



FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

April 2025 | SOUTHDALE

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CELEBRATE THE OUTDOORS!

April is all about embracing Spring and the **THE POWER OF GREEN!**

Did you know that spending time in nature can be a powerful tonic for both body and mind, especially for seniors? It's more than just a pleasant pastime; it's a vital component of healthy aging. *Here's why seniors should make nature a priority:*

Improved Cardiovascular Health: Gentle walks and outdoor activities can strengthen the heart and improve circulation.

Enhanced Vitamin D Production: Sunlight exposure helps the body produce vitamin D, crucial for bone health and immune function. (Remember to use sunscreen!)

Increased Physical Activity: Nature provides a natural incentive to move, promoting flexibility, balance, and overall fitness.

Elevates Mental Well-being: Reduced Stress and Anxiety: The calming effect of nature can lower cortisol levels and promote relaxation.

Improved Mood and Cognitive Function: Studies have shown that spending time outdoors can enhance mood, reduce symptoms of depression, and improve cognitive function.

Exposure to Phytoncides: These natural compounds released by trees have been shown to boost immune function.

Fresh Air and Sunlight: These natural elements contribute to overall health and well-being, strengthening the body's defenses.

At the Southdale Y, we have some great opportunities this month to get you engaged with celebrating the outdoors: **Functional Strength/Balance assessments** to make you feel confident as you navigate the outdoors (page 7). **Plant a mini herb garden** (page 3)

Cathy Quinlivan | Nick Hanks -Branch Directors

HOURS

Monday - Friday: 5am - 9pm

Saturday & Sunday 7am - 5pm

Member Services: 952-835-2567

<https://www.ymcanorth.org/locations>

[/southdale ymca](#)

SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435

For info. about ForeverWell program contact:

Cathy Quinlivan, Associate Executive Director

Email: catherine.quinlivan@ymcamn.org

Ph: 651-292-4138

Nick Hanks, Executive Director

Email: Nick.Hanks@ymcamn.org

Ph: 952-230-6680

FOREVERWELL AT THE SOUTHDALE YMCA

WHAT IS FOREVERWELL AT THE YMCA?

Staying active mentally, physically, and spiritually is important for feeling your best. ForeverWell is programming geared toward all Y members 55+, developed to build healthy mind, body and spirit and is based on the **Five Dimensions of Health – Connect – Restore – Nourish – Move – Reflect**. ForeverWell programming includes group fitness classes, as well as life-long learning, volunteer opportunities, social events, and a wide range of on-going clubs and activities.

NEW TO THE Y OR COMING BACK AFTER TIME AWAY...

- *ForeverWell Orientations* are held each **Thursday at 9:30 am**. You get a tour of the entire facility and learn about the things you have available to you with your YMCA membership. Visit the welcome desk to sign up.
- *Let's Connect Orientation* is a monthly meet-up with Associate Executive Director, Catherine Quinlivan. "Let's Connect" Orientations are held the **second Tuesday of each month from 10:00 – 11:00 am**. This is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

NEW IN 2025! SHARE YOUR Y-STORY!



Cathy teaching swim lessons in the early 80's at the St. Paul Midway Y



Nick taking part in one of his favorite pastimes in the early 90s

NEW FEATURE

At the Southdale YMCA we all have a Y-Story. Whether you're a new member, found a supportive environment for your fitness journey, made lasting friendships, watched your children grow through our youth programs, we all have experienced transformative impact of being part of this amazing community.

We want to hear from you! Sharing your Y experience helps us understand what makes our community special and reminds us of the difference we're all making together. It's through your stories that we continue to build a stronger, more connected place where everyone can thrive.

Nick and Cathy are eager to hear from you about how your time at the Southdale YMCA has shaped your life and made a difference in your well-being. Please reach out to schedule a time to meet with us to share your story over a cup of coffee. Our contact information is below. We are excited to hear your story!

