



# FOREVERWELL

NOVEMBER 2024 BLAISDELL YMCA

## CELEBRATE CONNECTION!

### MOVIE!

"Thelma"

Friday Nov 8th  
1:00 Warehouse

### WOMEN SHARING

Mon Nov 11<sup>th</sup>  
12:15-1:45 PM  
STUDIO A

### GAME DAY!

Tues Nov 12th  
Noon-2pm Studio A



### WE'RE HERE TO HELP!

Meet your Co-Coordinators:

Tami & Rehti

[Tamara.holtan@ymcamn.org](mailto:Tamara.holtan@ymcamn.org)

[Rehti.Mekha@ymcamn.org](mailto:Rehti.Mekha@ymcamn.org)

Office Hours:

Mon & Wed 10am-1pm



## THELMA HINKLE

Over the years we have had many opportunities to celebrate with Thelma. Pictured are coffee chat at the 5-8 club in MPLS and dancing at the YMCA!

## CELEBRATE LOVED ONES AND CONNECTIONS!

'Tis the season to draw in and celebrate the ones we love. November is the month of thanks. It may also be remembrance. Connections and love have no boundaries. It may be past, present or future. It may be unbridled joy, or a dash of melancholy mixed with our memories of times gone by. As your ForeverWell community, we are here for all of it. For our great days, and our not so good days. We lost a beloved member, Thelma Hinkle, in October, just shy of celebrating her at our Octogenarian party. She was 99 years old, and for the second half of her life, she came often to the YMCA. She credited her independence and mobility with staying active at the Y. And it was more than physical, it was connection and community. She will be missed and remembered.

## BRANCH HOURS

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sundays: 7am-5pm

Front Desk: 612-263-9947

[www.ymcanorth.org](http://www.ymcanorth.org)

## BLAISDELL YMCA

3335 Blaisdell Ave S, Mpls 55408

Contact: Tami Holtan

Email: [Tamara.holtan@ymcamn.org](mailto:Tamara.holtan@ymcamn.org)

Customer Service: 612-230-9622

# FOREVERWELL EVENTS

Friday Nov 8th, 1:00pm, Warehouse

MOVIE! "THELMA"



Thelma Post is a 93yr old who lost \$10,000 to a phone con. She embarks on a journey to reclaim what was taken from her.

Monday Nov 11<sup>th</sup>, 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 Nov 12<sup>th</sup>, 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\*

**This month meet at Global Market on November 20<sup>th</sup>!**

Virtual Coffee Chat will be available weekly as well.

[Register For Zoom CoffeeTalk](#)

Contacts:

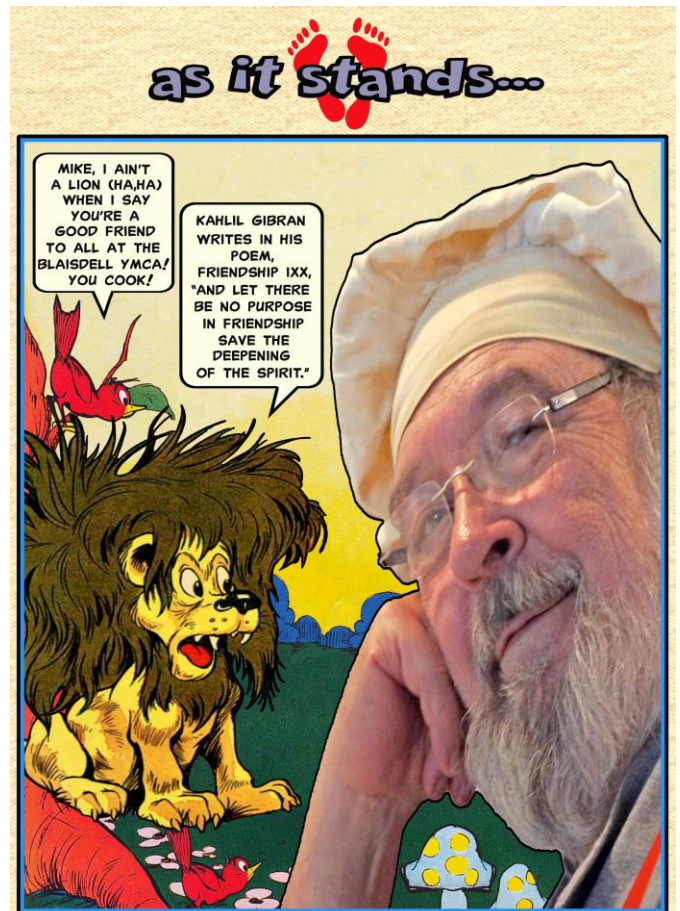
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# SAVE THE DATE



¿COMING EVENT?



