

the Marsh Monthly

Volume 25, Issue 11

November 2010



Balance Bylines

By Ruth Stricker

This month elicits so many different dynamics... let's try to sort them out. By now the elections will have been held, the signs and endless campaign slogans and ads will be gone and we will know, to some extent, just how politically polarized our country is. Will we be able to find a middle ground? Are we losing empathy for others' opinions/beliefs? Will the anger dissipate? Let's hope so... we Americans have a way of "moving on." The headlines will change and hopefully we will get beyond this transition era and find some sense of balance.

Negative attitudes and fear undermine our most important national quality: that of optimism upon which our country was built. Being an optimist, I would like to discuss another movement in our country that could compare with our political dilemma and suggest that it might be a parallel model.

Robert Putnam is coming to The Marsh and to the University of Minnesota on the 9th of this month. He is the author of the oft-quoted book, *Bowling Alone: the Collapse and Revival of American Community*. He has worked on the themes of new forms of social connectedness with three US Presidents, British Prime Ministers and the French President. Dr. Putnam is here to speak on his new book, *American Grace: How Religion Divides and Unites Us*, co-authored with David Campbell. Based on their extensive research on religion in America since the 1950s they conclude that the First Amendment is part of the explanation for America's high degree of religious tolerance – an exceptionally vigorous "marketplace" and a "religious mixing bowl." I quote the authors' conclusions in hopes that you too see the possibilities for diversity and unity.

In America, religion is not static but fluid. Not only are religions changing, but individual Americans themselves frequently undergo religious change – finding religion, dropping out of religion, or switching from one religion to another.

This fluidity has contributed to the steady growth of interreligious mingling and marrying. Geographic segregation by religion has largely ended, while social segregation along religious lines is also mostly a thing of the past. As Americans have come to live by, make friends with, and wed people of

other religions, their overlapping social relationships have made it difficult to sustain interreligious hostility. While not every religion escapes hostility, interreligious tensions are far more muted today than in the America of yesterday or in many other nations today.

How has America solved the puzzle of religious pluralism – the coexistence of religious diversity and devotion? And how has it done so in the wake of growing religious polarization? By creating a web of interlocking personal relationships among people of many different faiths. We are fortunate to have Dr. Putnam with us for a brief time and we encourage you to hear him speak of the strength of community and social bonds.

In recent times of crisis, we have seen differences ignored and diverse groups coming together in prayer and action at the community level. A most perfect example and beautiful gift to all of us was the story of 33 men buried alive in a mine in Chile. While we first wondered why a thousand journalists arrived at the scene, it soon became apparent we were witnessing raw and honest emotion, solidarity, unity, faith in God, empathy, compassion, strength, gratitude, hope, optimism, an openness to ask for assistance and the importance of family. We watched as they embraced, as they wept. We felt their pride as they sang their national anthem and expressed themselves using phrases such as "in our hearts and conscious," "our unbreakable faith," "resilience – a reminder of all that joins us together."

So, is it the Pursuit of Happiness or the Escape from Fear? Oh that we can express the emotions and values we heard at that mine site and choose to communicate the stories of hope and strength with the same fervor as our friends in Chile...

This is a new time for us in being transformed from feeling invincible to having more compassion for the experiences of others. Hopefully, we will be more tolerant... reaching out above petty disputes to be more loving and forgiving... perhaps more philosophical and spiritual. One lasting impact may be that we will have more compassion for the struggles of others and become more mature global citizens. I have heard it said that "Americans are often accused of having memories with a shelf life of two weeks" when it comes to affirmations and commitments. I pray this isn't true, for we need a new way to live together... taking better care of each other. This may mean sacrificing some personal freedoms and entitlements but it is healthy. Our gregarious nature will keep us with other people – we don't like to live in isolation. It's time to help one another's burden.