Catherine Quinlivan, Associate Executive Director:
Catherine.quinlivan@ymcamn.org 651-292-4138

Nick Hanks, Executive Director:
Nick.hanks@ymcamn.org 952-230-6680

HAPPENING IN APRIL

Y GIVE DAY

Wednesday, April 9th , All Day!



To donate online: scan the QR code and designate Southdale for your gift. Thank you for your generosity!

Join the movement **April 9th** and make an impact for our program participants at the Southdale Y! Come to the Southdale Y that day to participate in some FUN-raising activities including popcorn and lemonade, 1975 trivia (Southdale is 50 years old this year) and a chance to win some cool prizes. Our goal is to raise \$4000!

CITY OF BLOOMINGTON PUBLIC HEALTH RESOURCE TABLE

Wednesday , April 16th 10:00- 12:00pm | Lobby

Public health staff from the City of Bloomington will be available in the lobby to provide resources for wellbeing with a focus on mitigating social isolation and loneliness.



FREE HEARING SCREENINGS PROVIDED BY CITY OF BLOOMINGTON PUBLIC HEALTH

Wednesday , April 16th 10:00- 12:00pm | Rotary Room

Studies have shown that people with hearing impairment are up to **three times more likely** to fall compared to those with normal hearing. Get your hearing tested today! *Space is limited* | Sign up at member services.

COFFEE CONCERT SERIES:

Ukelele Ensemble, "That Uke Group", Thursday, April 17th 10:30-11:30 | Lobby

Classical Guitar with Charlie Pydych, Thursday, April 24th 10:30-11:30am | Lobby

(See page 6 for details)



NEW YMCA APP HELP SESSIONS ; TUESDAYS IN APRIL FROM 11-11:30 | LOBBY

The new YMCA app has launched and we are here to help you get it downloaded and get you oriented. No RSVP Required | Lobby (See page 8 for details)

FUNCTIONAL STRENGTH/BALANCE ASSESSMENTS

Friday, April 25th 9-11am | Rotary Room

Studies indicate the biggest opportunity for maintaining balance and mitigating fall risk is regular strength training sessions in your regular routine. Join us on April 25th to complete your functional strength assessment and receive some practical advice on how to incorporate strength training into a regular practice. (For more information see page 7). *Free / Drop-in.*

HORTICULTURE WORKSHOP , MAKE YOUR OWN MINI HERB GARDEN

Wednesday, April 30th , 11:30-12:30pm | Rotary Room

Join staff from the MN. State Horticulture Society for a "make it, take it" presentation on how to grow your own herb garden at home. Learn how to grow plants from seeds and what the best herbs are to grow in a small container. *Free / Limit to 20 participants / Register at Member Services*



ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

FOREVERWELL ORIENTATION – THURSDAYS AT 9:30

Join us for a **30-minute ForeverWell Orientation** at the Southdale YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to: tour the facility: explore our state-of-the-art amenities, including our fitness center, pool, and more. Learn about our variety of group fitness classes designed for all levels, including cardio and strength classes, water exercise and chair and regular yoga. **Get Expert Guidance:** Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals. Whether you're new to fitness or looking to get back on track, this orientation will set you up for success in your wellness journey at the Southdale YMCA. RSVP at Member Services.



NEW MEMBER BINGO

Everyone better watch out for the new kid on the block... YOU! Challenge yourself to get connected by completing at least 5 bingo squares from the "New Member Bingo!" card within your first 30 days of membership. After completion, turn your bingo card into member services for a chance to win 50 Y Bucks towards YMCA programs. It's time to show us what you're made of – you got this! Pick up your Bingo card at member services.



LET'S CONNECT ORIENTATION

Second Tuesday of each month; 10:00 – 11:00 am (April 8th). The "Let's Connect" Orientation with Associate Executive Director, Catherine Quinlivan is an

opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

- Group exercise
- Pickleball
- EGYM strength line
- How to navigate the YMCA app to find classes and make pool reservations
- Personal Training
- Pilates Reformer classes

Perfect for new or returning members, you will enjoy coffee and conversation with Cathy and other members like yourself.

