



# FOREVERWELL

DECEMBER 2025 | BLAISDELL

## AT A GLANCE

### COFFEE TALK

9:45 am every Wednesday

**Connect virtually with others in the community**

### GAME DAY!

Tuesday, December 2

Noon-2:00 pm

Room change to Kids Stuff

**Every 1st Tuesday**

### WOMEN SHARING

Monday, December 8

12:15-1:45 pm

Room change to Kids Stuff

**Every 2nd Monday**

### MOVIE:

### NATIONAL LAMPOON'S CHRISTMAS VACATION

Friday, December 19

1:00 pm

Warehouse

**Every 3rd Friday**

## BLAISDELL TREE LOT

### TREES AVAILABLE NOW UNTIL SOLD OUT

Celebrate the holidays with a fresh-cut, live tree from the YMCA. Our volunteers will help you find the perfect tree, give the tree a fresh cut, and help you load it in your car. We accept most credit cards as well as cash or checks.

- Friday, Nov. 28: 11 a.m. – 5 p.m.
- Thursdays and Fridays: 5-8 p.m.
- Saturdays and Sundays: 11 a.m. – 4 p.m.
- Self-Service Weekdays in Dec. 8am-6pm -see Member Service Desk

## YMCA HOLIDAY HOURS

- **DECEMBER 24: 7AM-12PM**
- **DECEMBER 25: CLOSED**
- **DECEMBER 31: 7AM-5PM**
- **JANUARY 1: 7AM-5PM**

**ENJOY TIME WITH YOUR FAMILY AND FRIENDS!**

## CHECK YOUR PLAN DURING OPEN ENROLLMENT

Medicare Advantage open enrollment ends December 7! Double check with your individual health insurance provider that your specific plan will continue to include your Y membership as a 2026 benefit.

[www.ymcanorth.org/health-insurance-reimbursement/2026](http://www.ymcanorth.org/health-insurance-reimbursement/2026)

### BRANCH HOURS

Monday-Friday: 5am-9pm  
Saturday: 7am-5pm  
Sunday: 7am-5pm  
Front Desk: 612-263-9947

### BLAISDELL YMCA

3335 Blaisdell Ave S, Mpls 55408  
For more ForeverWell information:  
[www.ymcanorth.org/health\\_fitness/foreverwell](http://www.ymcanorth.org/health_fitness/foreverwell)  
Customer Service: 612-230-9622



Original Artist : Ken Hultgren  
 Cover Alteration : Joe Musich  
 Photo: Ellen  
 Lewis Allen aka Abel Meeropol song lyric writer  
 Song story and movie lyric link...

[https://en.wikipedia.org/wiki/The\\_House\\_I\\_Live\\_In\\_\(1945\\_film\)](https://en.wikipedia.org/wiki/The_House_I_Live_In_(1945_film))

## FOREVERWELL VOLUNTEERS

### WE'RE LOOKING FOR FOREVERWELL ACTIVITY/EVENT CO-LEADERS

Are you interested in expanding the ForeverWell Activities? Do you know someone that would like to present? Do you have a hobby you'd like to share with others? Let Micaylia know!

## FOREVERWELL COORDINATOR CORNER

Hi Friends, I hope to see you out at the Blaisdell Tree Lot! I'm looking forward to starting a new year! Have a fun and safe season!

Feel free to join the activities, reach out to my email if you need help with anything:

[micaylia.kraywinkel@ymcanorth.org](mailto:micaylia.kraywinkel@ymcanorth.org)

## WHAT MOVES YOU?

WE WANT TO HEAR FROM YOU!

[WWW.YMCANORTH.ORG/WHAT-MOVES-YOU](http://WWW.YMCANORTH.ORG/WHAT-MOVES-YOU)

WHAT  
MOVES  
YOU?

## FREE FITNESS ASSESSMENT

INCLUDED WITH YOUR  
MEMBERSHIP!

All Y members can enjoy one free one-on-one 60-minute session with a certified personal trainer to explore your mobility and flexibility and discuss opportunities to MOVE at the Y.

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	10:15 am	Silver Sneakers Yoga	Chris A.	Studio A
Monday	11:15 am	Silver Sneakers Classic	Chris A.	Studio A
Tuesday	10:00 am	ForeverWell Yoga	Sandra B.	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
Friday	10:00 am	ForeverWell Yoga	Sandra B.	Studio A
Friday	11:00 am	ForeverWell Strength	Sandra B.	Studio A

## FOREVERWELL EVENTS

### GAMES AND PUZZLES

Join us for **Games and puzzles!** Stop by to say hello, stay for coffee, join a game. **Bring your own lunch.**  
**Repeats every 1st Tuesday at noon.**

### WOMEN SHARING

If you identify with the experience of being a women, consider joining us! This is your opportunity to connect with and share with other women. **Bring your own lunch.** **Repeats every 2nd Monday at 12:15 pm.**

### MOVIE DAY

Rotating monthly movies. **Bring your own lunch.**  
**Repeats every 3rd Friday at 1pm.**

### BLAISDELL FOREVERWELL COFFEE TALK

Virtually connect with others in the community.  
[Click here to join](#)  
**Repeats every Wednesday @ 9:45am.**

