



THE SCOOP

YOUR CONNECTION TO THE SOUTHDALE Y

September 2026 | 7355 York Ave. S, Edina

At a Glance...

COMMUNITY

See page 2-4

FOREVERWELL

See page 5-6

FAMILIES ON THE MOVE

See page 7-9

TWINS TAKEOVER!

On Monday, September 15th
Join the Y of the North at
Target Field as the Twins
take on the Yankees.
Everyone is invited! See
page 4 for details. Use the
QR code below to get your
tickets:

SCAN TO GET
YOUR SEATS



SEE YOU THERE!

A Note from the Executive Director:

Well, friends... **fall is coming**. At least the calendar says it is. The temperatures around here seem to have missed that memo!

🍎🍌 As we head toward a new school year and a new season, I've been thinking a lot about what makes the Southdale YMCA special. **It's all of us.** Kids learning to swim, families finding a new routine, teens discovering their place, adults working toward a healthier life, and our ForeverWell members staying active, connected and engaged.

That's why we're excited to introduce a **new look for our Southdale YMCA newsletter, *The Scoop***. Previously our newsletter leaned heavily toward our ForeverWell community. We've recently realized something simple: **our YMCA is built to support the whole life journey.** There really is something here for everyone, at every stage of life.

As you flip through the new *Scoop*, you'll notice a broader and more complete picture of everything happening at Southdale—from fitness and wellness to families, youth, programs, events, community connections and, yes, all the little things that make this place feel like *your Y*.

And I'll be honest—we're **building this plane as we fly it!** ✈️ So keep an eye out for some formatting updates, fun new additions and evolving schedules as we continue figuring out the best way to share the good news happening throughout Southdale.

We're excited about this fall and all the adventures, new routines and opportunities we'll share together. **Grab yourself a copy of *The Scoop***—we promise there's something in it for everyone. Here's to a healthy, connected and maybe-slightly-less-hot fall!

Nick Hanks



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 more information contact:

Nick Hanks, Executive Director

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Cathy Quinlivan, Senior Operations Director

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Ph: 651-292-4138

ONGOING COMMUNITY PROGRAMS

OPEN PING PONG PLAYING TIME

Open time is available Monday – Friday from Noon–6pm, Saturdays from 8am– Noon in MPR A; Lower level (unless scheduled events are taking place). Check out equipment from welcome desk.

Join us for Ping Pong at the Southdale YMCA, where fun, movement, and friendly competition bring people of all ages together. Whether you're an experienced player, a beginner picking up a paddle for the first time, or somewhere in between, this is a welcoming opportunity to play, connect, and have fun.

PARKINSON'S CYCLE

Wednesday 11:00–12:00pm, Friday 10:30–11:30am.

Location: Cycle Studio.

Parkinson's Cycle is an 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.

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



PICKLEBALL

OPEN COURT TIME

Monday 11:30 am – 3:45 pm; Wednesday 11:30 – 3:45 pm; Tuesday & Thursday: 11:00 am – 12:45 pm; Friday: 10:30 am–3:45 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 – 3:45 pm; Friday 3:00 – 3:45pm.

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.

FREE LIBRARY – PLEASE FILL OUR SHELVES!

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. We especially need books for our youngest readers.* 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!

SOCIAL GROUPS

Chinese Mahjong: Fridays 9:30 – 11:45 am: Open Play | Previous experience required. Lobby

Mahjong is a tile-based game that originated in the early 20th century in China.

Coming in October! Beginning Chinese Mahjong: Mondays 1:30-3:30 beginning October 5 | Rotary Room.

4 sessions only | Cost: \$48.00-member, \$60.00 non-member. Registration opens September 8th. Register at member services or online.

Beginning Bridge: Mondays 9:30 – 11:00 am | Rotary Room. No previous experience required.

Book Club : 2nd Wednesday of the month | 11:30-12:30 | Rotary Room.

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:

9/9/26 **2 Old Women** *Velma Wallis*

10/14/26 **The Code Girls** *Liza Mundy*

SAFETY AT THE YMCA –SEPTEMBER

Fun and Safety at the Pool

How to Keep Children Safer Around Pools and Spas:

- Supervise Children: Always watch children in or near water, never leave them unattended.
- Learn to Swim: Teach children how to swim.
- Know Your Drains: Teach children to stay away from drains.
- Ensure Compliance: Ensure all pools and spas have compliant drain covers.
- Install Safety Devices: Install barriers, covers and alarms.
- Get Certified: Know how to perform CPR on children and adults.

- Take the Pledge: Take the [Pool Safely Pledge](#)!