Cathy has over 30 years' experience in the health and wellness industry and is passionate about helping people navigate their wellness journey. Cathy looks forward to connecting with you about how to make your experience at the Southdale Y the best it can be. To register for the orientation, contact Cathy at catherine.quinlivan@ymcamn.org or 651-292-4138.



OPEN PING PONG PLAYING TIME:

Playing ping pong on a regular basis can improve attention, movement, mood and social connection among people striving to outpace a progressive disease, which affects one in every 100 people aged 60 and older. When people with Parkinson's disease are playing the game, areas of the brain that handle tasks like planning and problem-solving — usually impacted by the disease — are activated.

Come give Ping Pong a try! Open time is available Monday, Tuesday, Thursday from 1-4pm and Wednesdays and Fridays from 11:30-4pm in the Rotary Room unless scheduled events are taking place. Consult calendar near Rotary room door. *Note: If there are others waiting to play, score to 11 points and allow others to rotate in to play.*

PICKLEBALL

OPEN COURT TIME

Monday 11:30 am – 2:30 pm; Wednesday 11:30 – 3:00 pm; Tuesday & Thursday: 11:00 am – 12:45 pm; Friday: 10:30 am-3 pm. ADDITIONAL COURT TIME: SUNDAYS 9:30am-11:30am. NOTE: HALF COURT IS AVAILABLE FOR PICKLEBALL ON SUNDAYS. *Skill and athletic ability should not limit participation.* Prerequisites, however, do 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

Monday 2:30 pm – 3:30 pm; Wednesday 3:00 pm – 4:00 pm; Friday 3:00 – 4:00pm.

This time is reserved for new players who are learning the game or who have never played before, or those who just simply want to practice their skills. All three courts will be open and reserved for those members just learning the game. Seasoned players are typically on hand most days and can help new participants get settled and learn the game. Limited equipment is available for checkout at the Welcome Desk at no cost to members. Once the beginners have started play, if there are remaining open courts, experienced players are welcome to stay.

PARKINSON'S CYCLE

Parkinson's Cycle is an evidence based indoor cycle program that aims to improve the lives of those living with Parkinson's disease and their caregivers. Regular exercise is one of the key components in treating the many symptoms of Parkinson's disease. Research shows that pedaling a bicycle may change the life of someone with Parkinson's disease. Wednesday 11:00-12:00pm, Friday 10:30-11:30am.

RESTORE AND RECOVER WEDNESDAYS

Every second Wednesday of the month, 9-10am. (*April 9th*) Chiropractor, Dr Rassacin, will be available in the lobby from 9am-10am to provide general soft tissue therapy such as massage, trigger point therapy, and/or myofascial release. He will also be available to discuss any general health, and wellness concerns you may have. These sessions do not include or constitute an exam, diagnosis, or treatment of specific conditions. To reserve your 10-minute session, a sign-up sheet will be available on the coffee counter in the lobby starting at 8:45am the day of appointments.



Dr. Rassacin (Russ) Ly – Chiropractor

SIP HAPPENS... COFFEE IN THE LOBBY

Thursdays at 8:00 am until the pot is empty in the Lobby. Each Thursday coffee will be available in the lobby. Come hang out with your friends and make new friends.



NEW! COFFEE CONCERT SERIES

Ukelele Ensemble, That Uke Group | Thursday, April 17th, 10:30-11:30-am | Lobby

Classical Guitarist, Charlie Pydych | Thursday, April 24th, 10:30-11:30am | Lobby

Our first coffee concert last month was a hit with the series kicking off with classical guitarist, **Charlie Pydych**. We are excited to continue the series with Charlie coming back and with the addition of Ukelele Ensemble, "THAT Uke Group". THAT Uke Group was created about a year ago with musicians from the local ukulele community. Their goal is to rehearse and enhance music to share with others and to promote their favorite instrument. They play many genres of music including Americana, folk, pop and rock and love to engage with their audiences and especially enjoy when audiences sing along.