Happy Thanksgiving,

Ruth Stricker

Marsh Speakers Series... *In keeping with our mission of providing an environment that inspires, challenges, educates and supports a healthy approach to life through professional care and guidance, The Marsh is privileged to host and present a wide range of medical experts, authors and inspirational speakers.*

↳ The Aging Spine
Presented by Ensor Transfeldt, MD
Thursday, November 11, 7:00 p.m.
Co-sponsored by Merz Physical Therapy



Ensor Transfeldt, MD, an orthopedic surgeon at the Twin Cities Spine Center and an associate professor at the University of Minnesota, will discuss the symptoms, treatment and prevention of Spinal Stenosis. If you are experiencing numbness in your legs, back, neck, shoulders or arms you very likely have this condition, a narrowing of areas in the lumbar (back) or cervical (neck) spine which places pressure on the spinal cord or one or more of the spinal nerves. Causes include arthritis involving the spine in middle-aged or elderly people and herniated or slipped disks.

According to Doug Merz of Merz Physical Therapy, Dr. Transfeldt's peers and patients consider him to be one of the foremost experts in both surgical and non-surgical treatment of various spinal disorders. If you or someone you know is experiencing symptoms and you wish to learn more about these conditions and treatment options, plan to attend this presentation.

Complimentary to members and their guests. Call 952-935-2202 to register.

↳ The Chemistry of Calm:
Cultivating Resilience in a Stress-filled World



Henry Emmons, MD
Wednesday, December 1, 7:00 p.m.

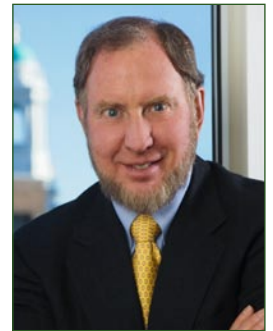
Anxiety disorders are easily the most common mental illnesses, affecting nearly 1 in 5 adult Americans in any given year—over 40 million people per year—not to mention those whose suffering doesn't quite cross the threshold into illness.

Henry Emmons, MD, a psychiatrist who developed the Resilience Training Program currently offered at the Penny George Institute of Health and Healing, and author of the popular books *The Chemistry of Joy* and *The Chemistry of Calm*, will explore the anxiety epidemic as a breakdown in resilience. He will discuss the core factors in resilience and offer specific nutrients, lifestyle changes and inner practices that can return anyone to a state of greater calmness and equanimity.

Complimentary to members and their guests. Call 952-935-2202 to register.

A Community Conversation
with Robert Putnam and Richard Leider

Tuesday, November 9, 7:30 p.m.



Critics are hailing *American Grace: How Religion Divides and Unites Us* as the most important book in decades about our cultural religious life and an essential book for understanding our nation today. Nearly every chapter contains a surprise about religious life in America. Here are just a few.

- Roughly 1/3 of Americans have switched religions at some point.
- Religious Americans are more generous than others with their time and treasure, even for secular causes. This has less to do with a particular theology than with being part of a community of faith.
- Americans have a remarkably high level of religious tolerance - 89% believe a person not of their religion can go to heaven.
- Saying grace is a strong predictor of political and social views.

Robert Putnam, Harvard political scientist and co-author of the book, will discuss these and other findings and their implications with members of our community. Richard Leider will moderate. A book signing and light refreshments follow. *Register to attend this event by calling 952-935-2202. Cost is \$10 per person.*

Earlier in the day, Dr. Putnam will hold a Book Launch Event at the University of Minnesota, where he will deliver a lecture at 3:00 p.m., followed by a book signing. *To register and obtain further details go to www.tickets.umn.edu and click on the logo for The Center for Spirituality and Healing. Cost is \$20 for adults, \$10 for students.*

Both events are sponsored by The Center for Spirituality and Healing and The Marsh.

Purchase your copy of the book today in the Shop at The Marsh!



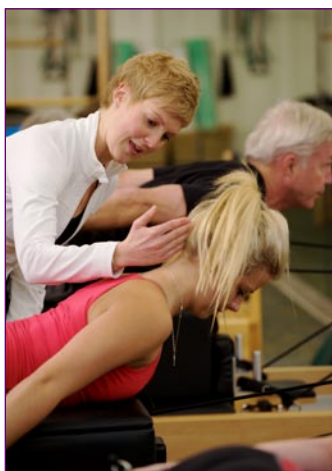
Last month, Bertice Berry and Benny Weinbeck (left) entertained and inspired a packed room. Berry's message of living in gratitude was a perfect preamble to this Thanksgiving season.

Three Ways to Strengthen Your Back

The Marsh has many workshops, exercise programs and spa services that support strengthening and caring for your back. This month, we want to highlight three.

