



# FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

APRIL 2024 | SOUTHDALE

## At a Glance...

### FREE BLOOD PRESSURE CHECKS

Mondays April 8, 15, 22 and 29; 10:00am - Noon.

No appointment necessary, just walk in. *Sponsored by Home Instead and Summit Place.*

### HAPPENING IN APRIL

See page 3

### ONGOING PROGRAMS AND ACTIVITIES

See page 4-5

### MORE...

See page 6-10

### FOREVERWELL CLASS GUIDE & GROUP EXERCISE SCHEDULE

See page 11-12

### MONTHLY CALENDAR

See Page 13

### WORD FIND

See Page 14



## DO SOMETHING GREEN



April's ForeverWell theme is "Do Something Green."

- Nourish yourself with a yummy and nutritious green smoothie (recipe is on page 7).
- April is National Garden Month.
- Plant a garden for your kitchen on Earth Day (April 22, see page 3).
- Spend time outside preparing gardens, walking, and playing.
- April is Parkinson's Awareness Month. According to the National Institute of neurological disorders and stroke, approximately 500,000 Americans are diagnosed with Parkinson's Disease, but "some experts estimate that as many as 1 million Americans have PD."
- We are currently seeking a volunteer to help grow a monthly movie watching meet-up. If you are interested in learning more about this or other volunteer opportunities, come to the Volunteer Day meet-up on Monday, April 29 (see page 3), or contact ForeverWell Coordinator, Maureen Bowen at [maureen.bowen@ymcamn.org](mailto:maureen.bowen@ymcamn.org) or 651-747-0927.

## HOURS

Monday - Friday: 5am - 9pm  
Saturday & Sunday 7am - 5pm

## SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435

ForeverWell Coordinator:

Maureen Bowen

Email: [maureen.bowen@ymcamn.org](mailto:maureen.bowen@ymcamn.org)

Phone: 651-747-0927

[https://www.ymcanorth.org/locations/southdale\\_ymca](https://www.ymcanorth.org/locations/southdale_ymca)

Member Services: 952-835-2567

# 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 and up, 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...

Let's get you connected:

- **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. For more information or to schedule a ForeverWell Orientation at a different time, contact Maureen Bowen, ForeverWell Coordinator at [maureen.bowen@ymcamn.org](mailto:maureen.bowen@ymcamn.org) or 651-747-0927.
- **Let's Connect Orientation** is a monthly meet-up with Associate Executive Director, Catherine Quinlivan. Get Connected 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:
  - Group exercise
  - Pickleball
  - eGym strength line
  - How to navigate the YMCA app to find classes and make pool reservations
  - Personal Training
  - Pilates Reformer classes
  - Orthology physical therapy services

Perfect for new or returning members, you will enjoy coffee and conversation with Cathy and other members like yourself. To register for the orientation, contact Cathy at [catherine.quinlivan@ymcamn.org](mailto:catherine.quinlivan@ymcamn.org) or 651-292-4138.

## HERE TO HELP...



Maureen Bowen, ForeverWell Coordinator



Nick Hanks, Associate Executive Director



Catherine Quinlivan, Associate Executive Director

# HAPPENING IN APRIL

## FREE BLOOD PRESSURE CHECKS

**Mondays, April 8, 15, 22 and 29; 10:00 am – Noon in the Lobby.**

No appointment needed, just show up. *Sponsored by Home Instead and Summit Place.*

## REFORMER SAMPLE CLASSES – FULL (WAITLIST AVAILABLE)

**Mondays April 1 & 15; 11:15 am – Noon in Studio D.**

Have you been curious about trying out the new small group training Reformer Classes? Now is your chance. These FREE sample classes are your opportunity to try before you buy. Feel free to stop by and watch and learn about the Pilates Reformer Small Group Training program even if the class is full.

## LET'S CONNECT ORIENTATION

**Tuesday, April 9; 10:00 – 11:00 am in the Rotary Room.**

This is an opportunity for you to take a deeper dive into many of the programs offered at the Southdale YMCA. Perfect for new or returning member, you will enjoy coffee and conversation with Cathy Quinlivan, Southdale Associate Executive Director, and other members like yourself. See page 4 for more information.

