



# FOREVERWELL

APRIL 2024 BLAISDELL YMCA

## Think Green!

### WOMEN SHARING

Mon April 8th  
12:15-1:45 pm  
Studio A

### GAMES/BINGO!

Tues April 23rd  
Noon-2pm  
Studio A

### FOREVERWELL SAFARI

Fri April 19th  
1:30 pm  
Warehouse

### LUNCH & LEARN

**Nutrition Kendra Willy**  
Mon April 29th  
12:30-1:30



### WE'RE HERE TO HELP!

Meet your Co-Coordinators:  
Tami & Rehti

[Tamara.holtan@ymcamn.org](mailto:Tamara.holtan@ymcamn.org)  
[Rehti.Mekha@ymcamn.org](mailto:Rehti.Mekha@ymcamn.org)

Office Hours:  
Mon & Wed 10am-1pm



### MARCH ART TOUR

Pictured Left:  
Sandra, Marie, Vikki,  
Charles, Jacquelyn, Jean  
Ann, Kathleen Marian.

Several Blaisdell Members  
visited the Minneapolis  
Institute of Art for a tour  
of African American  
Artists. Lead by Jean Ann

## CELEBRATE THE EARTH, DO SOMETHING GREEN!

Monday April 22<sup>nd</sup> is Earth Day. What does it mean to celebrate the Earth, and do something Green? At The Blaisdell YMCA we focus on aspects of healthy living of the whole person, and that includes environment and community. This month, we invite you to think outside the box of what it means to **think green**. In the pages to follow, you will find opportunities to gather and share in community; play games and connect; take classes for physical activity; learn and take your interest in nutrition to a deeper, or perhaps more accessible, level; celebrate new members and a growing community; gather for an outside celebration to celebrate healthy children; and last but not least, go on safari, either solo through the written word, or once again, in community, as we gather to view and discuss one member's photos and experiences. And what could teach us more about stewardship of the earth, than the opportunity to visit another part of the world, where nature is the dominant force?

We sincerely hope you find something here to spark joy, curiosity, inspiration, civic duty, connection, or just an opportunity to move! But no matter what you come here for, you are **Our Community!**

## BRANCH HOURS

Monday-Friday: 5am-9pm  
Saturday: 7am-5pm  
Sundays: 7am-5pm  
Front Desk: 612-263-9947  
[www.ymcanorth.org](http://www.ymcanorth.org)

## BLAISDELL YMCA

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Customer Service: 612-230-9622

# FOREVERWELL EVENTS

**Monday April 8th, 12:15-1:45, Studio A**

**WOMEN'S SHARING (BRING LUNCH)**

This is your opportunity to connect and share. To be a woman is a special thing, and our stories are meaningful!

**Tuesday April 23rd, Noon- 2:00, Studio A**

**BINGO, GAMES, PUZZLES & BOOK EXCHANGE!**

Back by popular demand, join us for **Bingo, games, puzzles, and books!** Drop in to say hello, exchange a book, stay for coffee, play a game. **Light Snacks, bring a lunch.**

**Friday April 19th, 1:30pm, Warehouse**

**MY AFRICAN SAFARI!**



Join us for a remarkable slide show and discussion with member Sandra Freeman as she shares about her "Adventure of a Lifetime." Read her Safari story on Page 4.

**Monday April 29th, 12:30-1:30pm, Studio A**

**LUNCH AND LEARN/NEW MEMBER WELCOME!**

**Kendra Willy- Nutrition!**

Follow up last month's health coaching discussion, and take a deeper dive into nutrition! Kendra is an Integrative Dietitian Nutritionist (RD) with an extensive background. She strives to make the basics of nutrition accessible to any individual.

**Ongoing, Wednesdays, 9:45-11am, Zoom**

**BLAISDELL FOREVERWELL COFFEETALK\***

Virtual Coffee Chat will be available weekly as well.

[Register For Zoom CoffeeTalk](#)

Contacts:

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[rehti.mekha@ymcamn.org](mailto:rehti.mekha@ymcamn.org)

# PAST & FUTURE



Pictured above: March 20th Health Coaching **Lunch & Learn, and New Member Welcome!** Join us on April 29<sup>th</sup> for a follow up discussion on Nutrition.