COMMUNITY RESOURCES

VEEP RESOURCE TABLE

Wednesday September 9th, 9:00-11:00 | Lobby

Did you know that **VEAP** offers much more than a food shelf? Stop by the VEAP Resource Table on **September 9th** to learn about free food distribution, home delivery and express food pickup options, housing and utility assistance, and community resource navigation. Whether you're looking for support for yourself, a friend, or a neighbor, VEAP provides compassionate services that help individuals and families thrive.

SOUTHWEST TRANSIT

Wednesday, September 16th, 9:00-11:00 | Lobby

SouthWest Transit is an award-winning Transit Agency serving the Southwest Twin Cities area through bus, on demand rideshare, and shuttle services. We are committed to serving the needs of our customers through diverse and innovative transit solutions that build our community and connect our customers from where they are to where they want to go.

DRY SALT THERAPY DROP IN SESSIONS

Wednesday September 16th , 9:30-11:30 | Lobby
Provided by Greta Sher of Essential Salt Spa *What is dry salt therapy?*

Dry salt therapy/Halotherapy is a natural remedy that involves inhaling a fine mist of pharmaceutical-grade dry salt in a comfortable, controlled environment. The dry salt acts as a toothbrush for the lungs. The salt draws moisture to congestion in the lungs and sinuses, making mucus easier to expel. A productive cough and a runny nose are signs of progress in cleaning out the body!

JOYFUL COMPANIONS RESOURCE TABLE

Wednesday September 16th , 10:00am-Noon | Lobby

At Joyful Companions, [our mission](#) is to enhance the quality of life for seniors, those with memory loss, and people with disabilities. Our caregivers provide individualized non-medical home care services. This may include meal planning and preparation, light housekeeping, transportation to the grocery store or doctor's appointment, respite care, and companionship.

SEPTEMBER COMMUNITY PROGRAM FEATURES

TWINS TAKEOVER DAY

Presented by the YMCA of the North,
on Monday, Sept. 14, at Target Field!

This is a special opportunity to come together with fellow Y members, families, friends and neighbors for a fun night at the ballpark. Tickets are \$15, with the option to add a hot dog and drink for \$5.

There will be lots happening before the game, including Y family activities on Target Plaza and a special kids' parade on the field. First pitch is at 6:40 p.m., and families are encouraged to arrive at 4:30 p.m. to enjoy the full experience.

Get tickets and event details:

ymcanorth.org/twins

We'd love to see the Y community fill Target Field on Sept. 14! Please share this opportunity with your friends and family encourage your community to join us.

SCAN TO GET
YOUR SEATS



WELCOME WEEK: SEPTEMBER 10TH-19TH



Through Welcoming Week, organizations and communities bring together neighbors of all backgrounds to build strong connections and affirm the importance of welcoming and inclusive places in achieving collective prosperity.

At the Southdale YMCA, you will find activities throughout our facility while we embrace Welcoming Week. We encourage you to participate during this time and welcome others in every way you can!"

BRING YOUR GREEN THUMB TO THE SOUTHDAL Y! SOUTHDAL VOLUNTEER PLANTING EVENT

Tuesday, September 29

4:00–6:00 PM

Join us for the Southdale Volunteer Planting Event and help us grow something beautiful! In partnership with 9 Mile Creek Watershed District, we're transforming our front boulevard by planting a native garden. We are looking for volunteers to dig in and make a difference. If you don't have garden tools, we will provide them! Meet in the lobby.

All ages are welcome; come dig in, connect, and grow something beautiful together!

Sign up at the front desk or in Kids Stuff.



FOREVERWELL

WHAT IS FOREVERWELL AT THE YMCA?

FOREVERWELL programming includes group fitness classes, as well as life-long learning, volunteer opportunities, social events, and a wide range of on-going social groups and activities. FOREVERWELL programming is 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**. Staying active mentally, physically, and spiritually is important for feeling your best.

ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

FOREVERWELL ORIENTATION: THURSDAYS AT 9:30 | MEMBERSHIP DESK

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 will 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 are 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

LET'S CONNECT ORIENTATION

Tuesday, September 22nd, 10:00 – 11:00 am | Rotary Room.

The "Let's Connect" Orientation with Senior Operations 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 circuit
- How to navigate the YMCA app to find classes and wellness programs
- Personal Training
- Pilates Reformer classes

Perfect for new or returning members, you will enjoy 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.

FOREVERWELL GROUP EXERCISE SCHEDULE AND PROGRAM GUIDE:

Can be found on the app and online.