## LYRICS & LUNCH

**Friday, April 12; 12:00 – 1:00 pm in Multi-Purpose Room –A.**

Potluck lunch and brain games. No singing ability required! Come explore how music and memory collide to create the “reminiscence bump.” Music from your late teens and into early adulthood provides a powerful memory and emotional connection. A twist on traditional brain games.

Bring a dish to share. Please sign up at the Welcome Desk.

## UNDERSTANDING VARICOSE VEIN DISEASE – LUNCH & LEARN

**Thursday, April 18; 12:00 – 1:00 pm in the Rotary Room.**

Vein Disease affects more than 30 million people in the U.S. Learn about varicose vein disease at this lunchtime presentation and Q & A sponsored by Medtronic. FREE lunch provided. Space is limited; sign up required. Sign up at the Welcome Desk.

## PLANT YOUR OWN KITCHEN GARDEN

**Monday, April 22; 11:30 am – 12:30 pm; in the Rotary Room.**

April is National Garden month and April 22 is Earth Day. You can have a garden even if you don't have a lot of space. Celebrate EARTH DAY and plant a nourishing kitchen garden that you can take home.

Sign-up required. Sign up at the Welcome Desk.

## VOLUNTEER APPRECIATION DAY

**Monday, April 29; 11:30 – 12:30 pm; in the Rotary Room.**

Have you volunteered at the Southdale YMCA, or are you interested in learning about the volunteer opportunities that are available at the Southdale Y? Stop by the Rotary Room for refreshments and conversation with current and prospective volunteers and learn about becoming a volunteer at the Southdale YMCA.

# ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

## SIP HAPPENS... COFFEE IN THE LOBBY

Thursdays at 9:00 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.

## BEGINNING BRIDGE

Mondays 9:30 – 11:00 am in the Rotary Room.

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

## 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 – 1:30 pm.

**ADDITIONAL COURT TIME: SUNDAYS 9:00 - 11:30 AM. 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 1:30 – 4:00.

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.

## BOOK CLUB

Join fellow book lovers the **2nd Wednesday of each month from 11:30 am - 12:30 pm** 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.*



Book  
Club

### Upcoming Book Club Selections

April 10 – “A Thousand Splendid Suns,” by Khaled Hosseini

May 8 – “In the Garden of Righteous,” by Richard Hurowitz

June 12 – “Clementine: The Life of Mrs. Winston Churchill,” by Sonia Purnell

## PEDALING FOR PARKINSON'S

Pedaling for Parkinson's 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. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute. Fast pedaling is not a cure for Parkinson's disease, but there is compelling evidence to show that it does make a real difference in quality of life for many who try it.

## FRESH AIR TAI CHI

Fresh air Tai Chi meets at **Arneson Acres Park every Wednesday 2:00-2:45pm**. Enjoy quiet practice of the movements in Sun41, the Tai Chi for Arthritis Program by the Tai Chi for Health Institute. Arneson Acres Park: 4711 W 70th St, Edina, MN 55424.

## 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](http://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.



**Cultural Explorations (on ZOOM)** is a weekly meet-up of YMCA members from various branches of YMCA of the North. Each week the group takes a (virtual) trip to places near and far; tour some of the world's museums, landmarks and historic sites from the comfort of your own home; hear a lecture about history; enjoy a concert; learn about new food. Each week we will explore a different topic. To learn more and sign up contact ForeverWell Coordinator, Maureen Bowen at [maureen.bowen@ymcamn.org](mailto:maureen.bowen@ymcamn.org).

## CHINESE MAHJONG

**Fridays 9:30 – 11:45 am.** 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. If you are interested in learning how to play Chinese Mahjong you can fill out an interest form at the Welcome Desk.

## LET'S CONNECT ORIENTATION

**Second Tuesday of each month; 10:00 – 11:00 am.** 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
- Orthology physical therapy services

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](mailto:catherine.quinlivan@ymcamn.org) or 651-292-4138.