**SAVE THE DATE:**

**Decluttering and Downsizing AARP Speaker**  
**Why You Can't Take It With You**  
Fri May 31<sup>st</sup> 12:30



**Original Artist:** Ken Hultgren and ?

**Cover Alteration:** Joe Musich

**Poem and Audio Reading:**

<https://www.youtube.com/watch?v=IF10EQhZIsI>



# BLAISDELL FOREVER WELL GROUP EXERCISE CLASSES

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	8:15 am	ForeverWell Water Aerobics	Andy E.	Pool
<b>Monday</b>	<b>10:15 am</b>	<b>Silver Sneakers Yoga</b>	<b>Rehti M.</b>	<b>Studio A</b>
Monday	11:15 am	Silver Sneakers Classic	Chris A	Studio A
Tuesday	10:00 am	Silver Sneakers Yoga	Sandra/Tami	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
<b>Thursday</b>	<b>12:30 pm</b>	<b>Silver Sneakers Classic</b>	<b>Rehti M.</b>	<b>Studio A</b>
Friday	10:00 am	Silver Sneakers Yoga	Sandra B.	Studio A
Friday	11:00 am	ForeverWell Strength	Sandra B.	Studio A

**Silver Sneakers** is a National Organization of certifications, and sometimes connected to insurance. Silver Sneakers Instructors have specific credentials.

**ForeverWell** is specific to YMCA of the North, and is an umbrella term at the Y for all services especially for our members over 55. FW instructors also have specific credentials.

## IN COMMUNITY



### BRING THE CHILD IN YOUR LIFE TO Kid's Day 2024 at the Blaisdell YMCA.

Healthy Kid's Day is a Nation-Wide initiative to get kids and families active for the summer months and beyond!

**A GREAT WAY TO CELEBRATE EARTH DAY IN COMMUNITY!**

April 20<sup>th</sup>, 2024 | 1pm-4pm *Free to the Public*  
Blaisdell YMCA | 3335 Blaisdell Ave, Minneapolis, MN 55408

Community Sponsors include:  
Peanuts-Nation-wide Y-USA sponsors, Hy-vee, Children's Theater Company, Minneapolis Fire Department

### BASIC LAB KEEPS FILM ALIVE WITH ACCESSIBILITY AND SUSTAINABILITY

Get your old photos processed at the back of Disco Death Records and Coffee Shop!

[Visit this Website for more information!](#)

<https://www.southwestvoices.news/posts/basement-lab-keeps-film-alive-with-accessibility-and-sustainability>

## AN AFRICAN SAFARI TO REMEMBER

As a retired flight attendant of 35 plus years with another 15 years of travel without any concern of getting back to a job, I embarked on a never-planned-for African Safari. I went with one of my oldest and dearest friends who convinced me to become a flight attendant.



I thought any extensive travel was in my rearview mirror. I had no plans for any more travel. Nothing was on my bucket list.

My friend Donna and I left for Tanzania on February 1<sup>st</sup>, 2024. After an exhausting 30 hours of travel (3 plane rides) we arrived in Arusha on the eve of our first day of the safari.

The first day of safari, my wildest dreams came to fruition. I was up close and personal to my beloved giraffes, my favorite since childhood. I would go to a zoo in every new place during my career or other travels. Too many to count. OMG! Seeing giraffes in their natural habitat was unbelievably real. No fences, gates or any barriers. Up close, just a few feet away from our vehicle. So many of my statuesque friends had me thinking I was in a National Geographic Magazine. Only I was there in the wild. They were playing, eating, grazing and courting. Babies hanging close with their mamas. Hundreds of them roaming with seemingly no fear. And by the way, there are four species of giraffe. They sleep only for a few minutes a day and rarely lay down. I caught one of those rare moments and was too starstruck to click my camera.

Even though the safari was for four days, I didn't need to see anything else. Well, lo and behold, we saw the king of the hill. The lions in all of their glory. Oh, my word, talk about an out of body experience. Real life lions were basking in the sun on huge rocks looking as if they were expecting and posing just for us. Some sleeping, others simply looking at the many vehicles stopping and passing by.

