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A view along the shores of the St. Croix River from our hike at Camp St. Croix in September. The camp has many pristine views of the river.

Our visit to the MN Landscape Arboretum was bit wet, but it didn’t dampen anyone’s good time.

A great time was had by all at the 14th Annual YMCA Gathering Event. One of our members, Daryl Soltai, received a Thrive Award for his years of dedicated volunteerism with the YMCA.

THE
FOREVERWELL NEWSLETTER
N O V E M B E R  2 0 1 9

Join us this month for:

Emma’s Greveyard, Live Show here at Southdale YMCA, Monday, November 11

"Virgin Em" had nine husbands and her own private cemetery in which to plant them. Matrimony, Murder and Mayhem on the Mighty "Mississippi" Written and Performed by Southdale’s own Therese Samudo, - Emma’s Great-Great Granddaughter Therese performs this show all over the Midwest, so don’t miss meeting the fun and fascinating Emma . . . a true story come to life from another century! Cost: $17 - 50% off for all Veterans. Includes dessert and coffee following the performance. Performance begins at 1:00 p.m. and will wrap up around 3:00 p.m. Register at Member Services. Thank you to our sponsors Avidor Edina and Home Instead.

Hearing Screenings, Wednesday, November 13

An audiologist from Richfield Medical Group will be on site this month from 9:00 a.m.—noon to provide FREE hearing screenings. Sign up for a 15-minute appointment at Member Services. Space is limited.

Ronald McDonald House Cooks for Kids Volunteer Opportunity - Lots of ways to help on Monday, November 18

Cooks for Kids volunteer groups provide meals every day at the four Twin Cities Ronald McDonald Houses. This is a meaningful and rewarding way to support families facing a child’s serious medical situation. The Southdale YMCA ForeverWell group is signed up to help on Monday, November 18, from 3:00 -7:30 p.m. at the Children’s Hospital located at 2525 Chicago Avenue South in Minneapolis. Our group will be responsible for donating the food, preparing the meal, serving dinner and doing the clean-up for 125-150 people. There are many ways to help with this program — from donating items to be used for meal preparation to serving the night of the event. If you would like to help in some way, please sign up at the Member Services desk by November 6.

Orthology Workshop, Monday, November 18 - Stabilizing and Repairing your Gait

Come and learn about how you can stabilize and repair your gait on Monday, November 18, at 1:30 p.m. in the Rotary Room. This 60-minute workshop will give you exercises to do in the comfort of your home and help you decide if you need to see a medical professional. Sign up at Member Services. Cost: FREE

Green Books Fair, Friday, November 22 from 10 a.m. - 2:00 p.m.

Green Books, a Read and Recycle Initiative, is a non-profit organization whose purpose is to share books. There will be 1,000 free books onsite with a wide array of options to choose from. Take as many books as you like (no obligation to return books). Book donations are also accepted during the event. If you can’t drop them off on the day of the book fair, please contact Sarah at 952-435-9019 to make special arrangements.

Return to the Slopes, Tuesday, November 26 at 10:30 a.m.

If you have been away from the sport of downhill skiing for decades, you are in for a surprise. Science and technology have vastly improved the sport, making it easier on the body. Come and learn from long-time ski instructor Richard Wangen about how best to revisit this great MN pastime.
A Night of Classic Rock, Tuesday, November 26 at 7:00 p.m.
Join us for an exciting evening of live music performed by legendary Minnesota musicians to benefit the Southdale YMCA. The proceeds will support the Southdale Y’s efforts in bridging the opportunity gap for Twin Cities youth by providing over $400,000 a year in scholarships for academic, service learning and enrichment programs. A Night of Classic Rock will feature St. Paul and the Classic American Rockers with special guest Patty Peterson. Dinner and drinks will be available for purchase from the Dakota. Tickets are $45 and are available at www.dakotacooks.com or by calling 612-332-5299.

Holiday Challenge
Five weeks of accountability from your family at the Y through the holiday season! Challenge yourself to maintain (or lose) weight during this busy time of year! Fitness Center staff will be available to encourage you along the way. All participants will receive a t-shirt. Weigh-ins begin November 7 until the 21st and follow-ups will take place January 1-8. Sign up at Member Services. Cost: $10

Newsletter available online at http://www.ymcamm.org/locations/southdale_ymca/schedules/

New Member Information:
Welcome to the Southdale YMCA! ForeverWell is a program geared to all Y Members 55+. We have all kinds of classes, programs and events designed to help you improve your mind, body and spirit. All new members are encouraged to attend a ForeverWell program orientation where you’ll learn more about our facility, our classes, and all of our ForeverWell programming. Orientations are held every Monday at 1:30 p.m., Tuesdays at 10:30 a.m. and 2:30 p.m., or Wednesdays at noon. Please check in at Member Services. To pre-register or to arrange a time that is more convenient for you, please contact the ForeverWell Program Coordinator.