THAT Uke Group

The music series is meant to offer a warm and inviting coffee house experience for our members in the lobby, where you can enjoy live music while sipping coffee and visit with friends.

We are still looking for *volunteer musicians*—whether soloists, duos, or small groups—to provide calming, relaxing music that enhances the atmosphere for our members. Whether you're a seasoned performer or an emerging artist, this is a wonderful opportunity to share your gift with an appreciative audience. If you're interested or know someone who would be, please reach out to Cathy Quinlivan, for more information or to sign up. We look forward to hearing from you!

Catherine.quinlivan@ymcamn.org (651) 292-4138.



CHARLIE

CHINESE MAHJONG

Fridays 9:30 - 11:45 am: Open Play | Previous experience required | Rotary

Mahjong is a tile-based game that originated in the early 20th century in China. Over the years various versions of the game have developed, including American Mahjong.

Room 0

BEGINNING BRIDGE

Mondays 9:30 - 11:00 am | Rotary Room

Learn how to play the game of Bridge. Beginners and explorers' welcome.



BOOK CLUB

Join fellow book lovers the 2nd Wednesday of each month from 11:30 am - 12:30 pm (April 9th) to visit and discuss the monthly reading selection. New faces always welcome! If you haven't had the opportunity to read the book, come anyway to enjoy the discussion. *No registration required.*

Upcoming Book Club Selections:

April 9th, "A Murder is Announced", Agatha Christie

May 14th, "How to Age Disgracefully", Claire Pooley

June 11th, "Cocktail Hour: Under the Tree of Forgetfulness", Alexandra Fuller



FRESH AIR TAI CHI MOVES TO THE SOUTHDALE Y

Effective in April, the class that met at Arneson Park on Wednesdays, will meet at the Southdale Y in Studio A from 2:15-3:15pm. The class will be titled "Advanced Tai Chi for Health" and most appropriate for experienced Tai Chi participants.

FREE LIBRARY

The **Southdale YMCA Free Library** is a community resource for both kids and adults to enjoy! Our shelves are getting a little empty, and we need your help to keep this wonderful resource thriving. If you have gently used books that you're ready to part with, please consider donating them so someone else can discover a new favorite. Whether you're looking for a good read or want to share the books you've already enjoyed, our library is here for you. Simply drop off your donations in the book bin in the lobby or place them directly on the bookshelf. Take a book, leave a book, and help spread the joy of reading!



VIRTUAL YMCA

Livestream classes are broadcast daily from the Virtual Studio located right in our own Southdale YMCA! The range of classes offered is huge with many options aimed at our ForeverWell audience. Check out the schedule online at the YMCA website www.ymcanorth.org, or on the YMCA of the North mobile app. If a class doesn't fit your schedule, no problem! Many classes are available on the website for later On Demand viewing. If you have difficulties logging in, the Customer Service Desk can help you 612-230-9622.

VIRTUALLY LED GROUP X CLASSES AT SOUTHDALE YMCA

Virtually led classes are a hit and we invite you to participate in a virtually led classes taking place in a Southdale YMCA studio! Our class numbers are growing with over 10 people in attendance on average for each class. We invite you to experience our virtually led offerings from 1:15-2:00pm; Wednesdays; Silver Sneakers Yoga in Studio B, Thursdays; Silver Sneakers Classic in Studio A.



WHOLE PERSON WELLBEING

GROUP FITNESS CLASS FEATURE – SOUND BATH

TUESDAYS, 11:30-12:30PM & **NEW TIME! THURS., 12:00-1:00PM | STUDIO B**

A sound bath is a meditative experience where participants are immersed in the healing vibrations of crystal singing bowls. These harmonic frequencies help calm the mind, reduce stress, and encourage deep relaxation by gently guiding the nervous system into a restful state. As the tones resonate through the body, they promote energetic balance, release tension, and create space for renewal. Whether you're looking for stress relief or a moment of stillness, a sound bath offers a peaceful and rejuvenating escape.