## MORE...

### THE QUIET DONOR: JOAN B. HANSON HOW ONE WOMAN'S GIFT EMPOWERS SENIORS

Leaving a planned gift is not about impressing people. Instead, it's about creating a lasting legacy by providing dollars to develop programs you care about passionately. That's at least how Joan — a rather reserved Southdale YMCA community member — felt about it when she quietly made a transformational gift that will not just sustain but expand senior programs at the Y, now called ForeverWell. Joan B. Hanson was a special education teacher at Cornelia Elementary School in Edina, where she served for over thirty years. Joan impacted thousands of students and still found the time to stay active, both physically and in her community. As a life-long learner, she truly enjoyed traveling and socializing with her colleagues and community members. For decades, Joan was a longtime neighbor to the Southdale Y. Once she



became a member, Joan was that active person who always wanted to be moving. With no fanfare, Joan graciously created a bequest in her estate plans that established an endowment through a generous gift of \$270,000. The interest earned from the endowment will continue to support ForeverWell program development, year after year in perpetuity. What a legacy! With this gift, the Southdale Y is promoting new senior programming. "We listen to our members," said ForeverWell Coordinator, Maureen Bowen, "and they want to re-launch the Walking Club, begin partner-style dance classes, and host more luncheons." Maureen adds that Joan's fund will fuel the "synergy" between fitness and friendships among seniors. Everyone who knew Joan would echo that she was dedicated to seeing more seniors being able to access ForeverWell programs, build connections, and remain physically and mentally active. This is the essence of what ForeverWell at the Y is. Quiet as she was, Joan would be thrilled to know that the expansion of senior programs will have a loud impact for generations to come with her gift.

*Joan Hanson (1932-2022), above right*

### INTERESTED IN LEARNING MORE?

To designate your own gift to the Y in your will, trust or as an IRA beneficiary:

- Indicate the YMCA branch, camp or program to which you are directing your estate gift.
- Also include: YMCA of the North\*, 651 Nicollet Mall Ste. 500, Minneapolis, MN 55402 (Federal Tax ID 45-2563299).
- Contact a YMCA planned giving team member for more information or to share your plans

E: [plannedgiving@ymcanorth.org](mailto:plannedgiving@ymcanorth.org)

P: 612-330-3074

\*The YMCA of the North is a 501(c)3 nonprofit organization and serves as the legal entity for all YMCA branches and camps

#### LEAVE A LEGACY GIFT



#### TELL US YOUR Y STORY



# WHOLE PERSON WELLBEING

## HEALTH COACHING

### WITH BOARD-CERTIFIED HEALTH COACH, KAREN MOORE

#### Individual Guidance and Support

- If you're unsure where to begin your wellbeing journey, need support in achieving your goals, or need guidance in determining which wellbeing services may be best for you, health and wellbeing coaching is a great place to start.
- Integrative health and wellbeing coaching provides a supportive accountability partner to help identify your current state of wellbeing, create values-aligned goals, and implement an empowering action plan for a healthier, happier you!
- A wellbeing consultation is a 20-minute opportunity with a board-certified health coach to explore your key health and wellbeing concerns or goals, as well as discover potential next-steps to best support you.
- This complementary consultation is designed to discuss what is most important to you, including exploring priority goals and concerns; answering your questions about how health coaching or other Y programs can support your vision for greater health and wellbeing, and discovering potential next steps for a healthier, more fulfilled you.
- Schedule your complementary 20-minute wellbeing consultation at the Welcome Desk.



## PHYSICAL THERAPY

### WITH ERIC KOCH, DOCTOR OF PHYSICAL THERAPY

#### ORTHOLOGY



Orthology is a physical therapy and chiropractic health and wellness company that has had a partnership with the YMCA since 2018 and offers physical therapist services in the following YMCA locations: Blaisdell, St. Paul Midway, Ridgedale, Southdale.

