



FOREVERWELL

MARCH 2025 BLAISDELL YMCA

AT A GLANCE!

GAME DAY!

Tues March 4th
Noon-2pm
Studio A
Every 1st Tuesday!

WOMEN SHARING

Mon Mar 10th
12:15-1:45pm
Studio A
Every 2nd Monday!

MOVIE! "NYAD"

Fri Mar 21st
1:00pm
Warehouse
Every 3rd Friday!

NEXT MONTH!

Mon April 7th
12:30-2:30
Attorney Steve Ledin
Answers End of life
planning questions!



Pictured Left:
A group of
ForeverWell
members on a
coffee-chat meet
up at the Lake
Harriet Peace
Garden in August
of 2021.

Spring Into Wellbeing at the Y!

Body, Mind, Spirit & **Community** equal **Wellbeing!**

For this issue we are highlighting a blast from the past, to celebrate the community that Blaisdell ForeverWell is. This Newsletter, every class, every event, the neighbor on the machine next to you, the staff, every little bit of it, adds up to community. What you experience everyday is made up of people just like you, who have had a thought, a story, an idea or a plan. Community is fundamental to wellbeing, and community is many things, but at its simplest, it is 2 or more people gathered. What grows from that is beyond our individual nature. We invite you to keep gathering!

For more ForeverWell information, visit our website

https://www.ymcanorth.org/health_fitness/foreverwell

If you ever need help, ask a friend in class, the front desk, or reach out to customer service at 612-230-9622. **Let's Spring into wellbeing!**

BRANCH HOURS

Monday-Friday: 5am-9pm
Saturday: 7am-5pm
Sundays: 7am-5pm
Front Desk: 612-263-9947
www.ymcanorth.org

BLAISDELL YMCA

3335 Blaisdell Ave S, Mpls 55408
For more ForeverWell information:
https://www.ymcanorth.org/health_fitness/foreverwell
Customer Service: 612-230-9622

FOREVERWELL EVENTS

Tuesday Mar 4th, Noon- 2:00, Studio A

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.

Repeating every 1st Tuesday!

Monday Mar 10th, 12:15-1:45, Studio A

WOMEN SHARING (BRING LUNCH)

If you identify with the experience of being a woman, consider joining us!

This is your opportunity to connect and share.

To be a woman is a special thing, and our stories are meaningful!

Repeating every 2nd Monday!

Friday Mar 21st, 1:00pm, Warehouse

Repeating every 3rd Friday!

MOVIE! "NYAD"

64 yr old marathon swimmer strives to become the first person ever to swim from Cuba to Florida. Based on Diana Nyad life.



ONGOING, WEDNESDAYS, 9:45-11AM, ZOOM

BLAISDELL FOREVERWELL COFFEE TALK

This is your opportunity to connect with the community virtually.

[Register For Zoom CoffeeTalk](#)

SPECIAL EVENT!

Mon April 7th 12:30-2:30

Attorney

Steve Ledin

**“Wills, Trusts, Powers
of Attorney”**

Get your questions answered!



Original Artists:

Carl Kessler?

Cover Alteration :

Joe Musich

[Links to song Aquas De Marco \(Waters of March\):](#)

<https://youtu.be/wBEesrdaRog?si=pESZinX4OLUtRbIO>

Backstory:

<https://www.youtube.com/watch?v=KHV5Uknplz8&list=PLIUoyloCGIWwWpbzUccApPOWysOP4mu0Z&index=14>

BLAISDELL FOREVER WELL GROUP EXERCISE CLASSES

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	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

ANNOUNCEMENTS!

Free Community Acupuncture!

Tuesdays 8:30 am - 12:00 pm - Starts Jan. 7

Internship with Dr. Ray - Free Unlimited Sessions

Tuesdays 3:00 - 5:00 pm - Starts Jan. 7

Free 12 sessions only with this time block.

Thursdays 4:00 - 8:00 pm - Starts Jan. 9

Internship with Heather Johnson, Free Unlimited Sessions.

Dr Ray wants you to know:

Free Qigong happens before acupuncture on Tuesday mornings! 8:10-8:30 am!

Don't be shy, about half way through sessions, there is room for a second wave! Show up before 11 am for second wave on Tuesday mornings with Dr Ray and Interns!



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

Bring your cards to game day!

Questions:

kathleenvar2014@gmail.com

And don't forget!

Walgreens is 20% off for Seniors,
the first Tue of every month!

Off non-sale items!



‘See me!’