The presence of a higher power took over me as I watched these beautiful creatures roaming without barriers. It felt like they were just being at home knowing that this was their place-not ours.

Each day was met with more wonder, like elephants rolling around in the sand for play and comfort. Our very knowledgeable guide said elephants love the sand for their skin. Also, poaching is almost at zero as they do have guards continuing lookouts for stealing and killing elephants for their precious ivory tusks. The 2<sup>nd</sup> day was just as fulfilling for us as we stopped to watch gazelles, hippos, wildebeest, hedgehogs, monkeys, flamingos and of course the beautiful zebras. The zebras were just walking down the road and crossing right in front of us with what seemed like no concern whether we would stop or not. For most, this was migration time. What made this spiritual for me was seeing so many of these creatures getting along. We did come across a kill that was hard to see and photograph. It appeared that a lion made his kill and ate what he wanted and then took a rest. Our guide said, once they've eaten what they needed, they didn't need to eat again for 3 or 4 more days. This left the kill for others like the jackal that kept a close watch on the lions to enjoy their feast. That was hard for my sensitive stomach to watch.



By the 3<sup>rd</sup> day, our group were like kids wondering what was coming next, especially having seen all our favorites. Well, we came upon a family of baboons at a rest stop who sat looking at us while we took their pictures. Big, small and in-between-sized baboons were so friendly. We learned that they were seldom dangerous to humans unless they felt threatened. We learned that the hard way. My friend Donna was so awed by how close we could get and wanted a super close shot that she went about two feet away and a baboon lunged at her with a snarl with teeth showing. It scared her so much she backed up and fell backwards four feet off a cliff trying to get away. She was okay after two folks from our group examined her as they had just graduated from medical school. How lucky was that? After seeing that she was okay, we both were thrilled that we had taken out additional medical insurance as we were advised to do and were equally thrilled that we didn't have to use it.

We had some trouble with our Land Rover and ended up pulling into a Maasai village where they came out to assist our driver. One by one women came out in beautiful and colorful customary dresses and sang the songs of their culture. Turns out they were 12 women who were the wives of only one warrior. My friend Donna ventured into their huts where each wife lived and said we have no reason to complain about our living space in America.



The 4<sup>th</sup> and last day of the safari came with the show stopper. We had watched a lion walk towards our vehicle prancing down the road and along our vehicle as if we needed an escort. Needless to say, there were no hands hanging out the window. And the windows were indeed closed. We were however able to stand and take pictures from a raised roof. How spectacular to view this king so close. As we drove along the vast rugged road, the Land Rover vehicle stopped to have us witness a cheetah that jumped onto the vehicle behind us and

simply checked out the space, turned around and went into a picturesque posture. Mouths dropped open and cameras went into a clicking frenzy. What a shot to behold.

There's no room here to continue this adventure of a lifetime. I was able to conquer a few fears like fear of heights, eating foods that were questionable, and being around bananas that I'm allergic to with just the smell.

After this wonderful adventure, and staying in only 3-4 star lodging except for one 5 star lodge, while others stayed in tents, lodging staff, chefs and guide were amazing. Donna and I flew to Dar es Shalaam for a few days of rest before the long trip back home.

And at the end of the day, I'm grateful for the experience. But, THERE'S NO PLACE LIKE HOME!

-Sandra Freeman, Member

# ForeverWell-Do Something Green

Words can go in eight different directions.

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

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ForeverWell Word Search for Blaisdell YMCA

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|--------------------|--------------------|---------------------|
| April Fools Day    | Magnolia Trees     | Spring Cleaning     |
| April Showers      | Melting Ice        | Spring Weather      |
| Budding Plants     | Migrations         | Stop Food Waste     |
| Declutter          | National Arbor Day | Street Sweep        |
| Do Something Green | Passover           | Tax Day             |
| Earth Day          | Recycle            | Total Solar Eclipse |
| Gardening          | Silly Jokes        | Tulips              |
| Irises             | Spring Break       | Yard Clean Up       |