Merz Physical Therapy Workshops Beginning November 3

Learn how to properly utilize your abdominal muscles during daily exercise so that you can protect your back. Merz Physical Therapist Shawn Marquis teaches this three-part workshop. Classes focus on breathing, the lower abdominal muscles and their relationship to core strength, spinal stability and function. **Wednesdays, November 3, 10 and 17, 1:00 - 2:00 p.m.** \$75 for Marsh Members and Merz Patients; \$85 for General Public. Call 952-935-2202 to register.



Pilates Exercises

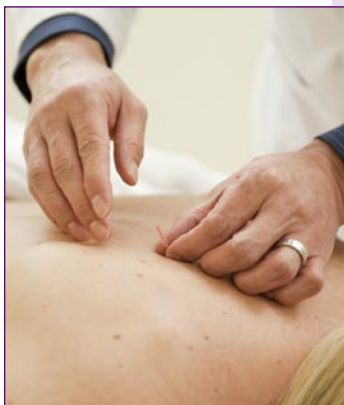
One of many wonderful ways to care for your back is to do Pilates. Designed to increase flexibility, strength, coordination, and posture, Pilates is a series of 500 to 5,000 different, succinct exercises and flowing movements. Pilates exercises encourage mindfulness, which leads to increased body awareness and greatly increases the productivity of your workout. Many exercises emphasize focusing on the spine, bringing greater awareness on how you use your back.

--Excerpted from the New Life Journal

To learn about the various forms of Pilates offered at The Marsh and determine which is best for you, attend one of this month's complimentary Pilates Open Doors: **Monday, November 1, 10:00 a.m. or Saturday, November 20, 11:00 a.m.** or contact Carol Pehle at cpehle@themarsh.com or 952-930-8524.

Acupuncture Treatments

Integrating acupuncture with exercise can be powerful prescription for back pain. According to Marsh Acupuncturist Kent Marsh, acupuncture is a proven, effective treatment for symptomatic relief of back pain. It is also a good way to relieve stress, which also contributes to back pain. *To learn more about acupuncture at The Marsh, or to book an appointment, contact our spa at 952-935-8905.*



Tips for Healthy Entertaining and Eating

Help yourself and your guests be healthy eaters this holiday season by following these easy tips from Marsh Dietitian Kim Plessel, MS, RD, LD.

- **When you are hosting, pre-plate the meals.** Try to fill half of the plate with non-starchy vegetables, leaving one-quarter for protein and the other quarter for grains and starches. Research shows that people eat 14% less when their meals are pre-plated.
- **As you eat, use external prompts to pace yourself.** Try to be the last one to start eating and then pace yourself with the slowest eater at the table. **Also pause to appreciate the food** item with all of your senses. Research shows that overconsumption is mathematically predictable as the group size increases.

To get more tips on healthy holiday hosting and eating, as well as information about our nutrition and weight loss programs, contact Kim at kplessel@themarsh.com or 952-930-8545.

In the Spa...

Add a Chair Massage to Your Fitness Routine

Beginning November 1, you can enjoy a soothing chair massage before you leave the Training Center. Massage Therapists from our spa will be ready to serve you between **9:00 a.m. and 11:00 a.m. Mondays and Fridays.** *No appointment required.* 10 minutes - \$20; 15 minutes - \$30; 20 minutes - \$40

November is Watsu Month

Watsu® Aquatic Bodywork is a floating water massage performed in our 94-degree Therapy Pool by a certified Watsu practitioner. Individuals receive this massage lying down, supported by the buoyancy of the water, the Watsu practitioner and various flotation devices. This takes weight off the vertebrae and allows the spine to be stretched in healing ways not possible on land. **Book a Watsu service in November and enjoy a 15% discount.**



*Marsh Gift Cards make a
wonderful gift for the holidays.*

Franklin Method® Workshops

The Franklin Method teaches you how to make the most out of the mind body continuum in a practical, hands on manner, addressing the mind by teaching the use of imagery and the body by teaching you how it is designed to function.

