



FOREVERWELL

May 2024 BLAISDELL YMCA

Healthy Aging!

GAMES/BINGO!

Tues May 7th
Noon-2pm Studio A

WOMEN SHARING

Mon May 13th
12:15-1:45 pm Studio A

FILM: "THE BOYS IN THE BOAT"

Fri May 17th
1:30 Warehouse

ORTHOLOGY PRESENTS

Low Back Pain & You!
Mon May 20th
12:30 Studio A

DECLUTTERING & DOWNSIZING

Lunch & Learn! Catered!
Fri May 31st
12:30-1:30 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



GAME DAY!

Next one Tuesday May 7th!

Studio A isn't just for moving and sweating! We love to have events for older adults that build community. Several of our events each month take place in Studio A!

Pictured left, several members at April Game Day!

HEALTH AND WELLBEING OPEN HOUSE TO CELEBRATE!

Wednesday May 29th is National Senior Health & Fitness Day!

Join us across the YMCA of the North to celebrate National Senior Health & Fitness Day with a Health and Wellbeing Open House! Branches will be opening their doors to you with a variety of special events. Visit the following web page for more information:

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

As the site says, check back often, as events will be added throughout the month. At Blaisdell, we have a full month of activities that support a healthy lifestyle! Check out our list of events in the column to the left, and read on for more information inside. This is a great month to bring a friend to the Y, to introduce them to new communities and activities. As a reminder, when searching for a variety of quality day to day activities, don't forget that you are a member of an entire network of YMCAs, and you can easily access schedules and information for older adults across all of our branches by visiting our website and checking out other newsletters here:

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

We look forward to staying healthy with you this month!

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 May 7th, Noon- 2:00, Studio A

BINGO, 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.

Monday May 13th, 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!

Friday May 17th, 1:30pm, Warehouse

FILM! "THE BOYS IN THE BOAT"

Members of the University of Washington are thrust into the spotlight during the height of the Great Depression, as they compete for gold at the 1936 Olympics in Berlin.

Monday May 20th, 12:30-1:30p, Studio A

LOW BACK PAIN & YOU WITH CARLI JOST!

Come and meet our Orthology Physical Therapist Carli Jost! She will do a presentation on Low Back Pain, and save time to have your questions answered. Orthology is a physical therapy you can access at the Y, and is covered by most insurance.

Friday May 31st, 12:30pm, Studio A

DECLUTTERING & DOWNSIZING!



AARP Speaker Joan Palmquist gives us easy to follow tips to get started. This is also a **new member welcome event!** **Light catering will be provided! Bring a friend!**

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

BLAISDELL FOREVERWELL COFFEETALK*

Virtual Coffee Chat will be available weekly as well.

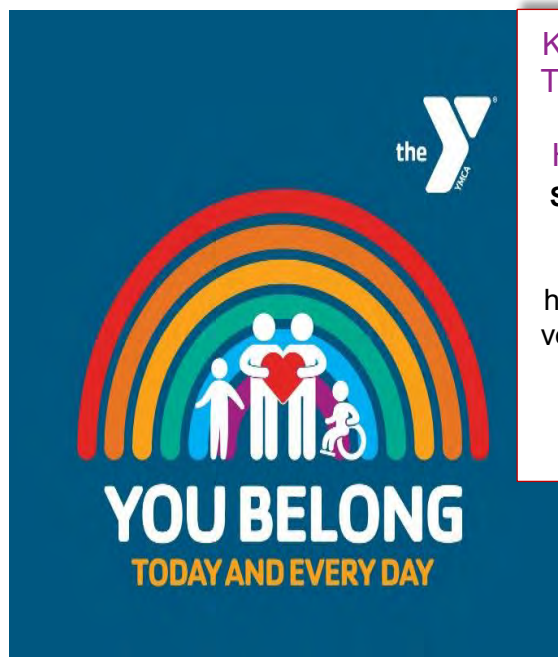
[Register For Zoom CoffeeTalk](#)

Contacts:

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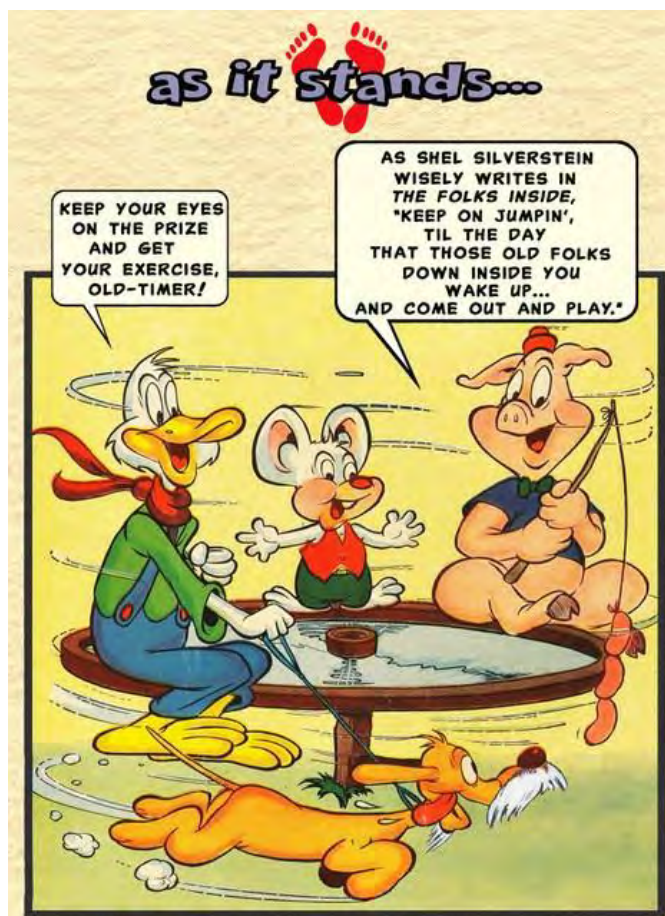
SAVE THE DATE!



**KICK OFF
TO PRIDE
OPEN
HOUSE!**

**Sat June
1st, 1-4!**

Come
hang out,
volunteer,
invite
loved
ones!



Original Artist: ? and Don R Christensen

Cover Alteration: Joe Musich

Poem and Audio Reading:

<https://www.youtube.com/shorts/tGrBv9xlrC4>

BLAISDELL FOREVER WELL GROUP EXERCISE CLASSES



Shoes are required in Silver Sneakers classes! They are optional only in a ForeverWell Yoga Class!

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	8:15 am	ForeverWell Water Aerobics	Andy E.	Pool
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

TidBit!
Senior Day at Wallgreens! 20% off non-sale items, the first Tuesday of every month!

REFLECTION

You are holding a cup of coffee when someone comes along and bumps into you, or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer. You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over?

Joy, gratefulness, peace and humility?

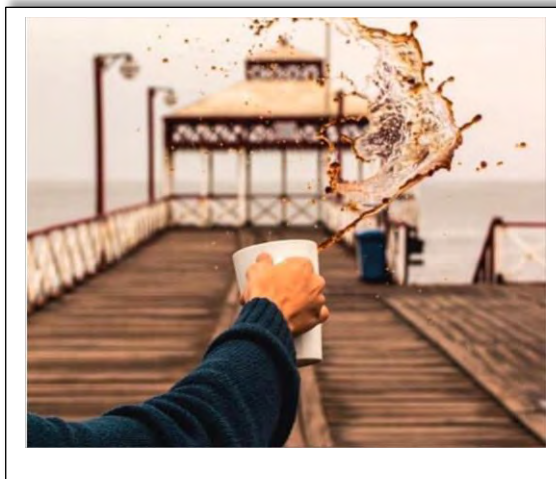
Anger, bitterness, harsh words and reactions?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation... and kindness, gentleness and love for others.

(Shared from a friend whose cup is full of goodness and inspiration.)

WHAT'S IN YOUR CUP?





GETTING TO KNOW YOU... SANDRA BREUER

Those of us ForeverWell members who participate in Silvers Sneakers Yoga and ForeverWell Strength classes, know Sandra B. as our instructor. But how well do we actually know Sandra? Here is some of her background, shared during a one on one interview.

Sandra and her four sisters grew up in Maple Grove and Osseo, graduating from Park Center High School in Brooklyn Park. Her dad was an auto mechanic and her mom a homemaker. Sandra has resided in south Minneapolis all her adult life.

In high school Sandra participated in the highly precise sport of synchronized swimming, joining the school swim team for two years. Wearing matching one-piece black swimsuits and eye goggles, the team competed against area schools.

Sandra's college years spanned two plus decades; she enrolled in several metro schools and took gap times to work and pursue other options.