Original Artists: Ha Ha Comics 78, Dan Gordon,  
Ha Ha Comics 11, Kent Hultgren

Cover Alteration : Joe Musich

<https://www.poemhunter.com/poem/friendship-ixx/>

## 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 COFFEE CHAT!

**ForeverWell Members and Staff** gathered on Wednesday July 31<sup>st</sup> at [Guava's Cuban Café](#) in Mpls. This was a gathering we call **'Roving Coffee Chat'** and we want to invite you! Every Wed we gather online for **Virtual Coffee Chat** from 10 to 11 am. See information in the schedule on page 2. Not only do we gather and share about anything and develop our connections, but many of our ForeverWell activities are born out of these discussions. **And this month we are meeting at Global Market on November 20<sup>th</sup> at 10am.** This community is so rich, and we would love to share time with you and see your ideas reflected in our activities and our Newsletter.

There is never any obligation. This is just gather and enjoy!

**Pictured below:**

Joe, Jason, Kathleen, Lucia, Nancy, Vikki, Sandra, Tami & Rene. **Join us!**



**The Holidays are coming!** 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](mailto:kathleenvar2014@gmail.com)

And don't forget!

**Walgreens is 20% off for Seniors,** the first Tue of every month!  
Off non-sale items!



## Memories of Thelma Hinkle

It's surprising to me that Thelma and my friendship existed only for the past few years, since we met in class at the Blaisdell Y. After running into the back of a school bus at the age of 96 Thelma decided to give up driving her car. But Thelma had been coming several days a week to senior classes at the Y for years, for decades! Now how was she going to continue to attend classes? Several of us who live nearby volunteered to pick up Thelma at her home, drive her to the Y, and return her to her front door. Every time I drove her she repeatedly expressed her appreciation to me and to the other drivers for accommodating her.

During our car rides I got to know Thelma better. She reminisced about when she and her husband, Frank, moved to Minneapolis from Chicago in the mid 1955's, buying their first home on 5th Ave., where she lived until her death. They had two sons, Richard and Frank Jr.

Thelma recalled her longstanding job working in customer service at the Sears store in Eden Prairie. She prided herself on always arriving for work on time.

Family friends, the Martin sisters, Kelly and Karen, were a regular part of Thelma's life. Thelma knew their mother and recalled when the twin sisters were born. Kelly's home is across the street from Thelma. She and Karen cared for Thelma like daughters, checking on her well being and attending to her daily needs. Thursdays they made weekly grocery shopping trips to Cub Foods. Sundays they drove to attend services at Greater Friendship Missionary Baptist Church.

Eventually Kelly began bringing Thelma to the Monday ForeverWell Classic class, setting up her chair and keeping an eye on her during class.



During the summer of 2022 the Y sponsored hikes at metro-wide parks, called "Unlock-it". When Blaisdell hosted the hike at Powderhorn Park, Thelma and I went to the park together. She enjoyed visiting with Y members from other metro branches, drinking complimentary Caribou coffee, while others of us walked around the park.

Thelma joined the ForeverWell members when we went to Minnehaha Falls to enjoy lunch outdoors at picnic tables.



She had a lot of fun during the Coffee Chat outing to the 5-8 Club, home of the Juicy Lucy.



During ForeverWell game days Thelma worked on assembling a jigsaw puzzle. She also participated in several of the Monday Women Sharing groups.



In December 2022 the Blaisdell Y hosted a holiday party; Thelma came dressed in her red “Y Gathering” t-shirt.

In October 2023 ForeverWell celebrated Octogenarian month with a luncheon. A photo of that event, featuring Thelma, can be found on the cover of the October 2024 ForeverWell newsletter.



Thelma returned for the December 2023 holiday luncheon at which we surprised her with a 99th birthday cupcake.

Thelma was always so happy to see her Y friends and to be included in classes and social gatherings.

My life is enhanced by knowing Thelma and calling her my friend. She is missed.  
Kathleen Varner

# ForeverWell

## Thankfulness & Connections with Family & Friends

Words can go be found in eight different directions

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

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Created for Blaisdell YMCA

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|--------------------|----------------|-----------------|
| Be Kind            | Election Day   | Remembrance Day |
| Bring A Friend     | Fall Season    | Shopping Begins |
| Chrysanthemum      | Family         | Thanksgiving    |
| Community          | Forgive        | Time Change     |
| Connections        | Gatherings     | Topaz           |
| Cool Weather       | Giving Thanks  | Travel          |
| Diabetes Awareness | Holiday Season | Veterans Day    |



**We Celebrated!  
Octogenarian Party '24**



**Pictured in the center left to right:  
Sumi, Joann, Cindy, Donna, Mike, Betty, Charles,  
Mary, Jim, Heidi, Jean Ann, Cherie, Fred & Anne.**

