



# FOREVERWELL

APRIL 2025 | RIDGEDALE YMCA

## SAVE THE DATE



### SAVE THE DATES

#### MAY CRAFT FAIR

Wednesday, May 7.  
9am **MUST EMAIL MOLLY FOR TABLE.**

### NEW TO THE YMCA

New to the Ridgedale YMCA? Contact [Molly.skoro@ymcamn.org](mailto:Molly.skoro@ymcamn.org) for information about ForeverWell

### PERSONAL TRAININGS, SMALL GROUP TRAINING & PILATES

Contact [Julie.Appel@ymcamn.org](mailto:Julie.Appel@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.**



## DROP IN MAHJONG ON TUESDAYS AND THURSDAYS IN HLC 10:15- NOON

ASK FOR THE GAME AT THE FRONT DESK TO BRING BACK TO THE HLC. WHEN DONE BRING BACK TO FRONT DESK. WE WILL BE SELLING THE NEW 2025 CARDS WHEN THEY COME TOWARDS THE END OF THE MONTH. WE CAN HAVE UP TO 2 TABLES PLAYING AT A TIME. WE ARE HOPING TO GET ANOTHER TRAINING SESSION IN WITH A NEW GROUP OF PEOPLE. IF YOU ARE INTERESTED IN LEARNING, PLEASE EMAIL MOLLY.

## INFORMATIONAL EVENT ABOUT FEET BY KIM CRAMER 4/23 2 11:15

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. No sign up required. sk

### BRANCH HOURS

Monday - Friday: 5am-9pm  
Saturday: 7am-5pm  
Sundays: 7am-5pm

### Ridgedale YMCA

12301 Ridgedale YMCA  
Minnetonka, MN 55305  
Coordinator: Molly Skoro  
[Molly.skoro@ymcamn.org](mailto:Molly.skoro@ymcamn.org)  
952-582-8264

## ACTIVITIES FOR APRIL

# EATING THE RAINBOW

We will be providing once a week a sample of veggies and or fruit taste samples. Along with the recipes.

Friday, April 4 @ 11:30 in HLC

Tuesday, April 8 @ 10:30

Wednesday, April 16 @ 11:30

Thursday, April 24 @ 10:30

Monday, April 28 @ 12:15

## EARTH DAY IS TUESDAY 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 18. Books will be displayed on tables, starting Monday, April 21. They will be free for the taking. Thank you for your generosity.

## HELP US SUSTAIN AND STRENGTHEN OUR Y!

WEDNESDAY, APRIL 9<sup>TH</sup>, IS A DAY OF GIVING. THIS IS NATIONWIDE WITH THE Y'S ACROSS THE COUNTRY. DONATIONS STAY IN OUR COMMUNITY AND THEY WILL BE MATCHED. CHECK OUT FLYER ON HLC BOARD. WE RAISE FUNDS TO HELP CLOSE THE GAP IN OUR COMMUNITY FOR LIFE CHANGING OPPORTUNITIES. PLEASE CONSIDER A GIFT TO OUR Y.

## FIBER FRIENDS

A SOCIAL CRAFTING CIRCLE AT THE RIDGEDALE YMCA TUESDAYS 12:30-2:30 IN HLC. BRING WHAT YOU ARE WORKING ON. CHECK OUT FLYER ON HLC BOARD.

## GRATITUDE CIRCLE



WEDNESDAY, APRIL 16  
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 does gratitude for the gift of life inspire in me?" You can share or just listen. Journal, coffee and treats provided. Any questions please contact Molly.

## BINGO

FRIDAY 4/18 DIME A CARD, 3 FOR QUARTER EACH GAME. 9:30 HLC TREATS TOO. WINNER(S) GETS THE POT.