### FOR MORE INFORMATION, VISIT OUR WEBSITE:

[www.ymcanorth.org/health\\_fitness/foreverwell](http://www.ymcanorth.org/health_fitness/foreverwell)

## FOREVERWELL CLASS GUIDE

### JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position.

**SilverSneakers Yoga, SilverSneakers Classic, Water Exercise**

### ALREADY ACTIVE

Designed for people who exercise 1-3x per week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance

**SilverSneakers Circuit, ForeverWell Yoga, ForeverWell Cardio, Water Exercise, Tabata**

### EXERCISING REGULARLY

Designed for people who exercise at least 3x per week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

**SilverSneakers Circuit, ForeverWell Yoga, ForeverWell Cardio, ForeverWell Combo, Gentle Yoga**



## POSITIVE THOUGHT QUOTE:

"Start each day with a positive thought and a grateful heart."

- Roy T. Bennett

## IN CASE OF EMERGENCY

### UPDATE YOUR EMERGENCY CONTACTS

The Y needs to know who to contact in case of an emergency. Please stop by the Front Desk to update your emergency contacts today!

### REMINDER!

Walgreens is 20% off of non-sale items for Seniors on the first Tuesday each month!

## ACUPUNCTURE

### NEW LOCATION - WELLNESS CENTER (OUTSIDE STUDIOS C & D)

- Tuesday: 9:00 am - 11:30 am
- Tuesday: 3:00 - 5:00 pm
- Friday : 9:00 am - 11:30 am

Qi Gong prior to both mornings at 8:30 am

Please check in 10 minutes before start time, see front desk for details. Check website or bulletin board for the most up-to-date times.

## WHO HAS INSPIRED YOU?

### HAS SOMEONE INSPIRED YOU IN A POSITIVE WAY?

Most people have a person that has made a positive impact on their life - could be a teacher, neighbor, family member, or someone else that made a difference in your life. We're looking for the warm, fuzzy stories to share in upcoming newsletters.

## MOVIE: NATIONAL LAMPOON'S CHRISTMAS VACATION

DECEMBER 19 AT 1:00 PM

MOVIE DAY - WAREHOUSE

Clark Griswold tries to create the perfect family Christmas, but everything goes wrong—decorations fail, relatives cause chaos, and his hoped-for work bonus backfires—leading to a wildly dysfunctional but heartwarming holiday.

Rated: PG-13 (Language, brief nudity, and thematic material)



## BACK OR NECK PAIN?

### JOIN A STUDY

Winter programs begin in January on Zoom - no winter driving!

Our goal is to partner with diverse communities to create safe, effective and accessible pain programs for all. Want to help? The Partners4Pain Research Study is testing two pain education programs to help people cope with their pain. It's free to participate and compensation is provided. Visit [www.partners4pain.org](http://www.partners4pain.org) or call 612-626-6477 to learn more!



# NOKOMIS HEALTHY SENIORS (NHS)



Nokomis Healthy Seniors (NHS) is a local nonprofit that has served older adults in south Minneapolis for over 30 years. Our mission is to keep older adults healthy and independent in their own homes for as long as possible. The program offers physical and mental health services, social services, Educational services information and referral services and support groups. For more information, feel free to contact Becky Beeskow at (612) 729-5499 or [bbeeskow@nokomishealthyseniors.org](mailto:bbeeskow@nokomishealthyseniors.org).

You can also check us out on our website at [www.nokomishealthyseniors.org](http://www.nokomishealthyseniors.org) or on Facebook; Nokomis Healthy Seniors.

# PRESCRIPTION BOTTLE COLLECTION

We are collecting prescription and over-the-counter pill bottles, large and small, with/without child-resistant caps. They are going to an organization called Matthew 25, which ships essential items, distributes disaster relief supplies, provides medical aid, and more to those in need throughout the United States and around the world. We were referred to this program by a small clinic in rural Appalachia which is a recipient of pill bottles and other supplies from Matthew 25. More information and box near bulletin board.



## WE LOVE OUR OCTOGENARIAN FRIENDS!

JOANN, CYNTHIA, ELLEN, DONNA,  
EDWIN, PATRICIA, CHARLES

The Blaisdell YMCA is proud to be home to a vibrant group of octogenarian members whose presence enriches our community every day. Their commitment to health, connection, and lifelong growth reminds us that wellness is a journey that continues well into every decade.



# ForeverWell/Celebrate the Season

Words can be found in eight directions

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

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ForeverWell Word Search for Blaisdell YMCA

Baking  
Blizzard  
Box Elder  
Candy Canes  
Celebrate  
Ellen Johnson  
Family  
Festivities  
Fireplace  
Garland

Hanukkah  
Hoarfrost  
Holidays  
Holly  
Hot Chocolate  
Icicles  
Kwanzaa  
Menorah  
Mistletoe  
Octogenarians

Ornaments  
Reindeer  
Skiing  
Sleighbells  
Snow Plowing  
Snow Shoes  
Tinsel  
Tree Lot  
Winter Solstice  
Wreaths