Our focus is to bring physical therapy services to the YMCA locations for members and non-members of the surrounding area. We offer treatment techniques to address injury and restore function, range of motion, flexibility, and alleviate pain. Our providers are all listed on the YMCA of the North Website for more information and detail.

This month has been exciting because we have launched a pickle ball injury prevention clinic at multiple locations. Pickle ball is a fast-growing social sport. Our clinic is to go over the basics of pickle ball and bring awareness to your body's movement, so individuals can assess their mechanics, learn drills, and prevent injury!



#### Green Smoothie Recipe

From [Love & Lemons](#)

- 1 cup frozen spinach or kale
- ½ frozen banana
- ½ tablespoon almond butter
- 1 to 2 cups peeled and frozen orange segments, or frozen pineapple or mango chunks
- ½ teaspoon chia seeds, optional
- 1 cup almond milk, plus more as needed to blend
- Handful of ice

- 1) In a blender, place the spinach, banana, almond butter, 1 cup frozen fruit, and chia seeds, if using. Add the almond milk and blend until smooth, adding more almond milk as needed to blend. Add the ice and blend again.
- 2) Taste and add more frozen fruit if you'd like your smoothie to be sweeter. Blend until smooth, adding more almond milk as needed.

# SAFETY AT THE YMCA – APRIL

## KEEPING KIDS SAFE AT THE Y

At the Y, we believe ALL children deserve the opportunity to discover who they are, and what they can achieve. Every day, we are proud and respectful of the trust parents and communities around the country place in the Y. From youth sports today and overnight summer camp; from out-of-school time to preschool; our Ys work to ensure all children have a safe, fun filled experience.

At the Y, child protection is our number one priority year-round. During April – Child Abuse Prevention Month – we participate in a weeklong campaign called **Five Days of Action** to increase awareness of child sexual abuse, and empower and equip our communities to prevent it. By taking part in this important campaign and through implementing abuse prevention practices year-round, we can all commit to the safety of all children in our care.

During these **Five Days of Action**, we introduce the foundational habits of child sexual abuse prevention—**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](http://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](http://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.







# SHOE DRIVE!

## SUPPORTING THE FAMILIES AT BRIAR HILLS NEIGHBORHOOD CENTER!

Through May 1st please donate your gently worn or new athletic shoes for our families at Briar Hills Neighborhood Center in Eden Prairie.

We are collecting sizes for toddlers up to adults!

## THANK YOU FOR DONATING

## SOUTHDALE STARS

### WHO IS YOUR SOUTHDALE STAR?

Shine some light at Southdale by recognizing employees who have made a positive impact on you! You can now nominate our staff for employee recognition awards by jotting down their name and what they have done for you on a paper star in the lobby. We greatly appreciate your ongoing kindness!



**MAKE A LITTLE EXTRA MONEY  
WHILE GIVING BACK TO YOUR  
OWN COMMUNITY!**

**NOW HIRING LIFE GUARDS & SWIM INSTRUCTORS  
UP TO \$17.50/HOUR**

**WE WILL EVEN PROVIDE YOU WITH ALL OF YOUR  
TRAINING AND CERTIFICATIONS FOR FREE**

For more information – talk to your Branch Executive or  
ForeverWell Coordinator, or e-mail Lisa Yahn:  
[lisa.yahn@ymcamn.org](mailto:lisa.yahn@ymcamn.org)

the **Y** FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SIP HAPPENS...

COFFEE IS BREWING.

EACH THURSDAY @ 9:00AM  
UNTIL THE POT IS EMPTY!

22-6011





# 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.

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

### 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.

- Line Dancing
- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- ForeverWell Combo
- ForeverWell Strength
- ForeverWell Tai Chi
- Water Exercise

### 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.

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

# 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.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Maureen B.

## TUESDAY

Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15-9:15am	Studio B	Peggy W.
ForeverWell Combo	9:45-10:30am	Studio A	Maureen B.
Silver Sneakers Yoga	10:30-11:15am	Studio B	Linda D.
Line Dance	12:45-2:00pm	Studio A	Colette I.
SilverSneakers Classic	1:15-2:00pm	Studio B	STAFF
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	Julie A.
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Pedaling for Parkinson's	11:00am-12:00pm	Cycle Studio	Katy E.
ForeverWell Water Exercise	12:15-1:00pm	Leisure Pool	Patty K.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Maureen B.
Outdoor Tai Chi	2:00-2:45pm	Arneson Park	Tom E.

