



FOREVERWELL

APRIL 2024 | RIDGEDALE YMCA

SAVE THE DATE

hello
SPRING

SAVE THE DATES

MAY CRAFT FAIR

Wednesday, May 8.

9am **MUST EMAIL**

MOLLY FOR TABLE.

NEW TO THE YMCA

New to the Ridgedale
YMCA? Contact

Molly.skoro@ymcamn.org

for information about
ForeverWell

PERSONAL TRAININGS, SMALL GROUP TRAINING & PILATES

Contact

Steve.coley@ymcamn.org

VERY IMPORTANT TO MAKE
RESERVATIONS FOR ANY
POOL EXERCISE CLASS.
SPACES ARE LIMITED AND
THIS CAN BE DONE
THROUGH OUR YMCA OF
THE NORTH WEBSITE.

YOU CAN ALSO SIGN UP
FOR VIRTUAL TOO.



NEWS FROM MOLLY AT THE YMCA 2024

LUNCH AND LEARN MONDAY APRIL 15 @ NOON IN HLC

UNDERSTANDING VARICOSE VEIN DISEASE

Vein disease effects more than 30 million people
in the U.S. Learn about this disease presented
by

Medtronic

Dana Johnson, Field Market Development Manager,
Peripheral Vascular Health, with Medtronic.

Free lunch is provided, must be signed up. Space is
limited. You can sign up on the HLC board. Questions
contact Molly through email. Molly.skoro@ymcamn.org

BRANCH HOURS

Monday - Friday: 6am-9pm

Saturday: 7am-5pm

Sundays: 7am-5pm

Ridgedale YMCA

12301 Ridgedale YMCA

Minnetonka, MN 55305

Coordinator: Molly Skoro

Molly.skoro@ymcamn.org

952-582-8264

WHILE THE WEATHER IS GETTING NICE WALKING CLUB IS COMING BACK STARTING IN MAY. DAY, TIME AND PLACES WILL BE IN THE MAY NEWSLETTER. I AM OPEN TO SUGGESTIONS.

Embrace the present with mindfulness

ACTIVITIES FOR APRIL

Tuesdays, Spring Coloring, supplies will be in the HLC 9am. It is shown that Adult Coloring can help with charging the brain, deal with anxiety, help will blood pressure, and a great activity for meditation.

Wednesdays, April 10 Make A Word 11:15 HLC. Brain Games, April 17 Gratitude Circle 11:15. April 24 Make A Word 11:15 HLC

Thursdays, Blood Pressure checks, 9am to 9:25 in HLC, then you can join me in Studio C for SilverSneaker Classic class at 9:30am

Fridays, Dominoes with Molly in HLC 11:30

Starting Gardens is just around the corner. Check out different stretches on the HLC board before you start your garden. If you would like a copy, stop by the front desk and ask for one.

EARTH DAY IS MONDAY APRIL 22

LET'S RENEW, REFRESH, RESTORE

Please bring your books so we can display them for other members to use again. We are accepting fiction, non-fiction, teen/children books, and puzzles. We are not accepting magazines, encyclopedias, VHS, DVD's or CD's. Drop them off at the front desk, before Friday, April 19. Books will be displayed on tables (will not be sorted) starting Monday, April 22. They will be free for the taking. Thank you for your generosity.

GRATITUDE CIRCLE



Sometimes I forget to thank the people who make my life happy in so many ways. Sometimes I forget to tell them how much I really do appreciate them for being an important part of my life. So thank you, all of you, just for being here with me.

WEDNESDAY, APRIL 17
11:15

With everything negative going on in the world, come join our group and share and listen about what we are grateful for in life. The topic we are going to talk about is "What aspect of parenting are you grateful for from your parents growing up?" You can share or just listen. Journal, coffee and treats provided. Any questions please contact Molly.

BINGO

FRIDAY 4/17 DIME A CARD, 3 FOR QUARTER EACH GAME. 9:30 HLC TREATS TOO. WINNER(S) GETS POT.