Franklin Method: Knees Workshop

November 3, 7:30 – 9:00 p.m. \$20/\$30

Led by Occupational Therapist Angela Kneale, Minnesota's only certified Franklin Method instructor lead. *Call 952-935-2202 to register.*



New! Eric Franklin, founder of the Franklin Method visits The Marsh on **December 4**. *Watch for workshop details.*

Back by Popular Demand...

The 5 Rites of Rejuvenation with Laurie Ellis Young

The 5 Tibetan Rites is a yoga routine based on a ritual of exercises done by the Tibetan Lamas which helped them to live very long and healthy lives. Today's practitioners of the yoga form assert that a fifteen minute routine each day dramatically increases physical strength, suppleness and mental acuity. In addition to being an excellent exercise for toning and sculpting the entire body, regular practice of the 5 Tibetan Rites can relieve muscular tension and nervous stress, improve respiration and digestion, benefit the cardiovascular system, and lead to deep relaxation and well-being. Led by popular yoga instructor **Laurie Ellis Young**. No experience necessary; anyone can learn variations and attain benefits. **Wednesday, November 10, 7:15 - 9:15 p.m.** \$30/\$40. *5 Tibetan Rites handout included.*

Tai Chi Master Class is Back

Marsh Tai Chi instructor **Heather Reade** leads a four-week master class for experienced students familiar with the Yang-style Tai Chi Form. During the classes, students practice the forms, ask questions, improve and refine technique and deepen their understanding of the exercises. This series received much acclaim from those who participated in September and is being offered again at your request. Participants must have a "working knowledge" of the 24 Forms. **Saturdays, November 13 – December 11 (no class November 27), 1:30 - 3:30 p.m.** \$50/\$75 for the series; \$20/\$25 per class. *Call 952-935-2202 to register. Questions? Contact Heather at 952-930-8527 or hreade@themarsh.com.*

Add Fitness Fun to Your Thanksgiving Weekend

Our annual Thanksgiving morning **Turkey Burner** classes help you burn off the calories even as the bird is cooking in the oven. **Family or friends visiting?** Bring them with you for only \$5 a person. The special Friends and Family pricing continues throughout the weekend.

See our calendar online and on page 7 for the full schedule of classes, ranging from Gentle Yoga to Body Pump to Zumba with Live Drumming and our first ever **BODYJAM™** class.

Kick your cardio into high speed and just dance, when you attend **BODYJAM™**, an addictive fusion of the latest dance styles and hottest new sounds. According to Studio Director **Liz Anema**, **BODYJAM™** is for people of all ages who love to dance and be energized by the music and the beat. The more people in the room, the more fun the class so be sure to bring your friends. **Friday, November 26, 9:15 a.m.**



Quiet Your Mind and Body This Holiday Season with Suzanne Rubenbauer

Does just anticipating the holidays cause you to become anxious? Quiet your mind and body by spending a meditative evening in our Warm Water Pool with

visiting Marsh instructor Suzanne Rubenbauer leading you in a peaceful Ai Chi Session followed by a quiet meditation. The room is lit only by candle light, the water is warm and the experience will relax and reenergize you.

- **Thursday, November 18, 7:00 p.m. - 8:00 p.m.**
- **Thursday, December 2, 7:00 p.m. - 8:00 p.m.**

Register at the Front Desk. \$15/\$20



Walk or Run the Nostalgic 5K on November 6

There is still time to register for the Nostalgic 5K and one-mile Family Fun Walk/Run on **November 6**. This is a free community event, so sign up

and bring your family and friends. All the details, including the route and the registration form, can be found online at TheMarsh.com, or simply come and register the day of the event.

- Registration begins at 7:30 a.m.
- The 5K begins at 8:30 a.m.
- The Family Fun Walk/Run begins at 8:35 a.m.

The night before, gather with other event participants and their supporters to enjoy a pasta dinner in our restaurant. **Friday, November 5, 6:00 - 8:00 p.m., \$10 per person. Call 952-930-8560 to reserve your spot.**

Team Marsh T-Shirts - You can purchase long sleeved Team Marsh t-shirts in the Shop today or at the registration table the day of the event. *\$15 each. T-shirts are not required to participate in the event.*

Arthritis Series Continues in the Water

Research has shown that appropriate physical activity offers benefits to people with arthritis and can decrease arthritis pain. Last month, we began our new Arthritis series with a four-week Tai Chi program. In December, we are moving the class to the Warm Water Pool. Water is a safe, ideal environment for relieving arthritis pain and stiffness. It allows you to move without putting excess strain on your joints and muscles in order to gain strength and flexibility.

