



FOREVERWELL

MAY 2025 | WHITE BEAR AREA YMCA

AMERICAN RED CROSS
BLOOD DRIVE
 May 30, 2025
 9:00 am - 3:00 pm
 Schedule today!




Welcome to Your ForeverWell Wellness Journey at the WBA YMCA!

At the YMCA, we're committed to helping you live a healthier, more fulfilling life. With a variety of specialized programs and activities, we're here to support your wellness journey every step of the way.

Programs Designed for You

Our offerings for individuals aged 55+ are designed to promote physical and social well-being, keeping you active, engaged, and connected.

Group Exercise Classes

Join our invigorating group exercise sessions tailored to fit all fitness levels. Whether you're looking to build strength, improve flexibility, or increase cardiovascular health, our certified instructors will guide you through each workout with care and encouragement.

Aquatic Exercises

Dive into a refreshing and low-impact way to stay fit! Our aquatic exercise classes are perfect for improving joint mobility, building endurance, and providing a full-body workout in a safe, supportive environment.

Specialized Wellness Programs

Take advantage of programs designed specifically for your needs, including fitness assessments, personalized coaching, and workshops on nutrition, mental health, and lifestyle balance.

Engaging Social Events

It's not all about exercise! The YMCA offers a variety of social events, from meet-ups to themed gatherings, where you can make new friends, stay connected, and have fun.

Your Community at the YMCA

The YMCA is more than just a place to work out—it's a place where you can build lasting friendships, find support, and engage with a community that shares your goals and interests. Explore all of these activities and more in our newsletter below.

We look forward to being a part of your journey toward everlasting wellness!

WBA Lucky 13

1	2	3	4	5	6
		13			
7	8	9	10	11	12

ForeverWell May 2025

LUCKY 13

Don't forget to pick up
your **FOREVERWELL**
(55 and older)

Lucky 13 card at the Member
Service Desk

Visit the White Bear Area Y
13 times every month for a
chance to win a prize.

Check out Page 2 for
New
Water Ex Class



BRANCH HOURS

Monday-Friday 5am - 9pm
Saturday & Sunday 7am - 5pm

WHITE BEAR AREA YMCA

2100 Orchard Lane
White Bear Lake, MN 55110

Honoring the Fallen: The Origins of Memorial Day

The custom of honoring ancestors by cleaning cemeteries and decorating graves is an ancient and worldwide tradition—one rooted in remembrance, respect, and connection. In early rural America, this practice typically took place in the summer and was often an occasion for family reunions and community gatherings.



Far from being morbid, the ritual of visiting family graves was seen as a meaningful and even uplifting tradition. Families would tend to memorials, place fresh flowers, and often enjoy picnics together nearby. In many crowded cities, cemeteries were among the only open green spaces, making them natural places for reflection and reunion.

What we now know as *Memorial Day* was originally called *Decoration Day*, a name that reflects this practice of adorning graves with flowers, wreaths, and flags. The tradition began in the aftermath of the Civil War—one of the most devastating conflicts in American history. It's believed that Southern states inspired this tradition by honoring both Confederate and Union soldiers with grave decorations, setting a precedent that would grow into a national day of remembrance.

Today, Memorial Day is a time to honor those who made the ultimate sacrifice in military service. As we gather with family and friends, it's also a chance to reflect on the deeper meaning behind the day—and perhaps reconnect with the traditions of remembrance that brought us here. Join your Y family in honoring our Veterans by placing a star behind our Member Service Desk. Thank you Veterans!

New and Exciting Fitness Classes

New Water Ex Class Saturdays

2pm- 2:45pm

in the blue pool

(Beginning May 3rd)



New Mat Pilates Class Thursday

6:15pm-6:45pm

Studio A

(Beginning May 1st)



Boosting Stress Resilience Workshop

with Amy Bakken

May 15th

12:15pm- 1:15pm





Curious About Your Balance?