FUNCTIONAL STRENGTH OPPORTUNITIES TO MINIMIZE FALL RISK

Fall 2024 we offered a balance study to members across our Y communities. Southdale was one of the locations where members participated in this study. The results overwhelmingly supported that regular strength training is the number one activity to improve balance to mitigate fall risk. Specifically, the study indicated the following results:

The study provided these statistics:

- There was a 27% change in risk from pre to post test.
- People were 18.9 times more likely to avoid a fall post-intervention
- Strength workouts are the most effective
- Strength training 2 times per week is most effective.

At the Southdale Y, we have many opportunities to help you engage in regular strength training:

- Group X classes that include strength training on the Foreverwell schedule include **Silver Sneakers Circuit and Classic, Foreverwell Strength**. In addition, **Group Active, Group Power and Body Pump** are strength training classes offered on the regular group x schedule appropriate for the more advanced exerciser.

- **EGYM** strength circuit is a computerized 11-piece strength circuit that focus attention on every major muscle group. Access to EGYM requires a 30-minute orientation with a trainer to set your individual settings. Once you have access you can use the strength line at any time. Visit Member Services to schedule your orientation- or schedule it on the new YMCA App. For more information about EGYM visit: [EGYM](#) or https://www.ymcanorth.org/health_fitness/egym
- Complete an **Inbody assessment** during your **fitness assessment** with a **personal trainer**: All Y members can enjoy one **FREE** one-on-one 60-minute session with a certified personal trainer to explore your mobility and flexibility and discuss opportunities to **MOVE** at the Y. This assessment also includes a an InBody Assessment to quickly and accurately determine your basal metabolic rate, **muscle mass**, body fat percentage, water weight, etc. This is included at no charge during this appointment if desired. Visit member services to schedule your appointment or schedule it on the new YMCA App.

APP-TITUDE: GETTING THE MOST FROM YOUR NEW YMCA APP

HELP SESSIONS ; TUESDAYS IN APRIL FROM 11-11:30 | LOBBY

We are here to help you get connected to your new, improved YMCA app. Meet at member services to receive hands on help to get your app uploaded and get you connected!



SAFETY AT THE YMCA -APRIL

KEEPING KIDS SAFE AT THE Y

At the Y, child protection is our number one priority year-round. During April—Child Abuse Prevention Month—we focus on increasing awareness of child sexual abuse and empower and equip our communities to prevent it. By taking part in this important initiative and through implementing abuse prevention practices year-round, we can all commit to the safety of all children in our care.

The foundational habits of child sexual abuse prevention are—**Know. See. Respond.** When put into practice, they help us create safer environments for children to grow and learn.

- **Know:** Knowing about child sexual abuse can help us better understand what to look for and how to keep it from happening in the first place. As trusted adults to the young people in our lives, we play an important role in protecting them from abuse. Learn more about the different types of abuse, the signs and how you can help at childhelpline.org
- **See:** When we know the signs of abuse, we can intervene on behalf of children. As a trusted adult, you may SEE your child interacting with media daily and you can be equipped with the tools and resources to make sure any environment (including online) is free from any abuse. Learn more at commonsensemedia.org/articles/online-safety
- **Respond:** How can you RESPOND to the call to help prevent child sexual abuse? As a trusted adult, you may know it's important to talk about it, but you may not know what or when to say it. The Committee for Children has created the Hot Chocolate Talk campaign, packing decades of research into easy-to-use guides to help you begin these crucial conversations at any age, from toddler to teen. Visit <https://www.cfchildren.org/resources/child-abuse-prevention/> to learn more.

Thank you for helping to make our Y community safe for our kids!