After a stimulating talk with Y member forrest about personal pronouns, I asked if they would be willing to share their thoughts with other Y members. They agreed, and soon offered the following insights.

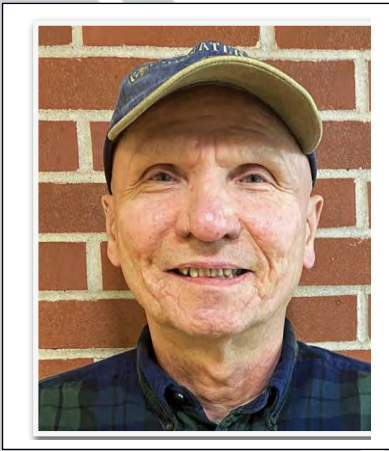
Sandra Freeman

Sandra said she had never heard of gender expansive
What was that anyway
I told her I don't identify as female or male
I identify as a genderful or a gender expansive person
Her eyes glazed over for a minute
Then asked if I felt accepted at the YMCA
I said I don't feel seen
Some think I'm a man until they talk to me
And then a masculine presenting woman
But I'm neither
Many genders inside me
More than female and male
Outside these binaries
Gender categorizes us
Sometimes categories can be helpful but often are harmful
Men are supposed to dress and act a certain way
They can spread their legs wide, initiate dating rites, be loud
Women are more emotional, told to keep their legs together and be seductive
I believe
All this is made up like Santa Claus and the Easter Bunny
It's a construct we're told is the truth
Until it's not

I dress in ways that my body feels most comfortable
There are no longer rules
I don't have to impress, look my best
I can't begin to tell you how freeing that is
Not to stuff myself into a box
Or to follow the rules from another time
They aren't my edicts anymore
But I'm invisible
People assume I'm someone I'm not
Seldom asked what are my pronouns
Do I correct or remain silent
Tell them my pronoun is they and I use Mx for my salutation
Exhausting to repeat this over and over
And often nothing changes
Sometimes I want to scream 'see me!'

I am trans
I am no longer the gender I was assigned at birth
As violence escalates
Against trans people
Laws designed to strip away our humanness multiply
140 anti-LGBTQ+ laws introduced in opening days of 2025 U.S. legislative session
A public bathroom ban in Montana
Bills to forbid trans athletes proposed
Vilifying trans, queer, BiPOC, immigrants and other marginalized groups
Creates unspeakable harm
I second guess my desire to be seen
And yet
This is my time to show up
If not now when
I am trans

forrest
1/18/2025



Our Y Friends

Roger Sorbel

Roger has participated in Silver Sneakers and Senior Yoga at several Y branches for over 17 years. The Blaisdell Y is his favorite branch because of the friends he's made and the sense of community he feels there.

Roger and his younger sister, Phyllis, were local kids, raised in south Minneapolis, both graduating from Roosevelt High School. Growing up in the Longfellow neighborhood before freeways was like living in a small town, Roger remembers. He and his sister walked everywhere- to school, church, corner supermarkets and drug stores and local movie theaters. Roger feels nostalgia for that close knit community long gone.

Roger's love of travel really began when he was fifteen years old. He was lucky enough to spend three months that summer biking through Europe, lodging in student hostels. The trip was organized and led by teachers in the German Language Department at Roosevelt. Roger reports he still miraculously remembers some German phrases picked up during the trip.

After high school, Roger attended classes at the University of Minnesota during the day while also working full time as an overnight dispatcher for the Minneapolis Water Department. This intense schedule allowed him to graduate in 1972 with a Liberal Arts degree, free from student debt. In those days, Roger recalls, a college degree was much more affordable.

Roger returned to Europe after college, touring a whole year mostly by train. His travels ranged from Norway in the north to Spain and Italy in the south. There were side trips to Morocco and Israel. In Israel, Roger lived for a month on a Kibbutz near the Golan Heights, where he worked in the Kibbutz's plastics factory and truck farm. The highlight of his Kibbutz experience for him was meeting and engaging with young people from all over the world.

Roger's career path started and ended as a civil servant for the State of Minnesota. Roger is proud of his 30 years of public service. In those many years, he held a wide variety of job classifications. He enjoyed writing administrative rules for state agencies most of all. Rule writing involved a measure of creativity while also requiring exact language and attention to detail. Administrative rules interpret the intent of laws passed by the Minnesota Legislature in a practical and ongoing way. Rules guide, shape and dictate the actions and operations of state agencies, stakeholders and the general public.

