FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

October 2024 | SOUTHDALE

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AGING WITH VITALITY

October's ForeverWell theme is, "Celebrating Octogenarians"

This month's special focus is on our members that are 80 years + young. We celebrate all the ways you stay vital and thriving at the Southdale YMCA!

Participate in some great educational and wellness activities during **Active Aging Week,** Sept 30th-Oct 4th. (See page 3 for details)

Keep your mind nimble and curious with brain games! **October 11th** with Roxy Kline. (See page 3 for details)

If you are 80 + years young, join us to celebrate you with our annual Octogenarian luncheon. Immediately following the luncheon, we will be entertained by the Edina Senior Singers! **October 23rd.** (See page 3 for details).

Its not too late to get your flu shot! Back by popular demand, UCare and Cub pharmacy will be back to provide flu shots and Covid vaccines. **October 29th**. (See page 3 for details)

Come to our first potluck since 2019 happening on Halloween! We will celebrate the season with a costume contest, fun games and an old fashioned potluck. Bring a guest for free! **October 31st**. (See page 4 for details)

Last, we are excited to announce that ping pong is at the Southdale Y! Ping pong builds coordination, balance and hand/eye coordination. A fun way to combat the effects of aging. (See page 5 for details).

Cathy Quinlivan | Nick Hanks -Associate Executive Directors

HOURS

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

SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435
ForeverWell Contact:
Cathy Quinlivan, Associate Executive Director
Email: catherine.quinlivan@ymcamn.org
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 connect!

- ***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. 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:

YOUR ASSCOCIATE EXECUTIVES AT SOUTHDALE YMCA ARE HERE FOR YOU!

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

Catherine Quinlivan, Associate Executive Director: Catherine.quinlivan@ymcamn.org
651-2924138

HAPPENING IN OCTOBER

ACTIVE AGING WEEK: SEPTEMBER 30TH -OCTOBER 4TH ! *(SCHEDULE SUBJECT TO CHANGE)*

Tuesday: Benefits of sleep. Presented by Eric Koch, Orthology, Physical Therapist
Presentation will focus on all aspects of sleep. Learn more about your sleep cycle, benefits of increased sleep, best sleeping position(s), and helpful ways to improve your sleep. | Rotary Room | Noon-12:45pm
Wednesday: Annual Support Campaign/Celebration Lunch | Volunteer Fair | Lobby | 10am-1pm
Thursday: 1 on 1 stretching and facia release with Russ Rassacin, Chiropractor | Lobby | 9-11:30am
Friday: Free Friend Friday! Bring a guest for free. Fall prevention workshop presented by Roxy Kline. Find out why people fall, learn 4 strategies to mitigate your risk of falling, learn about factors that affect your balance and gait, and practice some drills that could improve your balance. 10:30, Rotary Room. Friends invited! (guests require a picture ID)

ANNUAL SUPPORT CAMPAIGN MATCHING GIFT CHALLENGE| DOUBLE YOUR IMPACT!

Support Southdale's Match Week: September 30- October 4th.
By becoming a donor or increasing your current gift during this week **(and this week only!)** the Southdale YMCA automatically receives a FULL Match on your generous gift.

Ready to join us? (Remember if you join Sept.30th- Oct 4th. Your donation is Matched!)
Help us strengthen the legacy of the YMCA today by scanning the QR Code below to set up your recurring donation. When you fill out the form, you can designate your sustaining gift to the **SOUTHDALE YMCA.**
Once submitted, we will officially welcome you into our Stewards of the North donor community with a special welcome packet in the mail, and you will also receive an e-receipt confirming each recurring contribution.

Join us for lunch on Wednesday, October 2nd in the lobby from 11am-1pm. We'll provide a hotdog lunch and celebrate the great impact we make as a community.