At the White Bear Area YMCA, our balance assessments will take a close look at how your body keeps you steady. Through a series of simple tests, we check how well your vestibular system (that's your inner ear), somatosensory system (the pressure and flex sensors in your feet), and vision all work together to help you stay balanced. It's a great way to understand how these systems team up to keep you on your feet!

Balance Assessments are **FREE** with your membership!

Thursday, May 8, 2025 Wednesday, May 28, 2025

10:40 - 11:20 am

10:00 - 11:00 am

Studio B



Demos With Devan on the Pilates Reformer

Where: Mezzanine

When: Tuesday 8:30 - 9:00 am

Thursdays 1:00-1:30 pm

Reformer Pilates is a comprehensive fitness system that uses the Pilates Reformer, a unique piece of exercise equipment that enhances strength, flexibility, and posture. This sophisticated apparatus is outfitted with a sliding carriage, springs, ropes with handles, and a footbar to provide resistance and support for a variety of movements. This makes Reformer Pilates an ideal choice for beginners and seasoned practitioners.

Need more info? Email: Devan at Devan.blake@ymcanorth.org

Join the White Bear Area Y Walking Club!

If you enjoy the outdoors, love taking in beautiful scenery, and want to spend time with others who value staying physically fit, our Walking Club may be just what you're looking for! We walk at a brisk pace for about 45 minutes, promoting overall fitness and cardiovascular health. One of our walking paths is located at Lakewood Hills Park, conveniently near the YMCA. Everyone is welcome! Come for the walk, stay for the company. We have a great time together! Hope to see you out there!

White Bear Area YMCA Walking Club

1st and 3rd Monday each month

11:30 am - 12:15pm

**Meet at the White Bear Area YMCA
Front Door**



Baked Salmon with Asparagus and Lemon Garlic Butter



INGREDIENTS

1 pound (450g) salmon fillets, divided
2 tablespoons vegetable broth or chicken broth
1 1/2 tablespoon fresh lemon juice, or to taste
1 tablespoon of your favorite hot sauce
4 teaspoons minced garlic (4 cloves)
Salt and fresh ground black pepper, to taste
3-4 tablespoons butter, diced into small cubes
2 tablespoons fresh chopped parsley or cilantro
1 lb (450g) medium-thick asparagus, woody ends trimmed

DIRECTIONS

1. To prepare the oven-baked salmon in foil packs: Preheat your oven to 425°F (220°C). Cut 2 sheets of 14 by 12-inch (35 x 30 cm) heavy-duty aluminum foil, then lay each piece separately on the countertop. Combine broth, lemon juice, and hot sauce in a small bowl. 2. Season both sides of the salmon fillets with salt and pepper and divide the salmon onto the aluminum foil near the center, then place trimmed asparagus on one side of the salmon, following the long direction of the foil. 3. Adjust the salmon fillets' seasoning with more salt and pepper, then sprinkle garlic on top. Drizzle the mixture of broth, lemon juice, and hot sauce generously over the salmon fillets and asparagus. 4. Divide butter pieces evenly among the foil packets, layering them over the salmon fillet and asparagus. 5. Wrap salmon foil packets in and crimp edges together, then wrap ends up. Don't wrap too tight – keep a little extra space inside for heat to circulate. 6. Transfer the salmon foil packs to a baking sheet and bake salmon in the oven, sealed side upward, until salmon has cooked through – about 9 – 12 minutes. 7. Carefully unwrap the baked salmon in foil packets, drizzle with more lemon juice, and garnish with fresh parsley or cilantro and a slice of lemon. Enjoy! ♥

m EXPLORE
MINNESOTA™

*Unique things to do in
Minnesota*

Minneapolis Sculpture Garden Art Fair Returns!

After a fantastic first year in 2024, the Minneapolis Sculpture Garden Art Fair is back for round two! Join us over Mother's Day weekend for a festive, flower-filled celebration of the amazing moms and mother-figures in our lives.

This year's fair will feature around 160 artist booths, plus a botanical market, live music, hands-on crafts, delicious food, and so much more.

