



FOREVERWELL

JULY 2025 | BLAISDELL

AT A GLANCE

POTLUCK

Monday, July 21

12:300 pm

Studio A

Bring a dish to share!

GAME DAY!

Tuesday, July 1

Noon-2 pm

Studio A

Every 1st Tuesday

WOMEN SHARING

Monday, July 14

12:15-1:45 pm

Studio A

Every 2nd Monday

MOVIE: TEMPLE GRANDIN

Friday, July 18

1:30 pm

Warehouse

Every 3rd Friday

YMCA CLOSED FOR INDEPENDENCE DAY – JULY 4



BLOOD DRIVE – JULY 11

GYMNASIUM – 9:00 AM-3:00 PM



American Red Cross

BRANCH HOURS

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 7am-5pm

Front Desk: 612-263-9947

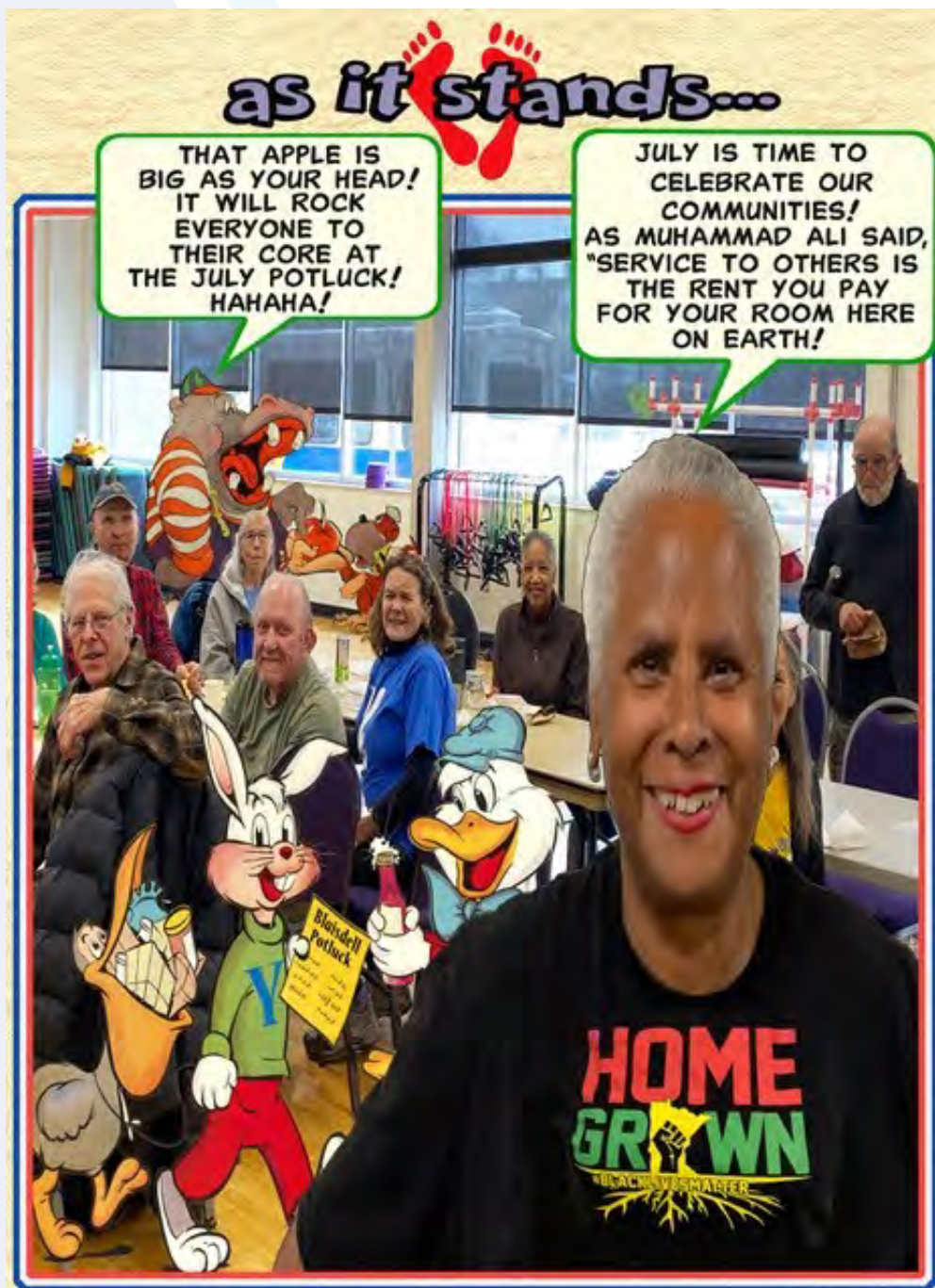
BLAISDELL YMCA

3335 Blaisdell Ave S, Mpls 55408

For more ForeverWell information:

www.ymcanorth.org/health_fitness/foreverwell

Customer Service: 612-230-9622



Original Artist : Vince Fago, Jim Tyer, and Lynn Karp
 Cover Alteration : Joe Musich
 Photo: Maria
 Muhammad Ali Quotes: Start at 2:00 min in.
https://www.youtube.com/watch?v=e-LE4O_DVJg