MEDICARE 101

Wednesday, October 9th, 6:00pm. Rotary Room
New to Medicare? Come to this Medicare 101 class to learn the basics of Medicare, Supplements and Advantage plans. This class is about 30 minutes, with another 30 minutes for Q&A. If you are nearing 65, retiring or just have questions, come to this class presented by Lee Ziesmer of Gold Leaf Insurance. No reservation required.

BRAIN GAMES, CIDER & DONUTS

Friday, October 11th, 10:30-11:30am
Join Roxy Kline as she challenges you to some fun brain games to keep your mind nimble. Think of it as flexing your mind muscle! Enjoy a tasty fall treat as well. No sign up required. Rotary Room.

ESTATE PLANNING WORKSHOP | LUNCH AND LEARN

Monday, October 14th, 11:30am-12:30pm
Join Peder Jacobson from Jacobson Estate Law, to learn more about how to plan when it comes to your estate. Lunch will be served, and space is limited. Sign up at member services. Reservation required.

MEDICARE RESOURCE TABLE | LOBBY

Thursday, October 17th, 10am-1pm
Lee Ziesmer of Gold Leaf Insurance will be in the lobby to answer your questions about Medicare.

OCTOGENARIAN CELEBRATION LUNCHEON:

Wednesday, October 23, Noon-1pm
If you are or 80 years old and older we want to celebrate you with our annual Octogenarian celebration on Wednesday, October 23rd honoring you! Enjoy a catered lunch and then a concert by the Edina Senior Singers. Lunch will take place from noon-1pm in the lower-level multi-purpose room. **Space is limited for the lunch so reserve your spot soon** at the member services or by emailing Cathy Quinlivan at catherine.quinlivan@ymcamn.org.

Concert will take place at 1:30 in Studio A. **(No reservation required)**

EDINA SENIOR SINGERS CONCERT:

Wednesday, October 23, 1:30-2:30, Studio A
Enjoy a free concert by the illustrious Edina Singing Seniors! Repertoire will include familiar songs that will get your toes tapping and hands clapping. You may even be invited to sing along! (No reservation required)

FLU SHOT AND COVID VACCINE CLINIC

Tuesday, October 29th, 9am-2:00pm. Lobby
Southdale YMCA is partnering with UCare and Cub Pharmacy to provide flu vaccines! Our September clinic saw over 150 participants! Get ready for flu season and get your flu vaccines. It is your best protection against the flu. Everyone 6 months of age and older needs a flu shot every year. If you have health insurance, it is 100% covered. Please bring your insurance ID card with you. COVID vaccines will also be available upon request. Walk-ins welcome.

BRING A BOO HALLOWEEN POTLUCK PARTY!

Thursday, October 31st, 11:30-1pm, Rotary Room
Bring one free guest (your BOO), some food to share and your favorite costume to a Halloween themed potluck! We will be hosting the potluck with fun activities such as trivia, Hallow-*bean* bag toss, a costume contest and more. We know the gym is the place to keep your ghoulish figure, but a little candy won't haunt you. Be there or be scared!

SAFETY AT THE YMCA – OCTOBER

ESCAPE PLANNING

ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

NEW! OPEN PING PONG PLAYING TIME:

Monday-Friday 1:00-4:00pm
Did you know that 1 out of 100 people over the age of 60 are diagnosed with Parkinson's? It is also more common in Men.
Ping Pong to the rescue! Ping-pong has clearly been shown to have a positive impact on the progression of the disease and in a way that the medication alone is not doing," said Dr. Elana Clar, a neurologist at Hackensack University Medical Center in New Jersey. "While all forms of exercise are beneficial, the thing that makes ping-pong unique is that it incorporates a focus on balance, hand-eye coordination, and the rhythm or pace of reciprocal play," Clar said. "So it really hits the trifecta of physical, cognitive and social activities."

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-Friday 1-4pm in the Rotary Room** unless scheduled events are taking place. Consult calendar near Rotary room door.