Held at the beloved Minneapolis Sculpture Garden—home to over 60 stunning sculptures including the iconic *Spoonbridge and Cherry*—this event is the perfect way to kick off spring in style.

Dates

Saturday, May 10, 2025 10 a.m. to 7 p.m.
Sunday, May 11, 2025 10 a.m. to 5 p.m.



White Bear Area YMCA ForeverWell Focus on Fitness



May is Mental Health Awareness Month

May marks National Mental Health Awareness Month—a time to raise awareness, break stigma, and support those affected by mental health challenges. First recognized in 1949 by Mental Health America (MHA), this annual observance is more important than ever in promoting wellbeing for all.

Purpose



Mental Health Awareness Month is dedicated to:
Highlighting the importance of mental health
Educating the public
Advocating for better care, resources, and understanding
Because mental health is health.



The Green Ribbon

The green ribbon is the international symbol of mental health awareness. Wearing it shows your support for mental wellness and solidarity with those navigating mental health conditions.



This Month's Focus

Mental Health Awareness Month is a time to:

- Prioritize self-care
- Build resilience
- Support one another with kindness and empathy

Whether you're taking a walk, seeking professional support, or simply checking in on a friend—you're contributing to a more compassionate, mentally healthy world.



MEET LUCIA

GROUP CYCLE INSTRUCTOR

Are you looking for a 45 minutes to forget your worries and lose yourself in the music (and endorphins)? Come join our spin community. Come as you are, and stay for the joy of movement!



Certifications: CrossFit certified Level 1 coach, NETA certified in Group Exercise and Spin (Stages, Coach by Color, Johnny G, and LeMond).

Experience: Has taught since 1999—started with kickboxing and weightlifting, then caught the spin bug and has focused on teaching in that format. Former competitive powerlifter and CrossFit enthusiast.

Why I teach: I want to shift the fitness industry's focus from looks to longevity, and the YMCA stands alone in the fitness industry for focusing on **community** well-being, inclusivity for everybody, and **wellness for all**.

What to expect in my class: a curated playlist of the most upbeat, irresistible, and latest club music and DJ pop remixes driving us as we embark on science-based exercises that will prove to yourself that you are both good enough as you are, and that you are capable of pushing yourself with that one extra turn on the resistance knob, that 10 more seconds on a hill.

Inspiration: My fitness role model is YMCA wellness titan Cathy Quinlivan, who taught me that one's fitness peak can come at any age. I'm obsessed with the dog parks, travel, Radio K, and getting an unassisted pull-up one day!

FOREVERWELL CLASSES

Here is a list of ForeverWell classes at the White Bear Area YMCA. You are not limited to just these classes. Check the online schedules for all classes at all the YMCA of the North locations at www.ymcanorth.org

Mondays:

8:30-9:00 am	Cycle 30	Cycle Studio
8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Water Exercise	Blue Pool
9:45-10:30 am	ForeverWell Strength	Gym
9:50-10:50 am	Tai Chi	Studio B

Tuesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:30-11:15am	Chair Yoga	Gym
11:30-12:30pm	Zumba Gold	Studio B
7:00-7:45 pm	Water Exercise	Blue Pool

Wednesdays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:45-10:30 am	SilverSneakers Classic	Gym
10:00-10:45am	Water Exercise Power	Blue Pool
11:15-12:15pm	Tai Chi	Studio B

Thursdays:

8:45-9:30 am	ForeverWell Combo	Studio A
10:00-10:45am	Water Exercise Power	Blue Pool
1:15-2:15 pm	Line Dancing	Studio A
11:30-12:15pm	Zumba Gold	Studio B
1:00-1:45pm	ForeverWell Strength	Studio B

Fridays:

8:45-9:30 am	ForeverWell Combo	Studio A
9:00-9:45 am	Deep Water Exercise	Orange Pool
10:00-10:45am	Water Exercise	Blue Pool
10:45-11:30am	Silver Sneakers Circuit	Gym
11:45-12:30pm	Chair Yoga	Gym

Saturday:

NEW

2:00-2:45apm	Water Exercise	Blue Pool
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ForeverWell Combo

Enjoy a blend of cardio, strength and stretching in this low impact class. Your endurance, muscle tone and flexibility will improve with this energetic class. All levels.