- **Tai Chi for Arthritis:** Thursdays through November 18, 11:30 a.m. – 12:15 p.m.
- **Warm Water Aquatics for Arthritis:** Thursdays, December 2 - 23, 11:30 a.m. – 12:15 p.m.

\$10/\$20 for the four week series, \$5/\$8 per session. Call 952-935-2202 to register. Questions: Contact Aquatics Director Jillian Markus at 952-930-8511 or jmarkus@themarsh.com or Tai Chi coordinator Heather Reade at 952-930-8527 or breaade@themarsh.com.

Children's Swimming Lessons: Winter Session Begins January 9!

The Marsh offers a calm, comfortable atmosphere, warm water pools, highly experienced instructors and individualized attention for children who are learning how to swim. *To learn more about our group and individual lessons for students age 6 months and up visit TheMarsh.com/Fitness, pick up a brochure at the Front Desk or contact Jillian Markus at jmarkus@themarsh.com or 952-930-8511.*



Kevin Hanstad

Member Story...

Kevin Hanstad was on an airplane returning home from a business meeting when he pulled out the August issue of *The Marsh Monthly* and read about Mike Bialick's *Team Marsh Training* program. He immediately knew that this program was designed for him. A regular rollerblader and exerciser in our training center, Kevin had long been intrigued

with the idea of running, but didn't really know how to start. *Team Marsh Training* offered a safe, structured environment to help him get off on the right foot. Plus, it was only a five-week commitment and it provided a specific goal, to run the Lupus 5K on September 11. He decided to do it.

A man who appreciates structure, organization, discipline and accountability, Kevin found that Mike delivered on all four counts. What impressed him is that all of this was delivered in a fun, casual and highly motivational team atmosphere.

From helping him identify the proper shoes for running to teaching him that it's not about one race, *Team Marsh Training* helped Kevin get beyond his fear of running and just start. A ten-year member of The Marsh who generally exercises in our Training Center in the early evening after work, Kevin also enjoyed this opportunity to connect with other Marsh members not only by training for and running the 5K together, but also participating in the Team Marsh Pasta Dinner the night before. And while he learned that it's not just about one race, Kevin was still pretty proud of his finish. After only running for five weeks, he came in 87th out of 200. Maybe you'll see him on the trail at the Nostalgic 5K this month.

The next **Team Marsh Training** session runs from 9:00 a.m. - 10:00 a.m. on **Saturday mornings, November 13 - December 11**. Walkers and runners of all abilities are welcome. *Find more details at TheMarsh.com or contact Mike Bialick at mbialick@themarsh.com or 952-935-2202.*

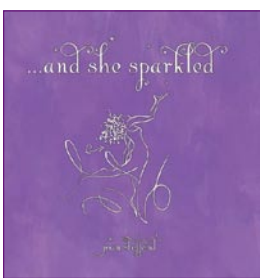
Now training for the **Winter Waddle 5K Run/Walk** at Braemer Golf Course in Edina on Saturday, December 18.

In the Shop...

Kick off the holidays by attending our Annual Holiday Open House on Monday, November 8... From books with a message by local authors to jewelry by local artists and warm, cozy pajamas and sweaters, our shop features an assortment of heartfelt gifts, as well as beautiful clothing and accessories to help you celebrate your holidays in style. Stop by to visit, shop and enjoy refreshments throughout the day. **8:30 a.m. - 8:00 p.m.** Check our new website, ShopAtTheMarsh.com for further details.

Local Authors Series

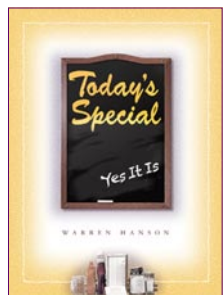
The Shop is delighted to carry several new releases by local authors and local publishing companies. Meet the authors when they stop by to share their stories.