Special Note: Thanks to Bill Lockner and Family for their generous support of our Annual Fund!
His support during our Match Campaign has allowed us to build meaningful programming like Ping Pong and bring it to all our members. We are inspired and grateful for their support of the Southdale YMCA.

NEW! FREE BLOOD PRESSURE CHECKS

Second Saturday of each month. 10:30-11:30am. Personal Trainer, Stephanie Behrens will be in the lobby to offer free blood pressure checks.

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 Lobby.
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 - 3 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 a 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.

BOOK CLUB

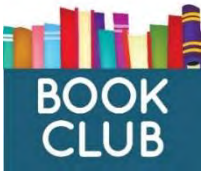
Join fellow book lovers the **2nd Wednesday of each month from 11:30 am - 12:30 pm** to visit and discuss the monthly reading selection. New faces always welcome! If you haven't had the opportunity to read the book, come anyway to enjoy the discussion. *No registration required.*
Upcoming Book Club Selections:
October 9th, **"River of the Gods"**, Candice Millard
November 13th, **"Of Mice and Men",** John Steinbeck
December 11th, **"The Man Who Died Twice"**, Richard Osman

PARKINSON'S CYCLE (FORMALLY PEDALING FOR PARKINSON'S)

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. 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, 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, Thursdays; Silver Sneakers Classic, Fridays; Foreverwell Strength.

CHINESE MAHJONG

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.

Mondays 9:30-11:30: Beginner Mahjong: Learn how to play: 4-week sessions beginning the first Monday of every month. Next session begins October 7th. $40 member | $60.00 Non-member. Space is limited, register at member services. Rotary Room

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

HITS & CLICKS

Last Wednesday of the month: October30th: 10 – 10:15 am & 10:30 – 10:45 am in the Gym.

Hits & Clicks combines music and movement for a fun and engaging workout. These short sessions will be incorporated into the regular SilverSneakers Classic and SilverSneakers Circuit classes on this day.

LET'S CONNECT ORIENTATION

Second Tuesday of each month; 10:00 – 11:00 am (October 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
- 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 or 651-292-4138.

WHOLE PERSON WELLBEING

MEMBER SPOTLIGHT: MEET TWO OF OUR SOUTHDALE YMCA OCTOGENARIANS!

CAROLE DOBIES – JUST KEEP MOVING!

Carole has been a member of the Southdale YMCA for about 10 years now and comes 5 days a week to classes. Her favorite classes are Silver Sneakers Classic and Silver Sneakers Circuit. Carole was always active starting from when she was a young girl growing up on a dairy farm in Massachusetts. She was one of 4 kids in a family that was active, walking everywhere and initially sharing one bike. When she was a young teenager, she got her own bike which allowed her to bike to work at the pool concession stand. In high school she had two choices to be on a team sport; cheerleading or basketball. Since she was small for basketball, she found herself on the cheerleading squad.
She reminisces about walking around the University of Massachusetts campus to get her activity. In her 20s-30s she took up running. However, when she was 30 years old, she broke her right leg skiing. This was a catalyst that fueled her determination to not take exercise and activity for granted. A long-time resident of Edina, Carole worked as an accountant for the family business, as a chemist and as a realtor. Throughout her professional career she always found time to workout at the local gyms. It wasn't until 10 years ago that she joined the Southdale YMCA. She had heard from people in the Edina community how great the instructors were and thought she would give the YMCA a try. Immediately, she found her community with the great instructors and friendly members and she was hooked!

Over the years, Carole has been challenged with 2 knee replacements, spinal surgery and a bad fall in 2020. Determined to keep her body active, she adjusts and takes classes that challenge her where her body is at. When Carole joined the Southdale Y, she was an avid Body Pump participant. Now she finds herself taking the Silver Sneakers Classic class on a regular basis. She finds this class compliments the balance work she does with her physical therapist and the support of the chair boosts her confidence. Carole also loves the comradery of the class noting how other participants help to set up her chair. In November Carole will be 87 years young! She attributes her vitality to her determination to stay active despite setbacks. She also notes how wonderful the YMCA members are. As Carole points out, "I don't see any other choice but to keep moving!"