Water Exercise

This class provides a light to moderate aerobic workout that increases endurance, core strength and flexibility. There is limited use of equipment. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

ForeverWell Strength

This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles. Level: All. Free drop-in class for Members.

Deep Water Exercise

This low to moderate intensity water workout offers exercises for every body part with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture. Level: All. Free drop-in class for Members. Limited supply of buoyancy belts available, members encourage to bring their own.

Chair Yoga

Chair Yoga – A gentle form of yoga practiced sitting in a chair and/or using the chair for support. Enjoy the benefits of traditional yoga including flexibility, strength, concentration and deep breathing.

SilverSneakers™ Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Level: All. Free drop-in class for Members.

Water Exercise Power

This class provides a high-intensity workout to increase strength and endurance for the upper and lower body and core. Equipment may be used. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

Zumba Gold®

Zumba Gold® is guaranteed to provide a safe and effective total body workout. Class design introduces easy to follow Zumba dance moves and rhythms including Cumbia, Salsa, Merengue, Tango, Rumba, Cha-Cha and many other contemporary dances. Perfect for all ages and physical abilities looking for a low impact Zumba class that recreates the original moves you love at a lower-intensity. Classes focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and leave feeling empowered and strong!

Line Dancing

You'll learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed. Level: All. Free drop-in class for Members.

Tai Chi For Health Instruction

Tai = big or great. Chi = ultimate energy. Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Say goodbye to sweating, puffing and panting and say hello to feel cool, calm, refreshed and energized. Participants learn the "how" and the "why" behind each movement.

Cycle 30

Cycle 30 is your 30-minute cardio workout. Music will make the time fly, and you will feel great working up a sweat! It's only 30 minutes and the format is easy to follow. Since the bike is completely adjustable, you are in control. It's also perfect for those that are short on time and men and women of all ages..



MAY



The Girl Who Came Home
Hazel Gaynor

A voyage across the ocean becomes the odyssey of a lifetime for a young Irish woman. . . .
Ireland, 1912 . . . Fourteen members of a small village set sail on RMS *Titanic*, hoping to find a better life in America. For seventeen-year-old Maggie Murphy, the journey is bittersweet. Though her future lies in an unknown new place, her heart remains in Ireland with Séamus, the sweetheart she left behind. When disaster strikes, Maggie is one of the few passengers in steerage to survive. Waking up alone in a New York hospital, she vows never to speak of the terror and panic of that fateful night again.
Chicago, 1982 . . . Adrift after the death of her father, Grace Butler struggles to decide what comes next. When her great-grandmother Maggie shares the painful secret about the *Titanic* that she's harbored for almost a lifetime, the revelation gives Grace new direction—and leads both her and Maggie to unexpected reunions with those they thought lost long ago.

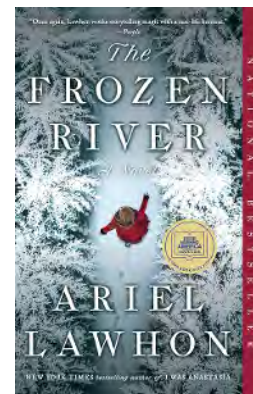
BOOK CLUB

Join us on the 2nd Monday
Book club begins at 11:30 am
in The Commons.

Please come and share in our discussions.
Everyone is welcome.

Reach out to Carole with any questions at
croverlie@aol.com

JUNE



Frozen River - Ariel Lawhorn

Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead in the ice.
But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own. Ariel Lawhorn's newest offering introduces an unsung heroine who refused to accept anything less than justice at a time when women were considered best seen and not heard. *The Frozen River* is a thrilling, tense, and tender story about a remarkable woman who left an unparalleled legacy yet remains nearly forgotten to this day.