Joan Steffend - Wednesday, November 17, 5:00 p.m. Meet & Greet, 6:30 p.m. Reading
In *...and she sparkled*, HGTV's Joan Steffend shares a timeless and universal story of rediscovering who you are and the joy that's possible when you recognize you were always magnificent. Through the pages of this exquisite book, you are shown the beauty and importance of being true to yourself...and following your own dreams. Published by *Tristan Publishing*.

Peg Meier - Thursday, November 18, 10:00 a.m. - 1:00 p.m.

Marsh member, award-winning reporter and author Peg Meier's new book, *Wishing for a Snow Day: Growing Up in Minnesota*, offers a candid interpretation of the joys and pains of childhood through the decades—at home, at school, at play, reminding us that we were all children once, too. The book features everything from diary entries to newspaper columns, along with plenty of photographs, provided by a host of Minnesotan children and adults. Published by the *Minnesota Historical Society Press*.



Warren Hanson - Saturday, December 4, Noon
Enjoy a special lunch with author Warren Hanson (*A Cup of Christmas Tea*) as he shares the story behind the story of his newly-released book, *Today's Special... Yes It Is*. Set in Irene's Café, this very special story reminds us to appreciate each day and all it has to offer. Published by *Tristan Publishing*. Register for lunch with Warren at the Front Desk.

November Trunk Shows

Wednesday, November 3, 10:00 a.m. - 5:00 p.m.

EyeBobs, distinctive reader eyewear for men and women

Thursday, November 11, 9:00 a.m. - 3:00 p.m.

Cookie Johnson Jeans, Oprah's favorite jeans, designed by the wife of former L.A. Laker star Magic Johnson

Before + Again Tops, combining fresh new colors and prints for a vintage look - no two shirts are exactly alike

In the Restaurant...

Enjoy a complimentary cup of Minneapolis-roasted, Guatemalan-grown Peace Coffee.

Fridays, November 5 & 26, 8:00 - 9:00 a.m.

With the change of seasons comes a change of menus and the introduction of some exciting new wines in our restaurant. Look for new seasonal specialties for breakfast, lunch, dinner and Happy Hour.

Let's Talk Books

Breakfast With Buddha

This novel by Roland Merullo will raise questions and should make for an interesting discussion. Join us **Tuesday, November 9, 7:00 p.m.** and **Tuesday, November 16, 1:00 p.m.** Complimentary.

Members' Corner...

- **Student Break Memberships...** Enjoy The Marsh with your students who are home for the holidays. Ask our membership staff about Student Memberships, available for one week or one month.
- **Do you have HAS or Flex Dollars** that need to be used by the end of the year? Don't forget that many Marsh services may be reimbursed through these programs. Questions? Ask in the Spa or at the Front Desk.
- **Snow Emergency Procedures**
We know that snow is just around the corner. If you have questions about whether The Marsh is open, check TheMarsh.com or call the Front Desk after 5:30 a.m.
- **Thanksgiving Day Hours**
Building Hours: 7:00 a.m. - 3:00 p.m.
Spa, Shop, Restaurant and Kids Club: Closed
- **A friendly reminder...** Please be vigilant about locking your cars and lockers and not leaving valuables where they can be seen and taken. There seems to be an increase in thefts throughout the area and we hope to avoid them here. As we take extra precautions, we ask you to do the same.

New Members...

Lucy Arnesen	Riva Gruenberg	Robert Papke
Bobby Arnold	Betty Gust	Donald Piontek
Peggy Bloom	Jill Heimerl	Janet Piontek
Katharine Campbell	Sarah Hestad	Wendi Rosenstein
Wade Campbell	Laurie Jordahl	Will Schowengerdt
Peretz Dworsky	Mary Jubenville	Barbara Spannaus
Susan Erickson	Becky Kern	Marcia Swanson
Rebecca Fobes	Diane Kramer	Phyllis Vrba
Curt Folden	Joyce Lloyd	Dan Woodbury
Nancy Forstrom	Patrick McBride	
Debbie Galka	Gay Moldow	

