



FOREVERWELL

OCTOBER 2024 BLAISDELL YMCA

Celebrate Our Octogenarians!

WESTMINSTER FORUM

Eric Holder
Friday Oct 4th
1:00 Warehouse

WOMEN SHARING

Mon Oct 14th
12:15-1:45 PM
STUDIO A

GAME DAY!

Tues Oct 15th
Noon-2pm Studio A



WE'RE HERE TO HELP!

Meet your Co-Coordinators:

Tami & Rehti

Tamara.holtan@ymcamn.org

Rehti.Mekha@ymcamn.org

Office Hours:

Mon & Wed 10am-1pm



Pictured above left to right are Last Years Honored Octogenarians: Al, JoAnna, Jim, Ellen, Tami (Staff), Guest, Donna, Joann, Joy, Thelma and Mary. *We sure hope you can join this year!*

OCTOGENARIAN PARTY IN OCTOBER!

Every year in October, across the YMCA, we gather and honor our members of 80+ years! This year is no exception! Join us on October 28th at 12:30 in Studio A for a celebration of active aging and the wisdom of our Octogenarians. We will gather, celebrate, and share a lightly catered meal. As you look at the photo above, notice **Thelma**, our beloved and committed member. Photographed last year just 2 months before her 99th birthday, Thelma has often enthusiastically attributed her independence and mobility through the years to **staying active at the YMCA!** At the time of this photo, Thelma was still attending the Y at Blaisdell most days of the week. When she could no longer drive, our community rallied, and made sure she got to class as often as possible. So join us! Celebrate! Stay active and involved at the YMCA, and be like Thelma at 99 and...

JUST KEEP MOVING!

BRANCH HOURS

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sundays: 7am-5pm

Front Desk: 612-263-9947

www.ymcanorth.org

BLAISDELL YMCA

3335 Blaisdell Ave S, Mpls 55408

Contact: Tami Holtan

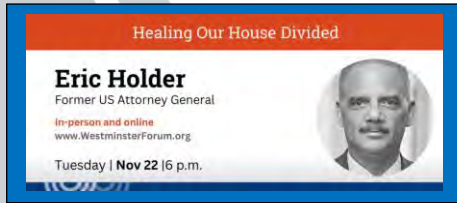
Email: Tamara.holtan@ymcamn.org

Customer Service: 612-230-9622

FOREVERWELL EVENTS

Friday Oct 4th, 1:00pm, Warehouse

WESTMINSTER TOWN HALL FORUM



WATCH HEALING OUR HOUSE DIVIDED

Join us as we watch this previous Town Hall Forum!

<https://youtu.be/ttHyYsobflc>

Monday Oct 14th, 12:15-1:45, Studio A

WOMEN'S SHARING (BRING LUNCH)

This is your opportunity to connect and share. To be a woman is a special thing, and our stories are meaningful!

Tuesday Oct 15th, Noon- 2:00, Studio A

GAMES, PUZZLES & BOOK EXCHANGE!

Back by popular demand, join us for **Bingo, games, puzzles, and books!** Drop in to say hello, exchange a book, stay for coffee, play a game.

Light Snacks, bring a lunch.

Ongoing, Mondays, 12:15, Blaisdell Lobby

CROCHET CLUB

Every Monday, except Women's Sharing Days or Holidays, gather in the lobby by the ForeverWell Bulletin Board. Bring your own hook and yarn. Beginners welcome!

Ongoing, Wednesdays, 9:45-11am, Zoom

BLAISDELL FOREVERWELL COFFEETALK*

Virtual Coffee Chat will be available weekly as well.

[Register For Zoom CoffeeTalk](#)

Contacts:

tamara.holtan@ymcamn.org

rehti.mekha@ymcamn.org

SAVE THE DATE



Lighten up next month with a fun movie!

"THELMA"

Fri Nov 8th, 1:00pm



Original Artist: Dan Gordon

Cover Alteration : Joe Musich

Muhammed Ali inspirational quote & YouTube:
"He who is not courageous enough to take risks will accomplish nothing in life." 2:29 mark

<https://youtu.be/V2Efl1j4KYE?si=EiSEz4KJ92QXdKbK>

BLAISDELL FOREVER WELL GROUP EXERCISE CLASSES

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	10:15 am	Silver Sneakers Yoga	Rehti M.	Studio A
Monday	11:15 am	Silver Sneakers Classic	Chris A	Studio A
Tuesday	10:00 am	ForeverWell Yoga	Sandra/Tami	Studio A
Tuesday	11:00 am	ForeverWell Strength	Sandra B.	Studio A
Wednesday	11:30 am	Silver Sneakers Circuit	Marianna P.	Studio A
Thursday	10:30 am	Silver Sneakers Yoga	Marianna P.	Studio A
Thursday	11:30 am	ForeverWell Cardio	Marianna P.	Studio A
Thursday	12:30 pm	Silver Sneakers Classic	Rehti M.	Studio A
Friday	10:00 am	Silver Sneakers Yoga	Sandra B.	Studio A
Friday	11:00 am	ForeverWell Strength	Sandra B.	Studio A

OUT AND ABOUT...FOR INFORMATION!