Memorial Day 2025

Monday, May 26, 2025

Lakewood Cemetery
Hwy 120 East County Line
& Century College,
White Bear Lake, MN 55110

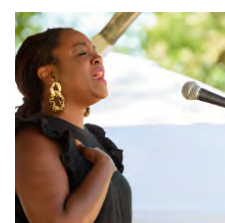


Join Lakewood on this special day of commemoration to honor and reflect on the service of veterans who fell in the line of duty. This event is free and all are welcome.

Memorial Day Ceremony

10:30–11:15 AM

The ceremony will be held at Soldiers Memorial, located in Section 24.



MEDICARE

THE A, B & C's OF MEDICARE

WEDNESDAY, May 14TH

11:30-2:00 (meeting starting at 12:00)

Join us for an informative session where an expert will answer your questions and provide insights about Medicare. The following topics will be discussed: Advantage compared to Supplement plans, when to enroll in parts A,B,C and D, \$0 plan, Dental, Eyecare, Hearing Aids, Fitness plans and work out classes covered by Medicare. Sponsored by Pat Markfort 651-428-8871 Licensed Agent





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE

- Low-impact, reduces joint stress!
- Ideal for rehabilitation and injury recovery
- Full-body workout with water resistance (12-14 times greater than air)
- Enhances cardiovascular health with gentle movements
- Increases flexibility due to water's resistance
- Soothing, therapeutic effects on mental well-being
- Requires access to a swimming pool
- Great for special populations (elderly, pregnant women, people with joint issues)

LAND AND WATER

- Both improve cardiovascular health
- Can aid in muscle strengthening and toning
- Contribute to overall mental well-being
- Can be modified for different fitness levels
- Help with weight loss and calorie burn (depending on intensity)
- Suitable for all age groups with proper adjustments
- Can be used for rehabilitation with modifications

LAND/ WEIGHT BEARING EXERCISE

- Higher intensity, more calorie burn in a shorter time
- Weight-bearing, supports bone health and density
- Builds muscular strength, especially with weight training
- More accessible, requires minimal equipment
- Offers a wide variety of activities (walking, yoga, ForeverWell and Silversneakers classes, Pilates)
- Easier to perform anywhere (home, gym, park)

- **Combining both:** A balanced fitness routine incorporating both water and land exercises can provide a comprehensive workout for cardiovascular health, muscle strength, and joint flexibility.
- **Personal preference:** The choice between water and land exercise ultimately depends on personal goals, preferences, and physical limitations.

JOIN US FOR A BACKYARD BBQ POOL PARTY!



TUESDAY, JUNE 24TH - 5-7 PM

Members and non-members (with ID) are welcome to this FREE event! Test out the outdoor water slide, lounge in our outdoor splash pool, jump to your heart's desire in the bounce house, soak up some late afternoon sunshine, chow down on grilled hot dogs, and take advantage of crafts and games for the whole family! We can't wait to party with you!



**Mother's Day
May 11, 2025**

This day is observed in many countries in Africa, Europe, Asia, Australia and Americas, but the tradition to celebrate the holiday is native to the USA. Although world-wide celebration of Mother's Day is influenced by different traditions, they are all common in origin. The very first Mother's Day was celebrated in 1908 in the USA, when Anna Jarvis held a memorial service to honor her mother.

How are you celebrating the teachers, aunts, grandmas, mentors, stepmoms, or any woman who plays a special role in encouraging, inspiring, supporting and nurturing us along the way? They don't even need to have children of their own, it's all about their role model and the bond we create with them.

Find us on
Facebook



Scan this QR code to join our White Bear Area YMCA Facebook group. Get the most up to date info on what's going on at your Y!

Free Blood Pressure Checks

May 28, 2025

12:00 pm- 1:00 pm in lobby



**Stop by the lobby on
Tuesday, May 20, 2025**

**10:30-11:30 am
for a FREE, relaxing,
Chair Massage
from Dr. Berg**



Parkview Chiropractic Clinic



SENIOR HEALTH AND FITNESS DAY

May 28th 9AM - 2PM.