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! It was great to see so many of you at the Aphasia event, big thanks to Gus for the helpful information! I'm looking forward to seeing you again at the potluck on July 21.

Interested in trying an activity? We'd love to have you join! Feel free to reach out to my email:

micaylia.kraywinkel@ymcanorth.org

WHAT ARE YOU DOING?

WE WANT TO HEAR FROM YOU!

Stop by the lobby to let us know what you are up to! Add your fun adventures and activities to the board! This month's theme is Independence Day.

CLEAN COMMUTER CLUB

Do you walk, bike, or use transportation other than driving to the Y? Sign up for the Clean Commuters Club! Stamp your card 5 times for a chance to win YMCA swag. See Micaylia or the front desk for more information.

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	Silver Sneakers Yoga	Sandra B.	Studio A
Friday	11:00 am	ForeverWell Strength	Sandra B.	Studio A

FOREVERWELL EVENTS

GAMES, PUZZLES, & BOOK EXCHANGE

Join us for **Games, puzzles and books!** Stop by to say hello, exchange a book, 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.**

Rescheduled for 1:30pm on July 18 for those attending Linda's funeral.

Repeats every 3rd Friday at 1pm.

BLAISDELL FOREVERWELL COFFEETALK

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

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

GREETING CARDS

DONATE YOUR CARDS AT THE YMCA!

At all times of the year, most of us give and receive cards. But what do we do with them when we are done enjoying them? Bring them to the YMCA! We have a collection to donate to <https://friendsco.org/> ! The card fronts are recycled into greetings and included in friendship gift packages sent to seniors in the metro area.

Questions: kathleenvar2014@gmail.com



REMINDER!

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

ACUPUNCTURE

DATES AND TIMES

- Tuesday: 9:00 am - 12:00 pm
- Tuesday: 3:00 pm - 5:00 pm
- Thursday : 4:30 pm - 7:00 pm

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

IN CASE OF EMERGENCY

UPDATE YOUR EMERGENCY CONTACTS

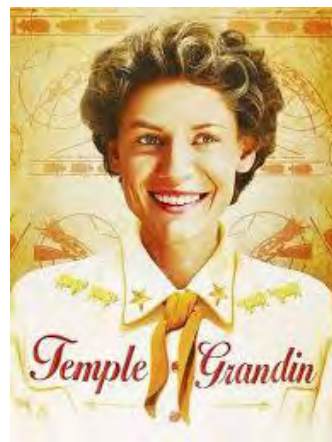
The Y needs to know who to contact in case of an emergency. Please stop by the Front Desk to update your emergency contacts today!

TEMPLE GRANDIN

JULY 18 AT 1:30PM

MOVIE DAY - WAREHOUSE

"Temple Grandin" (2010) is a biographical drama starring Claire Danes as Temple Grandin, an autistic woman who revolutionized animal handling practices in the livestock industry.



DID SOMEONE SAY POTLUCK?!

THAT'S RIGHT, WE'LL BE HOSTING ANOTHER POTLUCK ON JULY 21

Have a favorite side dish, snack, or dessert? Maybe a secret family recipe or something new you just tried. Share it with us on Monday, July 21 at 12:30 pm in Studio A.

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.

ForeverWell/Celebrate Community

Words can be found in eight different directions

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

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ForeverWell Word Search for Blaisdell YMCA

Beaches
BIPOC Mental Health
Boating
Bugs
Camping
Celebrate
Civil Rights Act
Community

Family Reunions
Festivals
Fire Crackers
Fireworks
Flags
Heat Stroke
Iced Tea
Independence Day