Visit: www.ymcanorth.org/app

Or click the QR code:



Printed copies are available at Foreverwell information kiosk near the gym



SEPTEMBER FOREVERWELL PROGRAM FEATURES:

BUILDING A BRIGHTER FUTURE: AARP'S COMMUNITY IMPACT

Curious how AARP works to help people over 50 live better lives? Join us to see highlights of AARP's many helpful programs and initiatives.

We'll share real stories from volunteers and local groups that are making a big difference.

You'll also hear the inspiring story of Dr. Ethel Percy Andrus, the amazing woman who started AARP with a vision of a society in which all people live with dignity and purpose.

Join us as we explore AARP initiatives like:



Fraud prevention



Caregiver support



Efforts to lower prescription drug prices



And more...



Curious about AARP's community impact?
This is where we can help.



ABOUT AARP MINNESOTA

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.



EVENT DETAILS



LOCATION:
Southdale YMCA
Rotary Room



DAY:
September 18th



TIME:
10:30 – 11:30



COST:
Free



RSVP:
RSVP at
Member Services



MOVE READNESS AND RIGHT SIZING WORKSHOP

Presented by Northern Lights Senior Transition.

Monday, September 21st, 11:30am-12:30pm | Rotary Room. Free. Sign up at Member Services.

This educational and supportive workshop is designed to help seniors and their families feel confident, informed, and prepared for what's next – whatever that may be.

Northern Lights Senior Transitions will guide participants through the emotional and practical aspects of downsizing and move readiness.

Topics include: How to start the process Sorting and decluttering strategies Common pitfalls to avoid How to reduce stress throughout the transition This is not a sales presentation. Attendees will leave with practical tools, expert insights, and helpful handouts they can use immediately – whether a move is happening soon or further down the road.



APPLE PIE SOCIAL

Friday, September 11th, 10:30am-1:30pm | Rotary Room. Free. All Are Welcome!

Celebrate fall with a slice of happiness! There is nothing like warm apple pie good conversation and great company! Join us as we celebrate the season with tasty treats and Fall fun!



LOOKING AHEAD:

HEARTLAND VENDOR FAIR, OCTOBER 7TH, 9:00AM–12:00PM:



Heartland
Senior Expos

EXPERIENCE SOUTHDALÉ'S
SENIOR RESOURCE EVENT

ONE EXPO.
COUNTLESS CONNECTIONS.

All in one welcoming place.



WEDNESDAY
OCTOBER
7
2026

**SOUTHDALÉ
SENIOR EXPO**

- 9:00 AM - 12:00 PM
- SOUTHDALÉ YMCA

7355 York Ave S, Edina, MN 55435
FREE COFFEE & FRESH FRUIT

DISCOVER FOREVERWELL AT THE YMCA

Wellness opportunities for adults 55+ to move, build healthy habits, support long-term wellbeing and connect with the Y community.

FREE ADMISSION • GIVEAWAYS • \$500 CASH DRAWING

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LOCAL RESOURCES

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HOME CARE

VETERAN RESOURCES

GIVEAWAYS & PRIZES

FREE ADMISSION

WE HOPE TO
SEE YOU THERE!

FOR MORE INFORMATION
heartlandseniorexpo.com
Courtney Lotzer • (605) 759-5522
courtney@heartlandseniorexpo.com

♡ Courtney

SAVE THE DATE! HOLIDAY VENDOR FAIR IS RETURNING! SATURDAY DECEMBER 5TH, 9AM–2PM.

CALLING ALL VENDORS, CRAFTERS AND BAKERS!

Reservations to secure your space as a vendor will be available beginning in October. The cost is \$30 per table and space will be limited! Table reservations can be paid for at the member service desk. You cannot reserve a table without payment up front. 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.



Health Care Directive Workshop presented by Minnesota Hospice: October 14th, 10:30am–1:30pm. Workshop will help you write your health care directive and have it notarized.

Regardless of health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This workshop will include an informational session about Healthcare Directives with experts from medical, social work, and thanatology fields available to answer your questions. Following the information session there will be 1:1 support available to assist you with questions or roadblocks as you make decisions and fill out your Healthcare Directive. Notaries will be on site to legalize finished documents. Participants will leave with 3 copies of finished documents to share with healthcare team members." *More information coming soon.*



FAMILIES ON THE MOVE! ONGOING

LET THEM PLAY!

SOUTHDALE Y KIDS GYM

Our kids' gym, located on the lower level, is available for families to use with an adult 21 or older during the following times:

Monday-Friday 9am-7pm

Weekends 12:30pm-3:30pm

This is a great space to move, play and have a blast

**All hours are subject to kid's stuff programming schedule.*

SOUTHDALE Y GYM

Our large gym, located on the upper level, is available for families to use with an adult 21 or older during the following times:

Monday 4pm – 7pm

Join us for family time in our basketball gym. Come with your kids and shoot hoops, kick the ball around and hang out!





