



FOREVERWELL

December 2024 BLAISDELL YMCA

CELEBRATE THE SEASON!

GAME DAY!

Tues Dec 10th
Noon-2pm Studio A

MOVIE!

Join us for a holiday movie!

Fri Dec 13th
1:00 Warehouse

WOMEN SHARING

Mon Dec 16th
12:15-1:45 pm
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



MOVIES!

We have a movie or discussion in the warehouse most months of the year! Pictured left is a Nov viewing of the movie "Thelma."

Do you have a movie suggestion?

CELEBRATE THE SEASON! 'TIS THE SEASON!

What is meaningful for you this season? Your YMCA is here for you. Why? So many thoughts come to mind! Celebrating with loved ones! Cozy food and gifts! Honoring past traditions! Community! Giving and gathering! Caring for others! How can we bring the love and the light of the season through to our communities? There is always something happening at the Y! Don't forget that you have access to every branch, and we all post our Newsletters!

There is a page on our website just for you!

https://www.ymcanorth.org/health_fitness/foreverwell

Check it out for programming across all of our branches.

If you ever need help, ask a friend in class, the front desk, or reach out to customer service at 612-230-9622. **Stay safe & warm!**

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

Tuesday Dec 10th, 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.**

Friday Dec 13th, 1:00pm, Warehouse

MOVIE! "RED ONE"



Monday Dec 16th, 12:15-1:45, Studio A

WOMEN SHARING (BRING LUNCH)

If you identify as a woman, consider joining us! This is your opportunity to connect and share. To be a woman is a special thing, and our stories are meaningful!

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 DATES

January 22 & 23

ForeverWell Open House

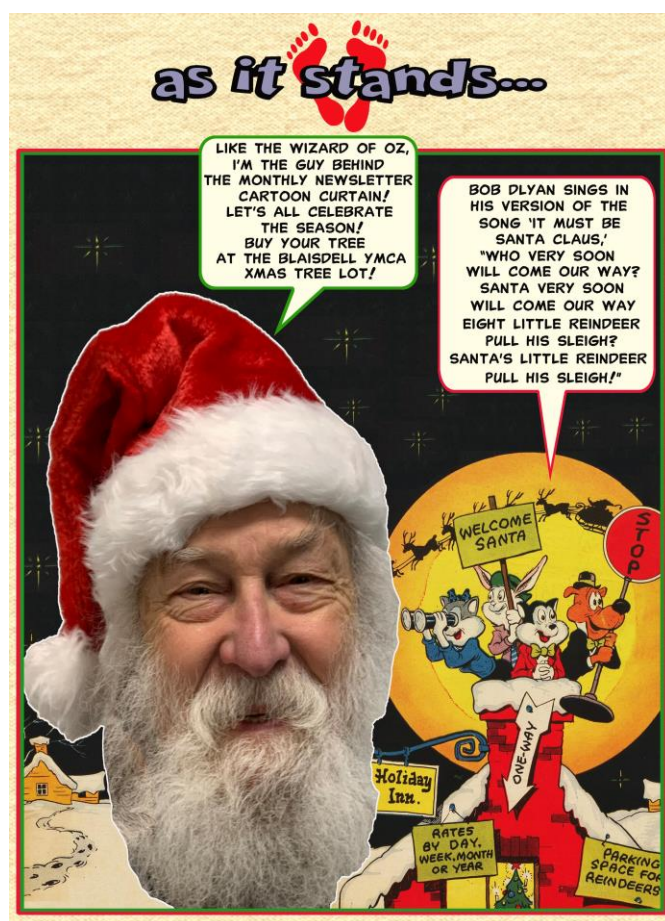
(Look for association-wide events)

Tuesday Feb 11, 12:30-1:30

AARP Special Guest

Mr. George Anastos

Presenting on the topic of Fraud



Original Artists: Hi-Jinx Comics 4 Jack Bradbury?

Cover Alteration : Joe Musich

Song YouTube:

<https://www.youtube.com/watch?v=a8qE6WQmNus>

Lyrics:

<https://genius.com/Bob-dylan-must-be-santa-lyrics>

The Song History:

[https://en.wikipedia.org/wiki/Must_Be_Santa_\(song\)#:~:text=%22Must%20Be%20Santa%22%20is%20a,Singles%20Chart%20a%20year%20later](https://en.wikipedia.org/wiki/Must_Be_Santa_(song)#:~:text=%22Must%20Be%20Santa%22%20is%20a,Singles%20Chart%20a%20year%20later)

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

COME HANG WITH US AT WOMEN SHARING!