GIVING BACK TO YOUR COMMUNITY:

DONOR SPOTLIGHT – MARGE MEFFERT: HONORING HER LEGACY



Marge in 1963 at the
YMCA Corporate Office



Marge Now

Marge Meffert had an illustrious career with the Minneapolis YMCA (The Mpls.Y and St. Paul Y merged in 2012 to become what is now YMCA of the North) working in the HR department. She started her career at the age of 20 as the secretary to the Vice President for program. She served in the HR role for more than half of her career of 39 years and retired in 1998 as the Director of Human Resources. Marge is extremely grateful for her long career serving for an organization that is mission based and community focused.

We recently had a chance to sit down and talk with Marge about how the YMCA served the community back then and how it continues to evolve to stay relevant to the complex needs of our community today. Marge continues to provide on-going financial gifts to support campers and program participants of the Southdale YMCA. She represents a compelling argument that everyone involved at the YMCA should do the same.

Below is our conversation:

Can you share a bit about how you first got involved with the YMCA and what led you to work there for 39 years?

When I was little my mom had a cousin who was a medical missionary in the leper colony of India. She came home on furlough and gave a slide presentation at church. Even at my young age, that seemed like something I'd like to do. When I had my interview at the Y on my 20th birthday, I saw the Y's Christian mission statement on the application form. I asked my potential boss, "You mean I could do what I do (office/secretarial work) and work for this organization? It was an honest/innocent question, The rest is history. Doing whatever job I had over my time at the Y was my personal mission. I didn't have to go to India to do mission work. It's always right where you are.

You worked in Human Resources for nearly four decades—what was the most rewarding aspect of your role at the YMCA?

As the Human Resources Director, I interviewed candidates for employment, and as they were hired, I did benefit sessions with them. I also did HR training for staff, which was beneficial to the organization, so we didn't have to spend resource funds on litigation. Working for a mission-driven organization was my continuing purpose.

Over the years, you've seen firsthand the impact the YMCA has had on the community. Where do you think your greatest contributions were, and what was the most fulfilling part of your work in terms of community outreach?

Working in HR, I was not involved in program. In my early years I was secretary to the VP for program and camping and worked with metro-wide councils for those programs and did the publishing of research studies and program materials for youth character development and research studies at camp for the same.

As someone who has been deeply embedded in the Y's culture, what initiatives or programs during your tenure do you feel had the biggest impact on local families or individuals?

Camping and parent/child school age programs called "4-front" programs: Y Indian Guides/Princesses, Gra Y, Jr Hi-Y, Hi-Y) which were aimed at character development. (Picture above shows Marge holding the program manuals)

How have you seen the needs of the communities served by the YMCA change over the years, particularly in today's climate?

One significant addition is more day care programs for households with 2 or single parent households. (The YMCA of the North provides the largest amount of day care programs in the state of Minnesota).

Looking at the way the community's needs have shifted, are there any programs or services that you feel are more crucial today than they were when you started working?

More programs for school age youth and youth programs that focus on character development.

The YMCA has likely evolved in many ways since you first started. What are some of the biggest changes you've observed in the organization over the years, especially in terms of programs, facilities, or mission?

From 1915 through the 1960's programming was done through the schools, churches, park systems and the afore mentioned 4-Front programs. Kids in those programs did service projects in their communities. Parents were involved in those programs. Program Directors were directly related to the schools and churches in their branch service area. That was discontinued after the 1960's. YMCA program literature was distributed through the schools in every branch. In the 1960's the Y responded to the national civil unrest by developing the detached worker program to support youth that were on the streets or involved in gangs. In the 1970's the Mpls. YMCA expanded its programming by building branches in the suburbs and including women and girls. Programming for families was emphasized. The first of these full facility buildings was built on the near north side to respond to priority needs there. Detached worker program then expanded to suburbs.

How do you think the YMCA has maintained its core values over the decades while still adapting to modern needs?

The Y's greatest asset is that it has been able to adapt to community needs throughout history.

As someone who continues to support the YMCA financially, what is it about the Y's mission that motivates you to continue giving, even after retirement?

Hopefully, the Y will stay true to its mission and provide programs for building and strengthening future generations of youth and families.