Here are a few additional resources for those who are new to the Y:
Fitness Solution appointment - This is a consultation with one of our trainers and is a great way to set goals and make a plan. This appointment is free and can be scheduled at Member Services.

YMCA Group Exercise Intro Videos
Feel confident trying a new class with these quick instructional videos that break down the workout equipment used and what to expect when starting. Visit ymcamm.org/introvideos for more information on the following:
- New to Class? What to Expect
- Adjustable weight equipment
- Stationary Bike: Adjusting for Your Fit
- Stationary Bike: Console
- ForeverWell equipment
- Water exercise equipment
- Yoga equipment

Ongoing Clubs, Groups and Activities:
- CARD CLUB
  Meets every Thursday in the Rotary Room. Play begins promptly at 11:00 a.m. and runs until 1:30 p.m. Hand and Foot is the game typically played. New people are encouraged to join any time. Don’t know the game? We will teach you! No registration required.

- BOOK CLUB
  Meets every second Wednesday of the month. You are invited to join our next meeting on Wednesday, November 13, at 11:30 a.m. in the Rotary Room. This month’s book is Lab Girl by author Hope Jahren. No registration is required, just plan to attend. December’s selection will be The Christmas Hope by Donna VanLier.

- HIKING CLUB
  Explore local trails with the comfort and safety of a small group. This club is open and free to members. Hikes/Walks are generally held once a month (days and time vary) at a variety of local trails. The group walks at a moderate pace and typically walks for about an hour each time. This month we will be meeting on November 15 at 9:15 a.m. at Molf Park in Bloomington. For more information about this outing, or if you would like to attend, please contact Sarah at: sarah.dickhausen@ymcamm.org or 952-435-9017.

- PICKLEBALL INFORMATION
  Pickleball is a recreational game that is a cross between badminton, tennis and ping pong. Come and join the gym on open court days based on your experience level or comfort with the game. PLEASE NOTE COURT CHANGES FOR NOVEMBER. Due to special programming running in the building, there will be no Open Court time on November 27 & 28. Open Court time Mon/Wed/Fri: from 12:30-3:00 p.m. Skill and athletic ability should not limit participation. Prerequisites 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 Mon/Wed/Fri from 3:00-3:30 p.m.

This time is reserved for new players who are learning the game or who have never played before, or just simply want to practice their skills. All three courts will be open and reserved for those members just learning the game. A volunteer will be on hand most days to assist brand new participants. Limited equipment available for checkout at Member Services. Cost: Free for Members.

NEW CLUB INTERESTS
If you would be interested in seeing or starting a new monthly club or group here at the Y such as Ma Jong, Cribbage, Scrabble, Knitting, Biking, Skydiving, etc., please contact Sarah Dickhausen at 952-435-9017 or email sarah.dickhausen@ymcamm.org

Save the Date:
Christmas Tree Lot, November 29-December 21
The Christmas Tree Lot has been a Southdale YMCA institution for many years and will start up again this year the day after Thanksgiving. Funds raised by selling trees support the YMCA scholarship program. Helping is fun and easy. You will meet great people and be part of making a memorable experience for many families’ annual tradition. You can help either by assisting with sales in the warming house or by helping with the tree selection and loading process. Shifts are typically two-three hours. To learn more or volunteer, please contact Sarah at 952-435-9017.

Foreverwell Holiday Party, December 6
Celebrate the season with your Y friends! Save the date for our Holiday Party open house on Friday, December 6, from 9:30 a.m. – 11:30 a.m., in the Rotary Room. Feel free to work around your workout/class schedule and stop in anytime! A light and healthy breakfast will be served. There is no cost to attend, however, an RSVP is required. Please register at Member Services. Take a time out this holiday season and invite your Y friends to join you for coffee and socializing. Don’t miss an opportunity to celebrate a year of friendship, health and wellness. Space is limited.
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7355 York Ave So, Edina MN 55435

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