Roy F. Welsandt, Jr. – How A "Life Coach" Can Fundamentally Change A Life

From ninth grade through my senior year, I was a member of my high school track team. For the last three of those years, my coach was a man named Jack Dryer. He worked the devil out of us, but we all admired and respected him. The reason was that he was always fair, always encouraging, and highly competitive. He would often race the sprinters during workout sessions. (He was a champion sprinter at the University of Minnesota back in the day.) It is fair to say that he brought joy to our workouts, even when we were sometimes bent over in pain and gasping for air.

My event was the Open 880-Yard race. (It was the old half mile since we hadn't converted to the metric system at that time.) My hopes were high because if I placed first or second, I would qualify for my third State Track Meet. (I had been there in my sophomore and junior years.) The gun sounded and we all took off. For the first half of the race, I was holding my own, but soon thereafter I was losing ground to the field. As sometimes happens, there are days that an athlete just "doesn't have his stuff", and this day turned out to be one of those for me. At about two hundred yards from the finish line, I simply gave up and dropped out of the race. As I was walking across the infield, tears in my eyes and streaming down my cheeks, Jack came up to me and

asked me if I was hurt. I told him "No, I just gave up." Now, all of us knew that Jack was never one to give up and that he always wanted his athletes to "give it their all". Some coaches would have yelled at or berated someone who didn't give their all and instead just gave up. But not Jack, although I could clearly see that he was upset and disappointed by my actions. I will never forget the words he spoke to me. He said. "As you go through life, you will be faced with many challenges and obstacles. You will never succeed in life if you give up. Regardless of the eventual outcome you always have to give it your *best effort*. You will never regret doing so. I want you to promise me that you will *never give up again*."

Well, I took those words to heart. Over the years, I have succeeded many times by NOT "giving up". Against great odds, I acquired a Ph.D. Degree. This allowed me to teach at a university for some 13 years, achieving the tenured rank of Associate Professor. When it came time for a career change, I moved into the computer field, rising from a humble programmer all the way up to Director of Information Technology at a major medical devise company. Last, but not least, when the opportunity presented itself, I started my own one-person website building company, which was successful for some 20 years until I closed it down and retired. These successes, and many others not mentioned here are all due to those words of encouragement that Jack gave to me so many years ago.

Jack passed away last year at the age of 93. He battled Alzheimer's for several years and, true to his competitive spirit and "never give up" character, he continued to work out almost daily in the gym at the assisted living facility where he lived. Jack was a fierce competitor right up to the very end. It's an ideal that we all can emulate.

In just a couple of months I will celebrate my 81st birthday. Part of me is quite surprised that I have reached this age since my mother passed away when she was only 58 and my dad followed her at 65. But the major part of me is so very thankful for the fact that I have made it this far. And I view each additional day as truly a gift. I believe that a major contributor as to why I am still here is that I have always looked after my health. I don't always eat as well as I should but I do get regular physical exams, all my flu shots and other inoculations when scheduled, and am never hesitant to go to the doctor when I feel that something is "amiss". Such visits have led to a couple of "replacement parts" that have made my life better.

In the mid-to-late-2000-teens, I was previously a member of the "Y" for a number of years and followed a regular workout and exercise schedule. Then the COVID pandemic reared its ugly head and everything stopped. My wife and I hunkered down in our home and basically became "couch potatoes". Thankfully, neither of us contracted COVID, but, being so sedentary, my physical condition deteriorated somewhat.