WOMEN SHARING REVISITED

Blaisdell Y's monthly Women Sharing group is growing! In November, 13 ladies met for 1 1/2 hours. We enjoyed hearing about others' recent experiences and we each shared personal viewpoints on recent events. Self care recommendations were offered. All women are welcome. Next scheduled date is **Mon, December 16, 12:15pm. Join us!** Pictured from bottom left around the table: Jenice, Sandra, Ellen, Maria, Rene, Marie, Kathleen, Nancy, Helen, Vikki, Cindy, Andrea. Photographer: Rehti



The Holidays are here! And all times of year most of us give and receive cards. But what do we do with them when you are done enjoying them? Bring them to the YMCA! We have a collection, and we donate them to <https://friendsco.org/> ! The card fronts are recycled into greetings and included in friendship gift packages sent to seniors in the metro area. Bring your cards to game day! Questions: kathleenvar2014@gmail.com

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

WOMEN SHARING THOUGHTS BY RENE GRUNOW

It's hard for me to believe that our first women's sharing group was two years ago! Sandra Freeman often gives me credit for being instrumental in forming the group but without her it never would have started! I am an introvert and always feel unsure of myself while she exudes confidence and admits to being an extrovert. I do love how it has grown and blossomed.

During Covid when we were all feeling so isolated, I found the Coffee Chat through the YMCA app. Although it originated from the Blaisdell Y and I participated mainly at the Eagan YMCA, I was quickly accepted as a member of the group. It was wonderful to get to meet a whole new group of friends from various walks of life, see their smiling faces on zoom and get to participate in conversations about the isolation we were experiencing as well as talk about life in general. I very much looked forward to those weekly chats and rarely missed a week.

A year or so later Sandra asked if I would like to meet her for coffee. We met at Turtle Bread and the time just flew by as we talked about our lives. A quick and easy friendship developed which happily has continued to grow over the years. We were both struck by how full each others lives were, all the adventures we've had, things the other person had accomplished or experienced that was surprising or inspirational and the many ways the journeys in life draw us together. That day we both realized that simply having someone to talk to who truly listened gave us such joy. It was a joy that we wanted to share with other women. Certainly not that men wouldn't also benefit from some close conversations but acknowledging that women don't speak as freely with men present, that as women we sometimes feel things as much as we hear or see them. Sandra approached Tami, our wonderful ForeverWell Coordinator, about forming a women's chat group and before long it began.

Our first group get together was in November 2022. It was a small but warm group and we started by getting to know one another. Since then we have met once a month and talked about a wide variety of things. We are an amazing group of women! Always excited to welcome someone new. No one is obligated to say a word. Come and listen, speak when you are moved to do so and know that you are always among friends. We discuss our lives, family or health challenges. We are always willing to listen when someone is having a rough day or facing something they would like another opinion on.

As I've gotten older many of my friends have moved or drifted away, sadly some have died. It has been such a blessing to meet this amazing group of women who are interesting and interested in such a wide variety of things. I continue to attend the zoom coffee chat when ever possible as well as women's sharing. I make my way down to the Blaisdell Y for movies, classes, game day and special events whenever I can. I feel so lucky to have so many new friends! You have opened my mind and I so appreciate all your stories. You have all shown me how to see the blessings my own life holds.

ForeverWell

Celebrate the Season

Words can be found in eight different directions

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

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Created for Blaisdell YMCA

Bells
Blaisdell
Caroling
Celebrate
Christmas
Cold
Cranberries
Decorations
Egg Nog
Elves

Exchanges
Family
Feast
Gingerbread
Giving
Grinch
Hanukkah
Holiday Cards
Human Rights Day
Irish Cream

Kwanzaa
Lights
Lutefisk
Pine Trees
Poinsettias
Sleigh
Snowflakes
Traditions
Winter
Wreaths

CHRISTMAS TREE LOT! A YMCA TRADITION! NOW AT BLAISDELL!

For over 77 years, Y Service Clubs have been selling Christmas trees. The Blaisdell, Midway and Southdale Ys are selling trees to raise money for youth in the community to participate in YMCA programs and camps. Pictured below, YMCA Tree Lot 1939.



“The YMCA is committed to removing barriers...

that may prevent kids and teens in our community from participating in enriching programs and camps,” said Glen Gunderson, president and CEO of the YMCA of the North. “The tree lots are an annual tradition that help raise funds so all youth have opportunities to participate in meaningful activities that can inspire their future goals and help them reach their potential.”

**OUR VISION IS TO CREATE A MEANINGFUL TRADITION,
WHILE ALSO RAISING FUNDS FOR YOUTH PROGRAMS!**

CONSIDER A NEW FAMILY TRADITION, BUY YOUR TREE OR VOLUNTEER!

WHO: YMCA of the North: Blaisdell in Minneapolis, Midway in St. Paul, Southdale in Edina

WHAT: Annual tree lot fundraiser

WHERE & WHEN:

Minneapolis - Blaisdell YMCA, 3335 Blaisdell Ave. S., Minneapolis, MN 55408

Trees available Nov. 29 **until sold out!**

- Friday, Nov. 29: 11 a.m. – 7 p.m.
- Mondays through Fridays: 5-8 p.m.
- Saturdays and Sundays: 11 a.m. – 7 p.m.
- Self-service: 8 a.m. – 4 p.m. Mondays through Thursdays in December