What would you say to someone who might be hesitant about donating to the YMCA? Why should they consider giving to the Y?

The Y has a long, recognized history of value in local communities and around the world. It has a reputation of being good stewards of the funding it receives. Money well spent on today's youth develops tomorrow's leaders.

Looking back on your long career, what are you most proud of when it comes to your time with the YMCA, and how would you like to see it continue growing in the future?

I had a tiny role in a well-respected mission-driven organization. The YMCA has contributed and been involved in so much history in the world ; The Civil War, World War I, World War II, national events and international mission. I am grateful to have been able to spend my working life with the Y. After I retired, I volunteered one day a week for 12 years at the National Y archives at the U of M. I learned so much more about the Y there then all my years at the Mpls Y. The Y's founder, George Williams, had no idea what he started in London in 1844 for a group of young men who came to the city during the industrial revolution. He wanted to keep the young men out of trouble.

The Y is still Relevant in its mission!

Y GIVE DAY IS HERE!

Y GIVE DAY, WEDNESDAY, APRIL 9TH!

As Marge exemplifies, we all can support the mission of the YMCA to increase impact in our Southdale Y community. Last year on Y Give Day, you generously gave \$3200 towards Southdale's Annual Support Fund. This year we hope to bring in \$4000 with 50 new donors or increased gifts! Stop by the Southdale Y on Wednesday, April 9th for some FUN-raising and make an in-person donation to receive a special prize.



To donate online: scan the QR code and designate Southdale for your gift. Thank you for your generosity!

WHAT WILL YOUR GIFT SUPPORT?

- Each month, our youth programs provide inclusive, safe and engaging spaces and activities for an estimated 1440 kids and teens.
- An average of 5,000 senior visits are logged weekly, with our Foreverwell members improving their health, finding community and sharing joy and inspiration across all parts of our Y.
- Our signature aquatics classes help 1122+ individuals of all ages (infants to seniors) learn lifesaving water safety skills each year.
- \$100 sponsors swimming lessons for an individual facing their fear of water for the first time.
- \$150 helps cover the programming fee for a teen to join their friends on a team sport.
- \$500 provides a yearly membership for a family facing financial barriers.
- \$1000 funds high-quality training and professional development resources for our teen and young adult staff members.



FOREVERWELL

CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- SilverSneakers® Classic
- SilverSneakers® Yoga
- Shallow Water Exercise
- ForeverWell Tai Chi
- Sound Bath

ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- ForeverWell Combo
- ForeverWell Strength
- Water Exercise
- Line Dancing
- ForeverWell Balance
- Sound Bath

EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- ForeverWell Strength
- Gentle Yoga
- Deep Water Exercise
- Line Dancing
- Sound Bath

GROUP EXERCISE CLASSES – APRIL

MONDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15 – 9:15am	Studio B	Diane A.
ForeverWell Combo	8:30 –9:15am	Studio A	JoJo G.
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Silver Sneakers Yoga	11:30-12:15pm	Studio B	Mel
ForeverWell Balance	12:30- 1:00pm	Studio B	Mel
ForeverWell Strength	1:15 – 2:00pm	Studio A	Anne H.

TUESDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15-9:15am	Studio B	Anne H.
ForeverWell Cardio Dance	9:45-10:45am	Studio A	Kitty W.
Silver Sneakers Yoga	10:30-11:15am	Studio B	Linda D.
Sound Bath	11:30-12:30pm	Studio B	Priscilla
Water X Bootcamp	12:15-1:00pm	Lap Pool	Deb C
SilverSneakers Classic	1:15-2:00pm	Studio B	Kelly D
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

WEDNESDAY

Water Exercise	7:45-8:30am	Leisure Pool	Sheila B.
ForeverWell Combo	8:30-9:15am	Studio A	Jo Jo
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Parkinson's Cycle	11:00am-12:00pm	Cycle Studio	Katy E.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Staff
Silver Sneakers Yoga	1:15-2:00pm	Studio B	Virtually Led
Advanced Tai Chi for Health	2:15-3:15pm	Studio A	Tom E.