Remembering my promise to Coach Dryer to "never give up", as the pandemic stared to ease, I eventually realized that I needed to address this decline. So, as a present to myself, on my 80th birthday, I rejoined the "Y" via the "Silver Sneakers Club" through my supplemental heath insurance plan. I met with an advisor and we restarted my original workout routine. I did this for a couple of weeks, but then noticed all these people working out on these new machines that I had not seen before. I inquired as to what they were and was told that this was the "E-Gym", a system of computerized devices that were individually programmed to each user and were designed to exercise all the major muscle groups. It sounded like exactly what I needed and was looking for, so I signed up for the "General Fitness" routine (one of many different routines available to address different health and fitness needs), and it HAS MADE A BIG DIFFERENCE. In my life.

In the spirit of my promise to "never give up", I am now a dedicated "E-Gym-er". I work out religiously three days a week and, following my two daily rotations through the machines, I walk at least a mile-and-a-half on the treadmill. The benefits of my dedication to this routine are quite striking. My general mood is more upbeat (like many others who experienced it, the pandemic brought me down), I am sleeping much better, I find that I have much more energy and stamina to do things, I can walk upstairs without feeling like I am scaling Mount Everest, and I have recently discovered that I have lost a little over ten pounds! My ultimate goal is to lose another 40 pounds, and there is no doubt in my mind that I will eventually get there by "never giving up".

In the spirit of "paying it forward" by perhaps being a "life coach" to others, I have become quite a vocal "E-Gym" zealot, telling all my friends and acquaintances about how much it has helped me and urging them to join the "Y" and to "get on the machines". I know it will make the same kind of difference in their lives that it has made in mine.

GIVING BACK TO YOUR COMMUNITY:

CREATE IMPACT BY VOLUNTEERING!

Studies indicate that people who volunteer live longer and report a higher level of well-being. Volunteering likely exerts its positive effects on health by connecting people to others as well as to an activity that they find meaningful. Achieving connection, purpose, and meaning is critical to attenuating stressors of life—particularly loneliness. Since stress is a major cause of disease, especially heart disease, the ability to quench the need for connection, purpose, and meaning can bring about beneficial and salutary changes for people. And when there is purpose and we are connected to others, we take care of ourselves.

Consider volunteering your time at the Southdale YMCA! Opportunities include:

- MAKING CONNECTION CALLS TO OUR INACTIVE FOREVERWELL MEMBERS
- BEING AN AMBASSADOR TO OUR NEW FOREVERWELL MEMBERS
- WORKING AT OUR TREE LOT IN NOVEMBER AND DECEMBER
- WORKING IN OUR KIDSTUFF PROGRAM
- LEADING NEW PROGRAM INITIATIVES (GAMES, PING-PONG, EDUCATIONAL PROGRAMS)
- VOLUNTEERING ON OUR COMMUNITY ACTION COUNCIL TO SUPPORT OUR ANNUAL FUND
- OTHER IDEAS YOU MAY HAVE

Contact Cathy Quinlivan @ catherine.quinlivan@ymcamn.org or 651-292-4138 to get connected to your volunteering opportunity!

COMING SOON AT THE SOUTHDALE YMCA:

MARK YOUR CALENDARS FOR WINTER CRAFT SALE – SATURDAY, DECEMBER 7TH | 9AM-2PM

Calling all vendors, crafters and bakers! Our second craft sale/winter bazaar will be **Saturday, December 7th**. Tables are now available to reserve and purchase to sell your crafts and goodies. The cost is $30 per table and space is limited so reserve your table now! Table reservations can be paid for at the member service desk. Funds collected go towards supporting our kids and families. Plan for a festive day to celebrate the season of giving! For more information contact Cathy Quinlivan at catherine.quinlivan@ymcamn.org or 651-292-4138.

