



# ForeverWell Newsletter

## Blaisdell Y—December 2018

### Mark Your Calendar



Minnesota State Park Virtual Tour and Trivia with Jen: November 30, 12:15-1:00 in the Warehouse

Meet the Exec/Q&A with Mary Britts: December 5, 12:15-1:00 in the Warehouse

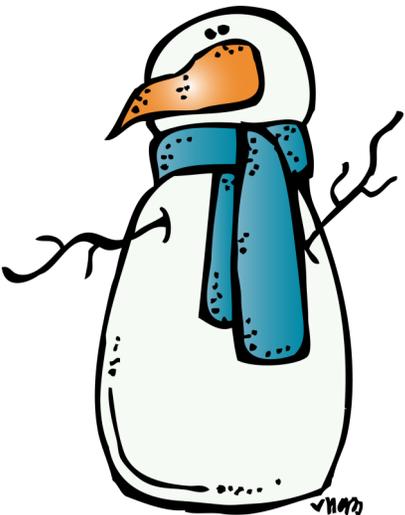
Holiday Party and Art Gallery Opening: December 14, 12:15-1:15, Studio B, [register at the front desk](#)

Cookie exchange and BINGO: December 17, 12:15-1:15, Warehouse

Until late December: Gifts for seniors barrel in the lobby! Gift requests on the side of the barrel.

**Register/sign-up for most events in the ForeverWell binder at the Front Desk**

## Holiday Party Registration Now Open!



Friday, December 14, 12:15-1:15pm in Studio B

**REGISTRATION REQUIRED, 50 SPOTS AVAILABLE— register at the front desk**

Holiday music, festive Mexican food, art made by ForeverWell members and fun with friends!

We are accepting art for the gallery opening until December 10th!

Submit your piece to the front desk addressed to Taylor, you will be able to take it home with you after the holiday party. Please include a short description of your work—materials used or any meaning behind it, along with your name and contact information. Pieces will be displayed at the Holiday Party on December 14th.

### ForeverWell Class Offerings

**Mondays:**

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

**Tuesdays:**

- 8:15-9:00am: Salsa Splash
- 10:35-11:05am: ForeverWell Balance
- 11:15-12: SilverSneakers® Yoga
- 4:35-5:05pm: Move Together

**Wednesdays:**

- 8:15-9:00am: Water X Power
- 10:15-11:10am: Cardio Dance
- 11:15-noon: SilverSneakers® Classic
- 12:05-12:50pm: Water X

**Thursdays:**

- 8:15-9:00am: Water X Power
- 10:25-10:55am: Move Together
- 11:15-noon: SilverSneakers®

**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 Instruc.
- 10:45-11:45: Tai Chi Practice

**Sundays:**

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



## ForeverWell December Newsletter

### More Details, Information and News!

Meet and Greet with Mary Britts, Executive Director of the Blaisdell YMCA

Wednesday, December 5, 12:15-1:00pm in the Warehouse

Come meet the Executive Director of the Blaisdell YMCA—Mary Britts!

Get to know Mary and some of the great programs and activities going on at Blaisdell. She will be available to chat and answer any questions you may have.

Sign up in the ForeverWell binder at the front desk.

Coffee and snacks provided.



### Bingo and Cookie Exchange!



**Monday, December 17, 12:15-1:15pm in the Warehouse**

Double the holiday cheer!

Bake up your favorite holiday cookie recipe to share with friends, then return home with an assortment made by others!

Cookie exchange will start promptly at 12:15 with a few rounds of BINGO to follow.

#### **Registration required.**

Information on how many cookies to bake will be sent out December 13. Sign up at the front desk.

## Save the date and ongoing:

### **Gifts for Seniors Barrel in the lobby—accepting donations!**

Help other seniors in our community this holiday season by donating a new, unwrapped gift to gifts for seniors. Donation barrel is located in the front lobby. Gift needs include: apparel for men and women, winter wear, socks, slippers, towel sets, sheets, blankets and pillows, music, movies, games, large print activity books, coffee, greeting card sets with stamps and more.



## ***Questions, comments and contact:***

*Program Manager of Group Exercise and ForeverWell:* Taylor Tinkham, [taylor.tinkham@ymcamn.org](mailto:taylor.tinkham@ymcamn.org)

*ForeverWell Coordinator*

Maddie Johnson

[Maddie.Johnson@ymcamn.org](mailto:Maddie.Johnson@ymcamn.org)

### **Special Facility Times for the End of 2018**

Christmas Eve, Monday, December 24: 5:00am-12:00pm

Christmas Day, Tuesday, December 25: CLOSED

New Year's Eve, Monday, December 31: 5:00am-noon

New Year's Day, Tuesday, January 1: 7:00am-4:00pm