In 2007 Sandra obtained a B.A. in History from the University of Minnesota. Realizing that future employment in the field would require a minimum of a Masters degree, she refocused her direction.

Trained by Mark Travel Corp., a wholesale travel outfit, she worked at the Bloomington call center with independent travel agents and airlines, booking leisure travel packages and group excursions. That is, until Sandra was working in the call center on the day of 911. The building was immediately put on lockdown, with only badge admittance. Planes stopped flying and travel restrictions were imposed worldwide; consequently the tour business fell off. Groups had to be rescheduled. Individual travelers discovered that they could book reservations via the Internet, so the need for travel agents declined. Within two weeks Sandra and 150+ employees were laid off.

Back in school, Sandra enrolled at St. Paul College for a year of fitness classes. She became a Certified Personal Trainer. During that period she was a member of the Minneapolis YMCA. The downtown St. Paul YMCA hired her in 2011 as a personal trainer. She became a group fitness trainer at the Midway YMCA. She began with the Blaisdell YMCA in 2012 as a yoga instructor. Through workshops, she became certified as a Silver Sneakers trainer. Twelve years later she continues to teach at Midway and Blaisdell.

Morocco! ...a college adventure. Sandra joined a Study Abroad program and she flew to Rabat, Morocco, along with a group of 20 students. For six weeks she lived with a local family and attended school five days each week, studying Moroccan history. Even though the national languages were Arabic and French, classes were held in English.

Favorite memories of Morocco include eating meat and veggies cooked Tagine style. The North African cooking pot, a Tagine, has a conical lid which slow cooks a richly spiced stew. While in Morocco Sandra admired the intricate colorful mosaic tile work found throughout the region.

Other travel destinations that Sandra would like to explore in the coming years include the Grand Canyon, the West Coast, Northern California Redwoods, Washington DC, and the East Coast, for its numerous historical sites.

During college hiatus Sandra volunteered for several years at Pathways, on Hennepin Ave. Pathways supports terminally ill clients. When Sandra volunteered, Pathways offered acupuncture, massage, art, music, meditation, journaling, and stretch classes. Unfortunately Covid cancelled the in-person aspects of the program. Now the Pathways website offers a variety of in-house holistic services. Sandra also worked part time gigs at the Target Center, and the original Metrodome (now U.S. BankStadium) in concessions and as an usher.

Sandra discovered Toastmasters International and joined a local chapter. Toastmasters teaches confident communication and public speaking. In the years that Sandra belonged to the club, its members practiced three of ten different types of speeches: Tell a Story, Demonstrate, Persuade. Evaluators analyzed speeches and then presented their findings to the members. "Table Topic" leaders formulated questions which were put to speakers on the fly; one to two minutes were allowed for speaker's responses to the questions.

Over the years Sandra had experienced signs of gluten intolerance. In 2008 she eliminated wheat, barley, and rye products. After two weeks she noticed feeling better; her energy level lifted. She lost weight and increased her activities. Today she practices eating gluten free meals, avoids dairy, and is mindful of celiac intolerance.

A sideline interest of Sandra's has been to dabble in poetry. She was pleased that Metro State College published one of her poems in its school newspaper. As for reading, she enjoys Sci-Fi and crime mysteries. She downloads books via Audible. For fun Sandra likes to explore art fairs and listen to musical entertainment offered by the Park Board. She lives close enough to walk to Loring Park and she can bus to the Edina Art Fair. She enjoys summer music performances at Lake Harriet and Minnehaha Falls bandshells. And, of course, ForeverWell monthly activities such as game day, Friday movies, and guest speaker luncheons.

To quote Sandra: "Stay active and find something you enjoy doing to stay active. Because if you enjoy an activity you are more likely to stick with it!"

Thanks, Sandra, we will!

By Kathleen Varner

ForeverWell/Healthy Aging

Words can go in eight different directions

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

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ForeverWell Word Search for Blaisdell YMCA

Activities

Armed Forces Day
Attitude
Awareness
Blooming Flowers
Cinco de Mayo
Come To The YMCA
Eat Well
Energize
Enjoy Outdoors

Exercise

Family
Gardening
Healthy Aging Day
Healthy Weight
Hydrate
Immune System
Longevity
May Day
Memorial Day

Mental Health

Mothers Day
Motivation
Refresh
Sleep Good
Smart Choices
Springtime
Stay Active
Stay Connected
Stay Creative