



# 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



## 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.org](mailto:Molly.skoro@ymcamn.org) 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 [molly.skoro@ymcamn.org](mailto:molly.skoro@ymcamn.org) and in the subject line learning mahjong.**