## THURSDAY

Water Exercise	7:45-8:30am	Leisure Pool	Kelly D.
ForeverWell Yoga	8:15-9:15am	Studio B	Peggy W.
ForeverWell Cardio Dance	8:30-9:15am	Studio A	Kitty W.
SilverSneakers Yoga	10:30-11:15am	Studio A	Anne H.
Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.
Tai Chi	2:15-3:15pm	Studio A	Tom E.

## FRIDAY

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	JoJo G.
Pedaling for Parkinson's	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.

## SATURDAY

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



# APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3/31</b> <i>EASTER</i> <i>THE YMCA IS</i> <i>CLOSED</i>	<b>1</b> <i>-Beginning Bridge</i> <i>9:30-11 am</i> <i>-Pickleball</i> <i>11:30a -3:30p</i>	<b>2</b> <i>-Pickleball</i> <i>11am -12:45 pm</i>	<b>3</b> <i>-Pickleball</i> <i>11:30 am - 4 pm</i>	<b>4</b> <i>-Sip Happens</i> <i>9:00 am</i> <i>-ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Pickleball</i> <i>11am -12:45 pm</i>	<b>5</b> <i>-Mahjong</i> <i>9:30 -11:45 am</i> <i>-Pickleball</i> <i>10:30 am - 4 pm</i>	<b>6</b>
<b>7</b> <i>-Pickleball</i> <i>9-11:30 am</i> <i>(HALF GYM)</i>	<b>8</b> <i>-Beginning Bridge</i> <i>9:30-11 am</i> <i>-Blood Pressure</i> <i>Checks</i> <i>10 am - 12 pm</i> <i>-Pickleball</i> <i>11:30a -3:30p</i>	<b>9</b> <i>-Get Connected</i> <i>Orientation</i> <i>10-11am</i> <i>-Pickleball</i> <i>10:30-11:45 am</i>	<b>10</b> <i>-Pickleball</i> <i>11:30 am - 4 pm</i> <i>- Book Club</i> <i>11:30 - 12:30</i>	<b>11</b> <i>-Sip Happens</i> <i>9:00 am</i> <i>-ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Pickleball</i> <i>11am -12:45 pm</i>	<b>12</b> <i>-Mahjong</i> <i>9:30 -11:45am</i> <i>-Pickleball</i> <i>10:30 am -4 pm</i> <i>-Lyrics &amp; Lunch</i> <i>Potluck 12-1pm</i>	<b>13</b>
<b>14</b> <i>-Pickleball</i> <i>9-11:30 am</i> <i>(HALF GYM)</i>	<b>15</b> <i>-Beginning Bridge</i> <i>9:30-11 am</i> <i>-Blood Pressure</i> <i>Checks</i> <i>10 am - 12 pm</i> <i>-Pickleball</i> <i>11:30a - 3:30p</i>	<b>16</b> <i>-Pickleball</i> <i>11am-12:45 pm</i>	<b>17</b> <i>- Pickleball</i> <i>11:30 am - 4 pm</i>	<b>18</b> <i>-Sip Happens</i> <i>9:00 am</i> <i>- ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>- Pickleball</i> <i>11am -12:45 pm</i> <i>-Lunch &amp; Learn</i> <i>12-1 pm</i>	<b>19</b> <i>-Mahjong</i> <i>9:30 -11:45am</i> <i>-Pickleball</i> <i>10:30 am -4 pm</i>	<b>20</b>
<b>21</b> <i>-Pickleball</i> <i>9-11:30 am</i> <i>(HALF GYM)</i>	<b>22</b> <i>-Beginning Bridge</i> <i>9:30-11 am</i> <i>-Blood Pressure</i> <i>Checks</i> <i>10 am - 12 pm</i> <i>-Pickleball</i> <i>11:30a - 3:30p</i> <i>-Plant a Kitchen</i> <i>Garden</i> <i>11:30am-</i> <i>12:30p</i>	<b>23</b> <i>-Pickleball</i> <i>11am -12:45 pm</i>	<b>24</b> <i>-Pickleball</i> <i>11:30 am - 4 pm</i>	<b>25</b> <i>-Sip Happens</i> <i>9:00 am</i> <i>- ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>- Pickleball</i> <i>11am -12:45 pm</i>	<b>26</b> <i>-Mahjong</i> <i>9:30 -11:45am</i> <i>-Pickleball</i> <i>10:30 am - 4 pm</i>	<b>27</b>
<b>28</b> <i>-Pickleball</i> <i>9-11:30 am</i> <i>(HALF GYM)</i>	<b>29</b> <i>-Beginning Bridge</i> <i>9:30-11 am</i> <i>-Blood Pressure</i> <i>Checks</i> <i>10 am - 12 pm</i> <i>-Pickleball</i> <i>11:30a - 3:30p</i> <i>-Volunteer</i> <i>Appreciation</i> <i>11:30a-12:30p</i>	<b>30</b> <i>-Pickleball</i> <i>11am -12:45 pm</i>	<b>5/1</b> <i>-Pickleball</i> <i>11:30 am - 4 pm</i> <i>-Group Walk</i> <i>11:30a-12:30p</i>	<b>5/2</b> <i>-Sip Happens</i> <i>9:00 am</i> <i>-ForeverWell</i> <i>Orientation</i> <i>9:30 am</i> <i>-Pickleball</i> <i>11am -12:45 pm</i>	<b>5/3</b> <i>-Mahjong</i> <i>9:30 -11:45 am</i> <i>-Pickleball</i> <i>10:30 am - 4 pm</i>	<b>5/4</b>