THURSDAY

Water Exercise	7:45-8:30am	Leisure Pool	Kelly D.
ForeverWell Yoga	8:15-9:15am	Studio B	Michelle L.
ForeverWell Cardio Dance	8:30-9:15am	Studio A	Kitty W.
SilverSneakers Yoga	10:30-11:15am	Studio A	Anne H.
Sound Bath	12:00-1:00pm	Studio B	Hayley
Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.
Silver Sneakers Classic	1:15-2:00pm	Studio B	Virtually Led
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

FRIDAY

H2O Flow	7:45-8:30am	Leisure Pool	Kelly
ForeverWell Yoga	8:15-9:15am	Studio B	Diane A.
ForeverWell Combo	8:30-9:15am	Studio A	Gayle
SilverSneakers Classic	9:30-10:15am	GYM	JoJo G.
Parkinson's Cycle	10:30-11:30am	Cycle Studio	Katy E.
SilverSneakers Yoga	11:00-11:45am	Studio A	Kelly D.
ForeverWell Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.
Foreverwell Strength	1:15-1:45pm	Studio A	Virtually Led

SATURDAY

SilverSneakers Classic	12:15-1:00pm	Studio B	Anne/Stephanie
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April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*open ping pong 1-4pm M T, TH 11:30-4pm W,F	1 - App Help 11- 11:30 -Pickleball 11am -12:45 pm	2 -Pickleball 11:30 am - 4 pm	3 Sip Happens 8-12 -ForeverWell Orientation 9:30 am -Pickleball 11am -12:45 pm	4 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am -4 pm	5
6 -Pickleball 9-11:30 am (HALF GYM) -	7 -Beginning Bridge 9:30-11 am -Pickleball 11:30a -3:30p	8 - App Help 11- 11:30 --Let's Connect Orientation 10- 11am -Pickleball 11am -12:45 pm	9 Y GIVE DAY! - Restore and Recover 9-10am - Book Club 11:30 - 12:30 -Pickleball 11:30 am - 4 pm	10 Sip Happens 8-12 -ForeverWell Orientation 9:30 am -Pickleball 11am -12:45 pm	11 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am -4 pm	12
13 -Pickleball 9-11:30 am (HALF GYM)	14 -Beginning Bridge 9:30-11 am -Pickleball 11:30a - 3:30p	15 - App Help 11- 11:30 Pickleball 11am-12:45 pm	16 -Public Health Resource table 10- noon - Pickleball 11:30 am - 4 pm	17 Sip Happens 8-12 - ForeverWell Orientation 9:30 am Coffee Concert 10:30-11:30 - Pickleball 11am -12:45 pm	18 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am -4 pm	19
20 -Pickleball 9-11:30 am (HALF GYM)	21 -Beginning Bridge 9:30-11 am -Pickleball 11:30a - 3:30p	22 - App Help 11- 11:30 Pickleball 11am -12:45 pm	23 -Pickleball 11:30 am - 4 pm	24 Sip Happens 8-12 - ForeverWell Orientation 9:30 am Coffee Concert 10:30-11:30 - Pickleball 11am -12:45 pm	25 -Open Mahjong 9:30 -11:45am -Functoinal Stregth Balance Assessments 9-11 -Pickleball 10:30 am - 4 pm	26
27 -Pickleball 9-11:30 am (HALF GYM)	28 -Beginning Bridge 9:30-11 am -Pickleball 11:30a - 3:30p	29 - App Help 11- 11:30 Pickleball 11am -12:45 pm	30 -Plant an Herb Garden Presentation 11:30-12:30 -Pickleball 11:30 am - 4 pm	5/1 Sip Happens 8-12 - ForeverWell Orientation 9:30 am - Pickleball 11am -12:45 pm	5/2 Open Mahjong 9:30 -11:45am -Pickleball 10:30 am - 4 pm	5/3