SUBSCRIPTIONS HAVE ARRIVED!
For Personal Training & Pilates! Learn More!

VACCINE CLINIC!
Oct 18 & Nov 8
Boosters Available!
Click Here to Register

MUSIC SOOTHEs!
Read about our September Live Music event on Page 3!
Save the Date!
Next one December 3!

CONTINUE TO REGISTER FOR CLASSES!
Click Here to Register

Be Well! -Tami Holtan
ForeverWell Coordinator
Tamara.holtan@ymcamn.org
612-371-8702

HARVEST A NEW HEALTHY HABIT!
HOW WILL YOU FINISH THE YEAR STRONG AT THE Y?
Not to put too fine a point on it. But you are welcome here! Your community is literally waiting for you. Holding space for you. We know things have been hard. We know simple choices have become weighty. But we have been building, and learning how to be safe and healthy, and bring back the things that serve us. That make us stronger together. My name is Tami. I am your coordinator. It is my goal to meet every one of you. And my mission is simple.

How can I help you finish the year stronger at the Blaisdell YMCA?

BRANCH HOURS
Monday-Friday: 5am-8pm
Saturday: 8am-5pm
Sundays: 8am-5pm
Front Desk: 612-263-9909
www.ymcanorth.org

BLAISDELL YMCA
3335 Blaisdell Ave S, Mpls 55408
Contact: Tami Holtan
Email: Tamara.holtan@ymcamn.org
Phone: 612-371-8702
SPECIAL EVENTS HOSTED BY BLAISDELL

Tuesday Oct 5th, 1:00pm, Warehouse
MOVIE: MOONSTRUCK
Monthly Movie! Share your requests! This a classic, and a great kick off to the Holiday Season. Bring your own snacks! Coffee Provided!

Wednesday Oct 13th, 10-11:00am, Zoom
WHAT’S NEW WITH MEDICARE
Join this week’s ongoing zoom coffee chat for a Medicare discussion with Sandra Juetten, of Schatz Benefit group. Zoom only. Click Here To Register!

Tuesday October 19, Noon-1:00pm, Studio A
LUNCH & SING
A new Blaisdell ForeverWell tradition! Bring a bag lunch and gather in community and song. Coffee Provided!

Tuesday October 26, Noon-1:00pm, Studio A
NEW! BINGO!
Join us as we initiate Bingo at Blaisdell! Prizes Donated. (Feel Free to Donate!) Coffee Provided!

Ongoing, Wednesdays 9:45-11am, Zoom
BLAISDELL FOREVERWELL COFFEE TALK
Join us any time for this virtual gathering. Register For Zoom Coffee Talk Contact: tamara.holtan@ymcamn.org

In other news...

Oct 18 & Nov 8/ 4-7:00pm
FREE COVID-19 VACCINE CLINIC
This is a free Pfizer vaccine. Provided by the Minnesota Department of Health. Boosters are available! Register for Vaccine Appointment
December 3, 2021/ 2:00pm
SAVE THE DATE!
Clark Adams with Ray & Jeremy
Live Holiday Music event in the Gym!
Questions?
Contact: Tamara.holtan@ymcamn.org

Friday October 15th
2:30pm -4:00pm
Blaisdell Members have pulled together to make more social activities available to you. Last month they provided parking lot music. This month they offer a River Boat Cruise. In December, they are providing Holiday Music. If you would like to join in on the River Boat Cruise this month, call 651-370-9179 to purchase a ticket. Or visit this site to book online.

Jonathan Paddleford Excursion Harriet Island
*Member Organized

Original Artist: Dan Gordon
Graphic Alteration: Joe Musich
After a few cool rainy days gave Minneapolis an early taste of fall, summer sunlight and warmth returned on September 17, making it a perfect Friday for live music in the heart of the city’s Southside— the Blaisdell YMCA parking lot. Backup indoor plans for bad weather were cancelled and chairs arranged around a makeshift stage. By mid-afternoon more than fifty people had assembled to share a truly unique musical experience. They were all offered seats if they had not brought their own, and Clementine oranges with napkins as well.

Central to the experience was the Blaisdell YMCA’s own Clark Adams, a man who by day helps keep the premises clean and orderly and by night sings gospel and blues, among other things. Clark was in fine form for his afternoon Y audience, sang their favorites, had them toe-tapping if not up dancing, and kept them smiling with his gentle banter and jokes. His own moves at the microphone showed, as is appropriate for the YMCA, that a man with some years under his belt can still keep the joints well lubricated.

Clark’s fellow musicians in the trio threatened to upstage him on every number. Singer and keyboard artist Ray Barnard led smooth, engaging vocals with Clark mostly doing backup harmonies. Guitar and percussion master Jeremy Johnson, a surprise addition to what had been planned as a duet, carried listeners away with his improvised solo riffs. Clark himself acknowledged feeling a bit threatened by the applause after those solos.

But in the end the YMCA audience was all Clark’s. He sang them a final improvised song about the YMCA and the people who come there and how he cares for them all. His fans sang his praises in return and contributed generously to the tip box. Everyone left happier and healthier than when they arrived. The National YMCA should seize this wonderful opportunity to promote its members’ wellness by adopting Clark Adams as a national ideal employee and helping him share his gifts with a wider audience beyond the Blaisdell Y parking lot.