# ForeverWell-Do Something Green

Words can go in eight different directions.

Y S T O T A L S O L A R E C L I P S E Z Q T  
T R Q Q D P L B N F Z Q M K C L V E N M R L  
B E J G K C J N Q T M L K Y B Y L V M M G B  
R W K Q N T Z Z Q V B H L Y P C V R C R D U  
W O A P R I L F O O L S D A Y T S W M F W D  
R H T T N K N L X I W T L C H I A K T L J D  
X S M E B N V A R M V S E T L F K X P N H I  
R L I T P L E I E N D R P L T N R U D M P N  
E I G S B A S C B L F Q Y R D R N V G A J G  
T R R A G E S K I D C J F S I A Q Y N H Y P  
T P A W S C Y S P G O G T G E N A Q H M T L  
U A T D K R M V O K N R N L N D G W N X M A  
L J I O M J Q J E V E I C I H I W B R N V N  
C L O O G T L S H E E D T T R Z N Y R N Q T  
E X N F N N Q T T R R R R L N P N E D E W S  
D L S P K J K S K A K A M R E P S G D K A T  
T R T O T F W H Y R E F F K B M K M F R K K  
X M U T S E E R T A I L O N G A M K M L A R  
R T L S E K N R Q R V K B Q Z R C D K R L G  
M D I P W R E H T A E W G N I R P S T G J M  
R L P Z V G D O S O M E T H I N G G R E E N  
R M S Q Q Y A D R O B R A L A N O I T A N M

© 2024 Sandra King Freeman

ForeverWell Word Search for Elizabeth YMCA

April Fools Day

April Showers

Budding Plants

Declutter

Do Something Green

Earth Day

Gardening

Irises

Magnolia Trees

Melting Ice

Migrations

National Arbor Day

Passover

Recycle

Silly Jokes

Spring Break

Spring Cleaning

Spring Weather

Stop Food Waste

Street Sweep

Tax Day

Total Solar Eclipse

Tulips

Yard Clean Up