Parades
Parks
Patriotism
Picnics
Sunglasses
Sunscreen
Travel
Vacation

FOREVERWELL EVENTS: COFFEE TALK MEETS PERSON TO PERSON



**SANDRA, MARIA, PAM, TAMI, JOE, VIKKI,
NANCY, RENE, KATHLEEN, MICAYLIA**

ForeverWell's Coffee Talk traveled onsite to The Gatherings Cafe at the Minneapolis American Indian Center in June 18. Attendees sampled breakfast fare including bison, wild rice toast, and rhubarb tarte. Coffee Talk is held weekly via ZOOM every Wednesday starting at 9:45 am. During the summer months we take advantage of good weather to meet outside, trying out various locales in south Mpls. Join us Wednesday, August 13, 11:00 am, when we meet at Minnehaha Falls Sea Salt Eatery, a favorite outdoor venue. Coffee Talk Zoom link: <https://ymcanorth-org.zoom.us/j/95971428393?pwd=bjFhNU9xSEl1RGJiKzVwdzF5VFh3QT09>

DISCOVER HEALING AND HOPE: GRIEF & LOSS WORKSHOP WITH TERESA HEUPEL

SEPTEMBER 22 AT 12:30PM IN STUDIO A

Join us to discover:

- How grief can arise from many kinds of loss—not just death
- Ways to process trauma, betrayal, and change
- Techniques for gentle self-care and emotional resilience
- A supportive community where your story matters



APHASIA EVENT WITH GUS AVENIDO

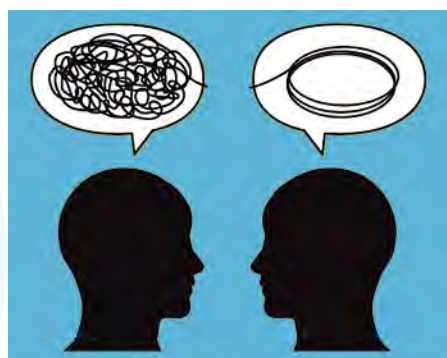
A group of ForeverWell members gathered on June 23 for a presentation on Aphasia by Gus Avenido. Aphasia is an acquired language disorder that's caused by brain injury or brain disease that can affect all modalities of communication. Micaylia has informational packets available at the front desk.

Gus' Elevator Speech:

I am a stroke survivor. Like 25%-40% percent of the survivors, I am dealing with aphasia which is a communication disorder. Because of aphasia my brain is rerouting itself. Having aphasia is like learning to speak a new language, from ABC to simple words; from phrases to simple sentences. Having aphasia is like turning an on-off switch; before my stroke I could speak two languages fluently, after my stroke I could not tell my name or birthday. Fast forward to three and half years, I can now carry on simple conversations with other people – the good news. The better news, my thinking and reasoning skills and imagination are intact, although I still struggle to re-learn many words to speak, especially those with more syllables. Practice, persistence and practice are my friends

Top 10 Tips for Talking with People With Aphasia:

1. Slow down, be patient
2. Say one thing at a time
3. Use pen and paper
4. Ask what helps
5. Draw diagrams or pictures
6. Relax. Be natural
7. Don't pretend you understand
8. Write Key words
9. Reduce background noise
10. Verify. Check you both understand



www.brooksrehab.org/aphasia





Linda Claire Muldoon (Lyn)

December 03, 1942 - June 16, 2025

Minneapolis, Minnesota - Linda Muldoon of Minneapolis lost her battle with leukemia, peacefully and without pain, on June 16. Her final days in home hospice found her surrounded by loving friends and family, and many songs of solace, joy, and just plain fun.

Born Linda Claire Beir in New Jersey on December 3, 1942, Lyn was always a bright and eager student, characteristics which helped her gain a Masters in English from Columbia University and a Doctorate in Clinical Psychology from the University of Minnesota. She taught high school English at an inner-city New York high school before moving on to her main love, psychology and group counseling. She worked as a therapist for several Minneapolis agencies and ended her career guiding graduate students in the methods of group dynamics. Last year she was honored by the Minnesota Psychological Association with a Presidential Citation for Outstanding Contributions to Psychology for her long-time service to the MPA Diversity Committee.

Though both she and Joe were East Coast folks - New Jersey and Connecticut respectively - they met as first year graduate students in the clinical program of the U of M. Their friendship developed over that first year since they both had to drive out to their part time Veterans Administration jobs doing assessments in the outpatient program in the old Fort Snelling buildings. They shared a love for the ocean, cats and old rock 'n' roll...a sound foundation for love. They parted still "just friends" when Joe left after the first year to work as a VISTA volunteer in Florida and then moved to San Francisco. It was when Linda visited San Francisco in 1971 that they officially fell in love.

She was a wonderful wife and friend, a remarkably empathetic and careful listener. Even in simple, brief encounters -- like waiting for an airport shuttle or talking to kids in a state park - people felt comfortable sharing simple stories about where they were going, why, and how they felt about it all.

