March 2020

Lunch & Learn: Monday, March 2nd 12:00-1:00pm Warehouse. Ask Certified Personal Trainer, Ramon, questions to help you better ENJOY your health and fitness at the Y! Bring a bag lunch!

New Member Orientation: Monday, March 9th 10:30am in the lobby. Be on the lookout and help us welcome new members at this ForeverWell orientation. If interested in being a FW Ambassador, come along that day!

Yoga Retreat at Camp St. Croix: March 6th-8th. Join us at the beautiful Camp St. Croix for a yoga retreat including 2 classes and 1 workshop by FW coordinator, Tami Holtan. The retreat includes classes from instructors throughout the Twin Cities, as well as breakout sessions and outdoor opportunities. $250 per person, includes 2 nights lodging, meals, and activities. Go to campstcroix.org and click on retreats for more info! Open to 18+

Clark Adams performs with his band at the Dubliner: Sunday, March 8th 4:30-8:30pm meet at Blaisdell to take van to event. Beloved Clark Adams’ band performs at the Dubliner the 2nd Sunday of every month. This month, join us as we go as a group. Meet at Blaisdell to take the Van to the event. Space in the van is limited. Sign up on the FW bulletin board. All are welcome to meet at the event.

Tour the Minnesota Institute of Arts: Friday, March 13th 12:30-3:30pm. Meet at Blaisdell at 12:30pm to take the Van to the MIA. Our very own member Jean Ann Durandes will give us a tour at 1:30pm. First we will meet for lunch, where you can either pack a lunch or buy a lunch in the café. Back to Blaisdell by 3:30. Space limited for Van. Sign up on ForeverWell board.

Your 2 Cents Matters: Wednesday, March 18th 12:00-2:00pm in the Warehouse. Come and share your ForeverWell programming ideas. This is your opportunity to share your input on what programming is created for the ForeverWell community. From this meeting, to the next newsletter, come and share your ideas! Feel free to bring snacks to share, some provided.

Fitness Find-out: Monday, March 23rd 12:10pm on Fitness Floor. Come learn new ways to use the fitness floor, first timers welcome or come to check-in on your program.

Enjoy Healthy Habits at the Y! March 2020!
New Member Information:

Tami Holton
ForeverWell Coordinator and Group Fitness Instructor
Tamara.Holtan@ymcamin.org
612-371-8702 or 612-263-9909

Ramona Vann
Group Fitness Manager and Personal Trainer
Ramona.vann@ymcamin.org
612-371-8708

Fitness Solution: This is a consultation with one of our personal trainers and is an opportunity to set goals and make a plan for your health journey. This appointment can be scheduled at Member Services.

Welcome to the Blaisdell YMCA! ForeverWell is a program geared to all Y members ages 55+. We have all kinds of classes, programs and events designed to help you improve your mind, body and spirit. All new members are encouraged to attend a ForeverWell program orientation where you’ll learn more about our facility, our classes, and all of our ForeverWell programming. The next one is Monday 3/9 @10:30am, in the Lobby. Please connect with Ramona or Tami to schedule an orientation.

Coming in April!

MATRIMONY! MURDER! MAYHEM!

Join us, here, on April 29th for: Emma’s Graveyard, Live Show at Blaisdel YMCA.

ForeverWell presents: “Emma's Graveyard” Matrimony, Murder and Mayhem on the Mighty “Missippy”!

“Virgin Em” had nine husbands and her own private cemetery in which to plant them. (Written and performed by Southdale YMCA member Therese Samudio -- Emma’s Great-Great Granddaughter).

Therese performs the Show around the Midwest, so don’t miss meeting the fun and fascinating Emma . . . a true story come-to-life from another century!

Cost: $15 ($17 for non-members). Includes Dessert Social following the performance. Performance begins at 1 pm and will wrap up around 3 p.m. Register at member services.

Earth Week is coming to Blaisdell YMCA!

Save the week of April 20-25 to celebrate the 50th Anniversary of Earth Day (April 22) and discuss how you can TAKE ACTION on Climate Solutions. We will do a neighborhood clean up, write letters to our community and national leaders, and look to the many ways our wonderful community can cut our carbon footprint.

We have set aside Monday April 20th, 12-2pm for a clean up event, followed by a carbon neutral lunch and learn, hosted by Paul Thompson.

Paul is a YMCA member, and Organizer of Cool Planet-Neighborhood FUN-Action for Our Planet. Let’s build our conversation around how to preserve and celebrate our natural environment. Like Smokey the Bear said: ‘Climate Solutions Begin with YOU!!’ Let’s define our legacy for future generations!