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 – OCTOBER

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	Anne H.
TUESDAY			
Water Exercise	7:45-8:30am	Pool	Lindsay M.
ForeverWell Yoga	8:15-9:15am	Studio B	Peggy W.
ForeverWell Cardio Dance	9:45-10:30am	Studio A	Kitty W.
Silver Sneakers Yoga	10:30-11:15am	Studio B	Linda D.
Water X Bootcamp	12:15-1:00pm	Lap Pool	Deb C
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	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 Water Exercise	12:15-1:00pm	Leisure Pool	Patty K.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Staff
Silver Sneakers Yoga	1:15-2:00pm	Studio B	Virtually Led
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.
Silver Sneakers Classic	1:15-2:00pm	Studio B	Virtually Led
Tai Chi	2:15-3:15pm	Studio A	Tom E.
FRIDAY			
H20 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	1:15-2:00pm	Studio A	Virtually Led
SATURDAY			
SilverSneakers Classic	12:15-1:00pm	Studio B	Anne/Stephanie

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9/30 Active Aging Week Stewards of the North Campaign -Beginning Bridge 9:30-11 am -Pickleball 11:30a -3:30p *open ping pong 1-4pm M-F	1 Active Aging Week Stewards of the North Campaign -Pickleball 11am -12:45 pm Benefits of Sleep Presentation 12-12:45pm	2 Active Aging Week Stewards of the North Campaign Celebration Lunch 11am-1pm -Pickleball 11:30 am - 4 pm	3 Active Aging Week Sip Happens 9-11am Stewards of the North Campaign ForeverWell Orientation 9:30 am -Pickleball 11am -12:45 pm	4 Active Aging Week Stewards of the North Campaign -Open Mahjong 9:30 -11:45 am Balance presentation: 10:30-11:30 -Pickleball 10:30 am - 4 pm	5
6 -Pickleball 9-11:30 am (HALF GYM) -	7 -Beginning Bridge 9:30-11 am -Beginning Mahjong Class 9:30 -11:45 am -Pickleball 11:30a -3:30p	8 -Let's Connect Orientation 10-11am -Pickleball 11:00 -12:45 pm	9 -Pickleball 11:30 am - 4 pm - Book Club 11:30 – 12:30 -Medicare 101, 6-7pm	10 Sip Happens 9 - 11am -ForeverWell Orientation 9:30 am -Pickleball 11am -12:45 pm	11 -Open Mahjong 9:30 -11:45am -Brain games, cider and donuts, 10:30-11:30am -Pickleball 10:30 am -4 pm	12 -Blood Pressure checks 10:30-11:30
13 -Pickleball 9-11:30 am (HALF GYM)	14 -Beginning Bridge 9:30-11 am Beginning Mahjong Class 9:30 -11:45 am Estate Planning Workshop 11:30-12:30 -Pickleball 11:30a – 3:30p	15 -Pickleball 11am-12:45 pm	16 - Pickleball 11:30 am - 4 pm	17 Sip Happens 9 - 11am Medicare resource table 10-1pm - ForeverWell Orientation 9:30 am - 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 Beginning Mahjong Class 9:30 -11:45 am -Pickleball 11:30a – 3:30p	22 Pickleball 11am -12:45 pm	23 -Pickleball 11:30 am - 4 pm Octogenarian Luncheon, Noon-1pm Edina Senior Singers concert 1:30-2:30	24 Sip Happens 9 - 11am Flu Shot Clinic 9-2 - ForeverWell Orientation 9:30 am - Pickleball 11am -12:45 pm	25 -Open Mahjong 9:30 -11:45am -Pickleball 10:30 am - 4 pm	26
27 -Pickleball 9-11:30 am (HALF GYM)	28 -Beginning Bridge 9:30-11 am Beginning Mahjong Class 9:30 -11:45 am -Pickleball 11:30a – 3:30p	29 Pickleball 11am -12:45 pm Flu shot clinic 9-2pm	30 -Pickleball 11:30 am - 4 pm	31 Sip Happens 9 -11 - ForeverWell Orientation 9:30 am Halloween Potluck 11:30-1pm - Pickleball 11am -12:45 pm	11/1 Open Mahjong 9:30 -11:45am -Pickleball 10:30 am - 4 pm	11/2