She is survived by her husband, Joe Muldoon; her son Sean; and grandchildren Kelly Muldoon and Ian Olson.

There will be a Mass of Christian Burial at St. Joan of Arc Catholic Church, 4537 3rd Ave S, Minneapolis, on July 18. Visitation 10 a.m., Mass at 11 a.m.

Linda was a life-long advocate of social justice and civil rights. Those wishing to honor Linda's life with a meaningful donation can contribute to many of the causes she felt strongly about via The St. Joan of Arc Outreach Fund (www.saintjoanofarc.org/outreach-fund). Or, simply take time this week to do an intentional act of kindness in honor and memory of this wonderful woman.

CHECK IT OUT

CHRIS ADAM CHOREOGRAPHED THE SHREK MUSICAL!



NEW YMCA APP

HAVE YOU MADE THE SWITCH?

Go to the Apple App Store or Google Play Store and search "YMCA of the North." There are a lot of YMCAs out there, so make sure you find the correct one.

1. Open the YMCA of the North App on your device
2. Enter the email address associated with your YMCA account
3. You will be directed to enter your password. On that screen, click "Forgot Password."
4. Look for an email from YMCA of the North containing a PIN code. If you don't see it, check your spam or junk folder.
5. Type the PIN code into the app when prompted.
6. Set up a secure password for future logins.
7. Confirm your password and complete setup.

After this, you can log in at anytime using your email and new password.

BACK OR NECK PAIN?

JOIN A STUDY!

Now enrolling for Fall! 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. Programs begin in September at Blaisdell YMCA or on Zoom. It's free to participate and compensation is provided. Visit www.partners4pain.org to learn more!



COFFEE TALK – IN PERSON

WEDNESDAY, AUGUST 13 AT 11:00 AM

We will be meeting in person again in August! This will take place at **Sea Salt Eatery** at Minnehaha Falls. Meet in the Blaisdell Lobby to carpool. Micaylia will have a laptop for those that plan to attend virtually.

4825 Minnehaha Ave,
Minneapolis, MN 55417





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY ACUPUNCTURE

YMCA Free & Paid Community Acupuncture Schedule

*Last client treated 30 min before end-time (ex: If shift is from 9-11am, the last client is treated at 10:30am-so arrive before then!)

	Mon	Tuesday	Wed	Thursday	Fri	Sat	
8:00 AM							Midway 1761 University Ave St. Paul, MN 55104 651-646-4557
8:30 AM							Dayton at Gavilidae
9:00 AM	9-11am	9-11am	8:30-11:30am Interns/Dr Ray	8:30-10:30am Rachel	9-11am		651 Nicollet Mall
9:30 AM	Beth	Heather	Blaisdell	Midway	Beth		Mpls, MN 55402
10:00 AM	Midway	North	UNLIMITED	FREE	Midway	10-12pm	612-371-9622
10:30 AM	PAID	FREE	FREE	PAID	FREE	Heather	
11:00 AM		Rachel				North	Blaisdell
11:30 AM		Dayton				FREE	3335 Blaisdell Ave Mpls, MN 55408 612-827-5401
12:00 PM		FREE		12-2pm Bethany			
12:30 PM			Dayton	12:30-2:30pm Bethany			
1:00 PM		1-3pm Bethany	FREE	Ridgedale	1-3pm Heather		Harold Mezile/North
1:30 PM		Ridgedale		FREE	Woodbury		1711 West Broadway Mpls, MN 55411 612-588-9484
2:00 PM		PAID			PAID		
2:30 PM		3-5pm Rachel					
3:00 PM				3:30-5:30pm Sheryl			Woodbury
3:30 PM		3:30-5:30pm Sheryl		FREE			2175 Radio Dr Woodbury, MN 55125 651-731-9507
4:00 PM		Woodbury			4:30-7:30pm Interns/Heather		
4:30 PM		PAID			Blaisdell		
5:00 PM					UNLIMITED		
5:30 PM					FREE		Ridgedale
6:00 PM				6:30-8:30PM Bethany			12301 Ridgedale Drive Minnetonka, MN 55305 952-544-7708
6:30 PM				Ridgedale			
7:00 PM				FREE			
7:30 PM							
8:00 PM							
8:30 PM							

*Every client receives 12 free community acupuncture sessions (with the exception of "Interns" shifts-those are always free). Once the 12 free are used, clients can attend paid sessions (\$25/members, \$30/non-members). Packages and scholarships available.

*For 1:1 experiences (acupuncture, massage, thai yoga body work, reiki, nutrition & health coaching), call the Dayton YMCA 612-371-9622