



FOREVERWELL

October 2024 Ridgedale YMCA



A GIFT TO THE RIDGEDALE YMCA DURING THE WEEK OF OCT 1-4 WILL BE MATCHED 100%.

NEW TO THE YMCA

Contact

Molly.skoro@ymcamn.org to learn more about ForeverWell and what it offers

SAVE THE DATE

CRAFT FAIR NOVEMBER 20 IF YOU WOULD LIKE A TABLE, MUST EMAIL MOLLY. WE DO ASK FOR A DONATION OF WHAT YOU ARE SELLING. TABLES ARE LIMITED.

LET THE CUSTODIANS KNOW HOW MUCH YOU APPRECIATE THEM! STOP BY THE FRONT DESK AND WRITE A NOTE



OCTOBER 1-4 ACTIVE AGING WEEK

As we are all aging, being physical isn't the only way of being active. There are so many benefits to be engaging in social and productive activities. Engaging in Adult Coloring, Brain Teasers, Gratitude Circle, Bingo, Lunch and Learn and Pot Lucks are just a few things we offer here at the YMCA. Check out our Virtual and in Branch Facilities on our website for Health Coaching along with Food and Nutrition workshops. All week, we will have Adult Coloring supplies along with Brain Teasers for you to work on or take home.

ACTIVITIES TO CHECK OUT FOR THE WEEK OF 10/1-10/4

10/1 Blood Pressure checks 2:30 in HLC

10/2 Blood Pressure check 11:15-12:30 HLC

10/2 National Custodian Day, please stop by the Front Desk and fill out a note of thanks to the Custodians

10/3 Lunch and Learn Presented by Minneapolis Radiology Please sign up on HLC board.

10/4 Blood Pressure check and Balance Assessment Sign up on HLC Board 10:30

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

Our new approach — rooted in integrative health and whole-person wellbeing practices — gives you another option for healthy living at the Y. Five dimensions grounded in over 150 years of practice: Nourish. Move. Reflect. Connect Restore. The classes and sessions like Health Coaching, Food and Nutrition classes, Sound Baths, Meditation and Acupuncture to name a few. For more information on George Wellbeing go to ymcanorth.org/wellbeing.

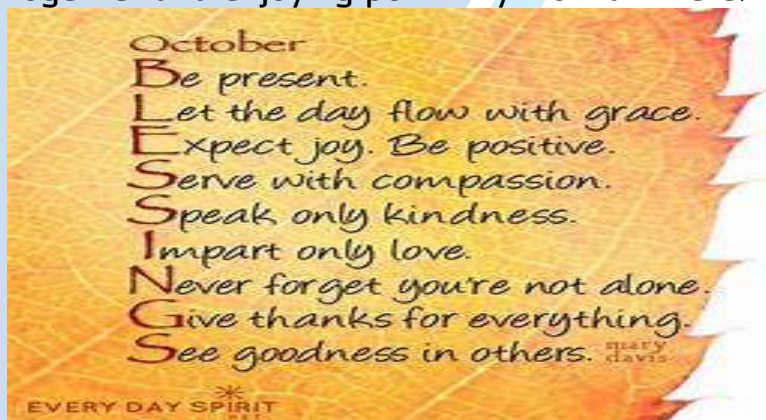
WEDNESDAYS BRAIN TEASER DAYS WITH DIFFERENT PUZZLES AND MAKE A WORD 11:15 HLC SOMETIMES MEMBER LEAD

THURSDAYS ADULT COLORING, SUPPLIES PROVIDED 9-1PM IN HLC MEMBER LEAD

FRIDAYS GAME DAYS, MEMBER LEAD, CARDS AND GAMES WILL BE OUT TO PLAY. OR ASK THE FRONT DESK 11 – 1PM HLC

**GRATITUDE CIRCLE WEDNESDAY 10/16
11:15-12:15**

Join us to share and/or listen to others about what we are grateful for. Especially what is going on around the world now. Come join us in a special and safe place to be together and enjoying positivity from all there.



FRIDAY 9/18 DIME A CARD, 3 FOR QUARTER EACH GAME. 9:30 HLC TREATS TOO. WINNER GETS THE POT.

**FOOT WORKSHOP
MONDAY, OCTOBER
21 @11:15 HLC
PRESENTED BY
PERSONAL TRAINER
KIM CRAMER**

Do you find that your feet bother you, hamper your activities, or are setting you back in sports you've loved for years? Discover how our feet were designed to move. Strong, healthy feet are naturally warm and beautiful. With thousands of proprioceptors, they provide an unparalleled amount of feedback to your brain, allowing for adjustments that will deepen strength and mobility throughout your body. In this workshop, we'll cover basic foot anatomy, alignment, foot strengthening exercises, and footwear that will support foot health.

FRIDAY, OCTOBER 25 HALLOWEEN POT LUCK

11:45 Please sign up on the HLC of what you will bring to share.



MEET NIKKI TOWNSEND OUR NEW EXPERIENCE MANAGER/SALES PERSON AT THE RIDGEDALE YMCA

Nikki wants you to know as a member of the YMCA, you can take advantage of the following at no cost:

- * Fitness Assessment (in-person)
- * Nutritional Consultation (virtual)
- * Wellbeing Consultation (virtual)

More information stop by her cubical and say Hello



**DO YOU KNOW THAT OCTOBER IS NATIONAL FIRE
PREVENTION MONTH? SO, IF YOU HAVEN'T CHANGED
YOUR BATTERY IN YOUR SMOKE DETECTOR YOU
SHOULD THIS MONTH**

Did you know?

More than 80 percent of families have not practiced home fire drills.

Experts estimate you have as little as two minutes to safely escape your home once the smoke alarm sounds.

Working smoke alarms provide the valuable seconds needed to escape a burning residence.

ESCAPE PLANNING

- Designate a safe meeting place outside your home everyone can get to after a fire.
- Use graph paper to draw a floor plan of your home and show two ways out of each room.
- Make sure each family member is aware of escape options from each room.
- Practice your family escape plan twice each year.
- Walk through your home periodically and inspect all exits and escape routes.



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