Roger's life partner was Floyd Ward. Roger and Floyd were together for 20 years until Floyd's death in October, 2023. During those 20 years, the couple took four Caribbean cruises and one cruise along the western Mexican coast. They also visited New Orleans, Orlando and Las Vegas especially to sample the fine dining experiences offered in those locations. Floyd graduated from culinary school and had an educated appreciation of good food. As a young man Floyd had been the executive chef at notable St Paul restaurants such as Horatio Hornblower's and the Criterion. Roger was the eager beneficiary of Floyd's culinary efforts but admits he never learned how to cook from Floyd. Roger jokes that he himself, however, can put together a competent and pleasing salad.

Floyd's November 2, 2023 funeral was held at Central Lutheran Church in downtown Minneapolis, where both Roger and Floyd were members. Roger greatly appreciates that several of his Blaisdell Y friends were at the funeral to support him at one of the saddest occasions of his life. Roger misses Floyd a lot but is consoled by caring friends, especially those who have also lost their own spouses.

Now as a solo senior, Roger continues to travel with buddies. He went to Sicily/Malta several months after Floyd's death to distract himself from his grief. Over this past Christmas, he was in San Jose del Cabo, Mexico for ten days. He is very involved in a social organization for older gay men called Twin Cities Primetimers. As a Primetimer, Roger goes to theatre events, eats out regularly with other senior guys and even plays dominoes once a month. Who knew that dominoes could be an enjoyable activity!?! Apparently it came as a revelation to Roger. Another discovery for him was how much opera could be an enriching experience. He now has season tickets to Minnesota Opera productions with two other operatic fans. In addition, he has a season subscription to the St Paul Chamber Orchestra.

The inevitable maladies of aging have impressed upon Roger the necessity for exercise. Beyond his Y regimen, he needs to walk, he says, at least 35 minutes every day and do prescribed calisthenics. The exact reasons will be shrouded in mystery because no one, Roger opines, wants to hear about your aches and pains. They already have enough of their own, according to Roger.

Roger doesn't often offer advice but is adamant in his one admonition - seniors, you have to keep moving! Standing is better than sitting and walking is better than standing. Stay involved at the Y in physical activities. Get a move on!

Roger Sorbel



Learning About Internet Identity Theft and Fraud

In February, ForeverWell hosted an hour long presentation by AARP guest speaker, George Anastos. The topic was Internet Identity Theft and Fraud. An audience of 26 learned about the most common frauds and scams directed at seniors. Tactics were recommended to avoid becoming a victim of such scams. Photos below show some of the participants.



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1919 University Ave W,
Suite 500,
St. Paul MN 55104
866-554-5381
mnaarp@aarp.org

ForeverWell/Spring Into Wellbeing

Words can go in eight different directions

WOMENSHISTORYMONTHCVDVD
 SMOOLBNISREWOLFDMTYKWS
 PBYFXLFRNMGMNNXRALRWH
 RJAVLZLKTNDABAALMBRBR
 CNND
 IDBSLXMEISTWRRKDYDWF
 XRE
 NHJXKVOEWNTTKLCWBIMKLLI
 GMLGNEBNEERSIVLMHKGYP
 LRG
 BDJMJLTLIAEMLKCVMRVRNDF
 RSWVLVZBIUHVTL LCRACJYVH
 ESZENTJCA YQREVC GXSDG
 VST
 AEWKCXUYLLVEXRTOVMMNTBI
 KNGVVLNVKRLNGTOLLRJPECW
 YENQMZKMXDTNZNKFM DATOSE
 DRODAYLIGHTSAVINGTIMEBS
 AASYADSENDEWHSA RRYMFFCI
 FWRZNNVFTMMZYWGIPULRFPC
 FAEYFDQNTXXRGTCYNSRMUTR
 OPPFRZCXMTXTKQIMHXRBTE
 DEEGMBHFWWJKSCTLTNIBRRX
 IELDMWRPQKNDVYLLLMRYBME
 LLOZLCXNWWARAMADANGNTLT
 SHTBPKPKYTCA PMINA EKAML
 PMWRHCMDWEL COMESPRINGXK

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Made especially for Blaisdell YMCA

Ash Wednesday

Basketball

Community

Daffodils

Daylight Saving Time

Exercise with Friends

Flowers in bloom

ForeverWell

Lent

Lucia Strand

Make an Impact

March Madness

Mardi Gras

Purim

Ramadan

Sleep Awareness

Spring Break

Spring Equinox

Still Cold

St Patricks Day

Welcome Spring

Wellbeing

Whole Person

Womens History Month