South Minneapolis Seniors Fair

Hosted by
Council Members Andrea Jenkins (Ward 8), Emily Koski (Ward 11), and Aurin Chowdhury (Ward 12)

Wednesday, October 23, 2024
9 a.m. – 2 p.m.

Diamond Lake Lutheran Church
5760 Portland Ave, Minneapolis, MN 55417

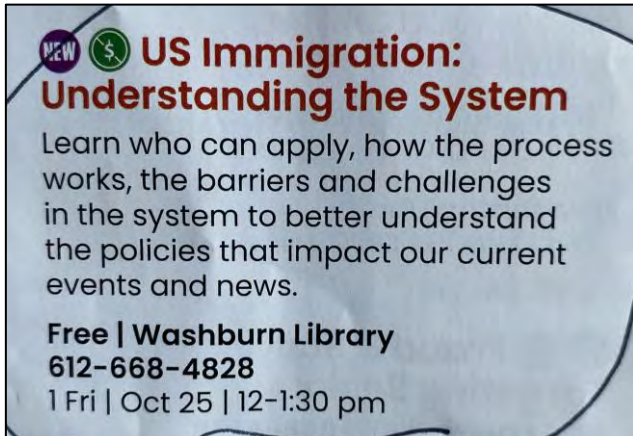
<p>Schedule</p> <ul style="list-style-type: none"> 9 a.m. Welcome & Complimentary Breakfast 10 a.m. Morning Workshops 11 a.m. Resource Fair & Complimentary Lunch 12 p.m. Elected Officials Panel <i>City Council Members, County Commissioner Angela Canley and others</i> 1 p.m. Afternoon Workshops 	<p>Workshops</p> <p>Morning</p> <ul style="list-style-type: none"> • Yoga and Meditation • City Services <p>Afternoon</p> <ul style="list-style-type: none"> • Public Safety • Community Connections
--	---

Collaboratively sponsored by:









**US Immigration:
Understanding the System**

Learn who can apply, how the process works, the barriers and challenges in the system to better understand the policies that impact our current events and news.

Free | Washburn Library
612-668-4828
1 Fri | Oct 25 | 12-1:30 pm



Lifeguards Needed!

Contact:
Suzanne.Walsh@ymcamn.org

1-612-237-8789

For information!

And don't forget!
Walgreens is 20% off for Seniors,
 the first Tue of every month!
 Off non-sale items!

ForeverWell

Celebrating ForeverWell Members 80 Plus

Words can go in eight different directions

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

© 2024 Created by Sandra King Freeman

ForeverWell Word Search for Blaisdell YMCA

- | | | |
|-------------------|------------------------|----------------|
| Apple Picking | Fall Colors | Native Nations |
| Autumn | Flavors | Octogenarian |
| Beautiful Weather | Goblins | Ogres |
| Bonfires | Halloween | Parties |
| Breast Cancer | Hay Ride | Pumpkin Spice |
| Celebrate | Indigenous Peoples Day | Sacred |
| Chrysanthemums | Leaf Raking | Scary |
| Costumes | Leaves Changing | Seeds |
| Domestic Violence | Members | Trick Or Treat |
| Eighty Plus | Mental Health | Witches |

WOMEN SHARING!



Where can you spend a pleasant afternoon sharing thoughts, stories, laughs, and critiques with like-minded women in a casual, relaxed, friendly setting? At the **Blaisdell Y's Women Sharing** get-togethers held once a month on Mondays.

On September 9th discussion commenced with recounting an incident of random stranger theft. Then a recollection of helping a stranger in need. We warned one another about leaving house doors unintentionally unlocked. We veered into solutions of how to rid homes of unwanted pests such as: kitchen ants, mice, bats, birds that come down chimneys, and critters that crawl into dryer vents. Then episodes of dealing with errant pigeons and a hawk. We swung into humorous descriptions of lovable dog antics. Conversation took a sober turn with a recount of male friendship and prayerful enlightenment.

All this and *coffee, tea, and snacks too!*

Ladies, all are welcome to join the monthly **Monday Women Sharing**.

Bring stories, concerns, suggestions, anecdotes.

There are no pre-planned topics.

Next date: **October 14, 12:15-1:45p.m. in Studio A.**

(Bring lunch; snacks provided).

Pictured Above, Women Sharing September 9th from the left:

Vikki, Nancy, Ellen, Maria, Georganne, Marie, Rehti, Sandra, Kathy.

Photographer not pictured: Kathleen