TRY SOMETHING NEW

The goals of National Senior Health & Fitness Day are to promote the importance of regular physical activity, and to show what local organizations, like the Y are doing to improve the health of older adults

- 8:45-9:30 AM ForeverWell Combo Studio A Kim
- 9:45-10:30 AM SilverSneakers Classic Gym Deb
- 10:00AM – 12:00 PM InBody Testing with Amy
- 10:00-11:00 AM Balance Assessment with Robert
- 10:00 - 11:00 AM Smoothies with Molly
- 12:00-1:00 PM Blood Pressure Checks with Devan

Register the day of for prizes!!!

Bring a friend for FREE to check out the demos too. Please ask guests to bring their i.d. to check in.



CHECK IT ALL OUT



12 PM - 1 PM

Balance Assessment with Robert

Join Robert upstairs in the hallway outside of Studio B. Learn more about how to improve your balance.

What is InBody Testing?

InBody examines the compositions of your body, & also reveals body fat %, muscle distribution, & body water balance. Keys to understanding more about your body.



11:00AM - 12:00 PM

Smoothies with Molly
Come enjoy a healthy smoothie with our registered dietitian and learn how to make a healthy snack at your house!



Memorial Day

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- GRAVE

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



- | | |
|------------|-------------|
| HALF MAST | REMEMBRANCE |
| HEROES | SACRIFICE |
| HOLIDAY | SALUTE |
| HONOR | SERVICE |
| MAY | SOLDIERS |
| MEMORIAL | TAPS |
| OBSERVANCE | VETERANS |
| PATRIOTIC | WAR |



MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 New Mat Pilates Class Thursdays 6:15 -6:45 PM Studio A </p> <p> Coffee and Conversation 11:00 am-12:00pm</p>	<p>2 Don't Forget To Pick-up Your Lucky 13 Card!</p> 
<p>5  FOREVERWELL ORIENTATION 10:30 AM</p>  <p>Walking Cub 11:30 am-12:15 pm</p>	<p>6 <i>Demos With Devan Pilates Reformer</i> 8:30 am </p> <p> Coffee and Conversation 11:30 am -12:30 pm</p>	<p>7 </p>	<p>8 Balance Assessments 10:40-11:30 am Studio B </p> <p> Coffee and Conversation 11:00 am-12:00pm</p>	<p>9 </p>
<p>12  FOREVERWELL ORIENTATION 10:30 AM</p>  <p>Book Club 11:30 am</p>	<p>13 Coffee and Conversation 11:30 am -12:30 pm The Commons </p>  <p><i>Demos With Devan Pilates Reformer</i> 8:30 am</p>	<p>14 </p> <p>THE A, B & C's OF MEDICARE 11:30-2:00 (meeting starting at 12:00) </p>	<p>15 Boosting Stress Resilience Workshop 12:15-1:15 PM Amy Bakken RESILIENCE </p> <p> Coffee and Conversation 11:00 am-12:00pm</p>	<p>16 </p>
<p>19 </p> <p>Walking Cub 11:30 am-12:15 pm</p>  <p>Adult Coloring 1:00 pm-3:00 pm</p>	<p>20 </p> <p>Coffee and Conversation 11:30 am -12:30 pm</p>  <p>Free Chair Massage 10:30 - 11:30 am</p>	<p>21 </p>	<p>22 </p> <p><i>Demos With Devan Pilates Reformer</i> 1:00 pm</p> <p> Coffee and Conversation 11:00 am-12:00pm</p>	<p>23 </p>
<p>26 </p> <p>YMCA Closed</p>	<p>27 </p> <p>Don't forget to Hydrate</p>	<p>28 </p>	<p>29 </p> <p>Coffee and Conversation 11:00am -12:00pm</p>  <p><i>Demos With Devan Pilates Reformer</i> 1:00 pm</p>	<p>30 </p> <p>Schedule today! RedCrossBlood.org 9:00 am - 3:00 pm</p>

