH AND FITNESS DAY

MIND BODY SPIRIT **ACTIVITIES STARTING 11AM BRAIN TEASERS/GAMES** EAT THE RAINBOW, SAMPLE NUTRITIONAL RECIPES OF FRUITS AND VEGGIES. **BALANCE AND BLOOD PRESSURE CHECKS**

LUNCH AND LEARN THURSDAY MAY 22 @ 11:30, TOPIC IS EMOTIONAL UPS AND DOWNS OF DECLUTTERING. PRESENTED BY DAN AND MARY TILLMAN. MUST BE SIGNED UP ON HLC **BOARD**

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 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 June

ARBORETUM FIELD TRIP TUESDAY, MAY13 FROM 9:15 TO 12:30 TRANSPORTATION PROVIDED.



Tour Lilac Collection and Tulips. There will be walking. Sign up will be on HLC board Monday, May 5 by 11am. Limited space. First come first serve. Must sign only yourself, no over the phone sign up, This will be rain or shine. Dress appropriately.



Friday 5/16 dime a card, 3 for quarter each game. double cost for cover all at the end. 9:30 HLC Treats too. Winner gets pot

GRATITUDE CIRCLE WEDNESDAY MAY 21. 11:15 TO 12:15 GUEST SPEAKER **NOAH GULLEY CHRISTIAN** MISSION DIRECTOR OF YMCA OF THE NORTH. **SPEAKING ABOUT OUR** SPIRITUAL VITAMINS.



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 Thursdays 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.

UPCOMING PICKLEBALL CHANGES

Starting in May, Saturday & Sunday Pickball hours will change to 9am - 11am.

Beginning Pickleball 1pm-2pm will be off the schedule for June, July & August. I will be back on the schedule come September.

Monday - Friday Pickleball 2pm-4pm will not change. Please accommodate all levels of players.



Volunteering Opportunities inquire with Molly.skoro@ymcamn.orq Some examples are as follows:

LOOKING FOR VOLUNTEERS

How would you like to go back to summer camp? Not as a camper, but as a volunteer to help serve a camp dinner to families at our Y Day Camp Christmas Tree?

The Ridgedale YMCA is looking for new volunteers to help us prepare and serve the Family Night Dinners at YMCA Camp Christmas Tree this summer. We do this on 10 Thursday nights from mid-June through August and typically serve 300+ campers and their family members with a camp dinner (\$7/person), all in about 90 minutes. And—after paying the bills for this important service project we put the profits into the Scholarship Fund so that if someone can't afford the full cost of a Y program we don't have to turn them away. Last summer we raised: \$8,000 to support this important fund. The reason we've been able to continue this legacy program since the 1960s is because of volunteers who come out for a few hours on Thursdays to help us setup, prepare and serve the dinner. We ask you to be at camp by 5:00pm and help with setup, serving and cleanup at one of the 6 stations" in the serving line, and you're done by 7pm. Then -- you're invited to attend the

Campfire Circle where the kids do skits and songs about what they did at camp. It's always a hoot, and it's done by 8pm All interested individuals will be invited to sign up for an informational meeting to provide more information and answer your questions in the spring. For more information contact:

Kim Ratz, member of the Ridgedale YMCA Community Council: kimratz@aol.com, 952-938-4472

MAHJONG



We will offer Mahjong on **Tuesdays and Thursdays** from 10:30 to Noon. Just ask the desk for the game.

We are still looking for more people to learn in upcoming sessions. Please email mollv.skoro@vmcamn.org and in the subject line learning mahjong.