



ForeverWell Newsletter

Blaisdell Y—September 2019

September

September is our EPIC Challenge month. During this month challenge yourself to do something you've never completed before. Whether it's taking a class for the body, volunteering for the spirit, or conversing with a new member to welcome them to the community. There are a multitude of things you can do. Need CHALLENGE help? Join us for;

Active Aging Week! September 23-29th

Open to everyone that ages every year. How can you stay active within the mind, body, spirit and community? Keep an eye out for activities included!

Check out the Y-U Study additional information on ForeverWell Board

50 years of age or older? Want to learn new ways to...

- get physically active?
- take care of your health and wellbeing?

What is it?

This is a collaborative study between the YMCA and the University of Minnesota. Cassie Rood, Vice President of Healthy Living, is leading the study at the YMCA, and Dr. Roni Evans, Director of the Integrative Health & Wellbeing Research Program is leading the study at the University of Minnesota. The study is funded by the National Institutes of Health.

The study tests how effective two educational programs are for empowering people 50 years of age and older to be healthy and physically active. Once the study is complete (March 2021), the educational programs will belong to the YGTC and may become part of long-term programming.

Upcoming Dates/Locations

Burnsville YMCA 13850 Portland Ave S October 2 – November 20 and Cora McCorvey YMCA 1015 N 4th Ave, North Minneapolis September 26 – November 14 Wednesday day-time Thursday afternoons.

Email: y-u@umn.edu

Call: 612-626-2224

ForeverWell Classes

Mondays:

- 8:15-9:00am: Water X
- 9:15-10:00am: M4BB
- 10:15-11:10am: Drums Alive
- 11:15-noon: SilverSneakers® Classic
- 12:05-12:50pm: Water X

Tuesdays:

- 8:15-9:00am: Water X
- 10:35-11:05am: ForeverWell Balance
- 11:15-12: SilverSneakers® Yoga

Wednesdays:

- 8:15-9:00am: Water X Bootcamp
- 10:15-11:10am: Cardio Dance
- 11:15-noon: ForeverWell® Combo
- 12:05-12:50pm: Water X

Thursdays:

- 8:15-9:00am: Water X Power
- 11:15-noon: SilverSneakers® Circuit

Fridays:

- 7:15-8:00am: ForeverWell Water X
- 10:15-11:10am: ForeverWell Cardio
- 11:15-noon: SilverSneakers® Yoga
- 12:05-12:50pm: Water X

Saturdays:

- 8:00-8:45am: Water X Power
- 9:40-10:40am: Tai Chi Instructor Training
- 10:45-11:45: Tai Chi Practice

Sundays:

- 10:30-11:30am: Deep Water X Power



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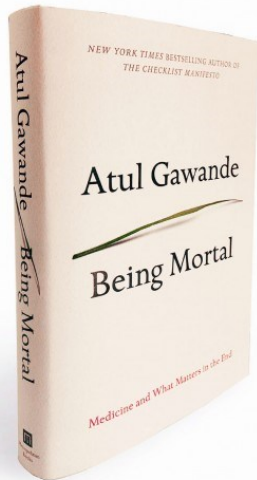
More Details, Information and News!

Being Mortal Community Conversation Workshop

Wednesday Sept 4th, 12-2pm, Studio A

Borrow books throughout August and join us for the Workshop on Sept 4th.

Sign-Up required, 21 Books AVAILABLE— sign-up sheet at front desk.



In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures – in his own practices as well as others’ – as life draws to a close. And he discovers how we can do better. He follows a hospice

nurse on her rounds, a geriatrician in his clinic, and reformers turning nursing homes upside down. He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about.



GREEN BOOKS
a read and recycle initiative

Friday Sept 27th

Warehouse 10am-2pm

Join us in welcoming Green Books, A Read and Recycle Initiative, whom collects donated books, brings them to different locations, and becomes a free bookstore for a day. Over 1,000 books are brought to each event. Residents, staff, and visitors can take as many books as they like for free. No need to return the books. To date over 100,000 books given away!

Have books to donate? Donate them to Green Books! Drop off in the lobby the whole month of September. The most requested books are: mysteries, biographies on Presidents, cookbooks, religious and spiritual. No cash donations accepted.

Questions? Comments?

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Apple Orchard & Stillwater Tour September 27th TBD

Spend the day touring Stillwater & the Apple Orchard! Enjoy touring shops, taking a trolley ride, a restaurant lunch and time to explore! Be on the lookout for our flier!