By Jerry Freeman
Minnesota Spokesman-Recorder
Harvest a new healthy habit at Blaisdell

Words can go horizontally, vertically and diagonally in all eight directions.

© 2021 by Sandra King Freeman  ForeverWell Word Search for Blaisdell YMCA
HARVEST A NEW HEALTHY HABIT AT BLAISDELL!
WHAT CAN YOU DO THIS FALL TO END THE YEAR STRONG?

Why not try a new class? We’ve got options!

Wednesdays @6:00 pm Studio C
GROUP CYCLE WITH LANA H
Be adventurous and try something outside of the box. You can work up or down in classes. Foreverwell speaks to a wide range of ability, so let's not forget about the other classes available at Blaisdell!

Mondays @8:45 am Studio A
YOGA /ALTERNATING BETWEEN JENNIFER D AND TAMi H
Would you like to take that yoga class to the floor? We are here to help. Again, you can work any class up or down. This is a new class and building. All levels are welcome!

Tuesdays @9:15 am Studio C
TAI CHI- MOVING FOR BETTER BALANCE WITH MARIANNA
Tai Chi with Marianna is offered on Tuesdays and Thursdays. Note the change on Tuesdays to 9:15, this will allow you to double up on classes, if you also like to take chair yoga with Tami at 10:am, or perhaps you are just an early bird, and want to get your movement done early! If so, this class is for you!

Saturdays at 8:10am In the Pool
WATER X WITH KRISTEN H
We know some of you want weekend classes. Why not try the pool? Don’t be intimidated if it doesn't say "ForeverWell" or "Silver Sneakers." Your Instructors are here to meet you where you are at, and encourage you to step outside of the box!

Ongoing Opportunities:
SOCIAL GATHERINGS, PERSONAL TRAINING, SMALL GROUP TRAININGS, PILATES SUBSCRIPTIONS, AND SO MUCH MORE!

Not sure where to start? Let's get together!
Contact Tamara.holtan@ymcamn.org /612-371-8702 for a chat or a tour, to create your personal plan.

WHAT NEW HEALTHY HABIT WILL YOU HARVEST?
Confluence - the Coming Together.
…something to think about on the Paddleford Riverboat trip.

Loud noises scampering from station to station; everyone trying to be the first to finish. “No pushing or shoving”, I said. Watchful eyes taking in every movement of 7th graders in all varieties of sizes and shapes; a collection of stored energy. This was much different than bringing junior high students on my first field trip in that age group. That one ended quite abruptly because students were doing what this group above were doing - having fun while learning.

Two years ago my granddaughter asked a favor of me. The question was, would I be willing to draft a letter to the school board. At the time she contacted me the school was named after a now notorious Minnesota figure, Henry Sibley. My granddaughter supported the name change and suspected I would also. She was correct. The letter was drafted.

As a retired Social Studies and US History teacher, I had acquired working knowledge of many sad circumstance of Minnesota history. Much of our local history begins at the confluence of the Minnesota and Mississippi Rivers. “Bdote”, as identified in the Lakota language.

Some of the first whites to settle in this area were driven out of what we now know as Canada. They were forced down the waterway we call the Minnesota River, on Ox carts. They first settled in the caves along the Mississippi River in the area of “Bdote”. The national efforts of the US coming to this area and building Fort Snelling, revolved around protecting US trade interests. Stories have it that Lake Minnetonka was literally hidden from the easterners by native peoples. The Civil War had one of its poisonous roots in the Dred Scott case which centered on Fort Snelling. I started taking students on field trips to the Fort when there was absolutely zero recognition of that horrible story. Neither was there any acknowledgment of the violence perpetrated upon native peoples in the “acquisition” of native living spaces. No mentioning the ugliness of the events leading to the Uprising of 1862. Nor of the incarceration and death of many women and children at the Fort. Or of the largest mass hanging in US History. Everything we know today has spun out of these events. The final recognition of Little Crow was very close by… (https://www.edpoisecat.com/minnehaha-park/)

The granddaughter’s request brought to mind the many field trips I had organized to the Fort Snelling area with Junior High and Senior High students. Three books were used as primary resources.
1. “The Thirty-Second State; a Pictorial History of Minnesota”.
3. “Our Way Or Highway - Inside the Minnehaha Free State” by Mary Losure, covering the controversial expansion of Highway 55 by Minnehaha Creek and Falls. A forester friend has propagated the genetic material from the scared seven oaks.

The areas between Minnehaha Park to Coldwater Springs and then Fort Snelling were open to exploration with Senior High students in the “The Water is Still Life” learning unit.

Minnesota history, in many ways, begins in the area of the confluence of the two great rivers. Below Fort Snelling is Pike Island. I have walked the island a few times, finding it to be a good place for contemplation as we continue to come to terms with our personal and collective history.

In my years of teaching, much has changed from the first field trip with students. Having fun is now encouraged. There are now learning units where students learn about protecting the waters. The doors are opening. There is a confluence of both great waterways, and a confluence of understanding and acceptance of humans, coming in all their collective sizes and shapes, as well as with their many colors and backgrounds and historical experiences. The name of my granddaughter’s high school has been changed to “Two Rivers” in reference to the rivers we know come together almost within visual distance of her school. I was invited by her to be a small part of a different confluence. I love her for the request. A Bdote of ideas as we all continue the search for fairness and justice.

-Joe Musich, Member