Kids Stuff

Ages
6 weeks - 10 years

Guidelines:

- Maximum length of stay: 2-hours per day per child
- Parents/Guardians must remain on site
- Youth must wear socks or shoes at all times. Winter boots are not considered indoor attire.
- Please bring infants/toddlers in clean, dry diapers. You will be contacted if a change is needed. Bring extra clothes in the event of an accident.
- Food/Snacks are not allowed in Kids Stuff. Sippy cups with water are allowed with name marked on container. No bottles allowed.
- Infants will be removed from their car seat once checked in.
- No electronics allowed in Kids Stuff.

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

OUR VISION

We serve relentlessly with our community until all can thrive in each stage of life.



Special needs/medical Conditions:

Inform YMCA team members of any special needs or medical conditions to ensure the best possible care. Kids Stuff does not provide 1:1 care. However, you may provide a care attendant to accompany your child during their visit.

Questions or concerns?

Cathy Quinlivan
651-292-4138
catherine.quinlivan@ymcanorth.org



KIDS & FAMILY ZUMBA

Dance. Move. Have Fun!

Wednesday, September 16th

5:30pm

Southdale YMCA - Kid's Gym

Get moving and have fun with Kids/Family Zumba! This 30 minute high-energy class combines kid-friendly dance moves with upbeat music to create an exciting movement experience. (Kids and Adults invited!)

Just bring your energy and smile!



KIDS STUFF

HOURS OF OPERATION

Monday-Friday 8:30am-12:30pm

Monday-Thursday 4:30pm-7:30pm

Saturday-Sunday 9:00am-12:00pm

FAMILY FUN NIGHT

Thursday, September 24th, 5:15-6:15pm:

Join us for an evening of family fun at the Southdale YMCA! Families are invited to explore and play in the castle, enjoy active playtime in the Kids Gym, and create a festive fall-themed craft project. Kids are invited to attend with an adult age 21 or older. Come play, create, and celebrate the fall season together!





SEPTEMBER | SOUTHDALE Y | KIDS STUFF

YMCANORTH.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDSTUFF HOURS: Mon-Fri 8:30-12:30 Mon-Thurs 4:30-7:30pm Sat and Sun 9-12:30pm	SEPTEMBER THEME: Back to school 	MUSIC AND MOVEMENT 9:30-10am	LEGO LAB (AGES 7-10 yrs) 5:15-6:00pm	ART ADVENTURE 9:30-10:00am	STORY TIME 9:30-10:00am	GYM GAMES (6-10yrs) 10:00-10:30am
6	7	8	9	10	11	12
BOARD GAMES GALORE (6-10yrs) 10:00-10:30am	LABOR DAY Closed	MUSIC AND MOVEMENT 9:30-10am	LEGO LAB (AGES 7-10 yrs) 5:15-6:00pm	ART ADVENTURE 9:30-10:00am	STORY TIME 9:30-10:00am	GYM GAMES (6-10yrs) 10:00-10:30am
13	14	15	16	17	18	19
BOARD GAMES GALORE (6-10yrs) 10:00-10:30am	FUN WITH PLAYDOUGH 9:30-10:00am	MUSIC AND MOVEMENT 9:30-10:00am	FAMILY ZUMBA 5:00-6:00pm	ART ADVENTURE 9:30-10:00am	STORY TIME 9:30-10:00am	GYM GAMES (6-10yrs) 10:00-10:30am
20	21	22	23	24	25	26
BOARD GAMES GALORE (6-10yrs) 10:00-10:30am	FUN WITH PLAYDOUGH 9:30-10:00am	MUSIC AND MOVEMENT 9:30-10:00am	LEGO LAB (AGES 7-10 yrs) 5:15-6pm	ART ADVENTURE 9:30-10:00am FAMILY FUN NIGHT IN THE CASTLE AND KIDS' GYM 5:15-6:15pm	STORY TIME 9:30-10:00am	GYM GAMES (6-10yrs) 10:00-10:30am
27	28	29	30	10/1	10/2	10/3
BOARD GAMES GALORE (6-10yrs) 10:00-10:30am	FUN WITH PLAYDOUGH 9:30-10:00am	MUSIC AND MOVEMENT 9:30-10:00am	LEGO LAB (AGES 7-10 yrs) 5:15-6pm	ART ADVENTURE 9:30-10:00am	STORY TIME 9:30-10:00am	GYM GAMES (6-10yrs) 10:00-10:30am