NOVEMBER

2010

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7 Daylight Savings Time ends	8 Holiday Open House in The Shop Chair Massage available 9:00 - 11:00 a.m. Marsh Lite 11:30 a.m. Check-in	9 Let's Talk Books 7:00 p.m. A Community Conversation with Robert Putnam 7:30 p.m.	10 Merz Physical Therapy Back Workshop 1:00 - 2:00 p.m. The Five Rites of Rejuvenation 7:15 - 9:15 p.m.	11 Veterans Day Cookie Johnson Jeans Trunk Show in The Shop 9:00 a.m. - 3:00 p.m. Tai Chi for Arthritis 11:30 a.m. - 12:15 p.m. Marsh Lite 6:00 p.m. Check-in Pasta Night - 5:00 - 8:00 p.m.	12 Chair Massage available 9:00 - 11:00 a.m. Zumba 10:15 a.m. Meditation 6:30 p.m. Fresh Catch Friday	13 Team Marsh Training/ Marsh Runners 9:00 a.m. Nia 10:30 a.m. Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m. Prime Rib Special
14 Aquababies and Aquatots 4:00 - 6:00 p.m.	15 Chair Massage available 9:00 - 11:00 a.m. Marsh Lite 11:30 a.m. Check-in	16 Let's Talk Books 1:00 p.m.	17 Merz Physical Therapy Back Workshop 1:00 - 2:00 p.m. Author Series: Joan Steffand 5:00 - 6:30 p.m.	18 Tai Chi for Arthritis 11:30 a.m. - 12:15 p.m. Author Series: Peg Meier 10:00 a.m. - 1:00 p.m. Marsh Lite 6:00 p.m. Check-in Quieting Your Mind and Body 7:00 - 8:00 p.m. Pasta Night - 5:00 - 8:00 p.m.	19 Chair Massage available 9:00 - 11:00 a.m. 12 Day Passports available Meditation 6:30 p.m. Fresh Catch Friday	20 Team Marsh Training/ Marsh Runners 9:00 a.m. Pilates Open Door 11:00 a.m. Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m. Prime Rib Special
21 Aquababies and Aquatots 4:00 - 6:00 p.m.	22 Chair Massage available 9:00 - 11:00 a.m. Marsh Lite 11:30 a.m. Check-in	23 No Swim Lessons	24	25 Thanksgiving Turkey Burners Classes Body Pump 9:15 a.m. Aqua Mix 9:30 a.m. Cardio Challenge 10:30 a.m. No Swim Lessons	26 Complimentary Peace Coffee in the Restaurant 8:00 - 9:00 a.m. Friends & Family Fitness Schedule: Cycle 6:00 a.m. Body Pump 8:00 a.m. Body Jan 9:15 a.m., be the first Gentle Yoga 11:15 a.m. Yang Style Tai Chi 12:30 p.m. Fresh Catch Friday	27 Team Marsh Training/ Marsh Runners 9:00 a.m. Zumba with Live Drumming 10:30 a.m. Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m. Prime Rib Special
28 No Swim Lessons Nia 10:15 a.m. Reiki Affirmation Dance 7:00 p.m.	29 Chair Massage available 9:00 - 11:00 a.m. Marsh Lite 11:30 a.m. Check-in	30				

Upcoming Events...

- December 1 - 12 Days of Fitness begins
- December 1 - The Chemistry of Cabin - Henry Emmons, MD
- December 2 - 23 - Warm Water Aquatics for Arthritis
- December 4 - Author Series: Warren Hanson
- December 4 - Eric Franklin Workshops
- December 9 - Member Holiday Party
- December 20 - Quieting Your Mind and Body

the Marsh
A Center for Balance and Fitness
15000 Minnetonka Blvd., Minnetonka, MN 55345
952-935-2202 • www.themarsh.com

Denotes special events that may affect parking



Represents complimentary programs for members

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- *The Aging Spine - Ensor Transfeldt, MD*
- *The Chemistry of Calm - Henry Emmons, MD*
- *Nostalgic 5K*
- *Local Authors Series in the Shop*
- *Holiday Open House in the Shop*
- *Turkey Burner Classes*
- *Tips for Healthy Entertaining and Eating*

Annual Holiday Party Thursday, December 9 5:00 – 8:00 p.m.

Enjoy a downsized menu with upsized good cheer, fun and music by Benny Weinbeck.

Bring Toys for Tots, food for local food shelves and friends who might enjoy 25 Days at The Marsh. *Complimentary for members; \$10 for guests.*

Reservations: 952-935-2202

*Marsh
Gift Cards
make a wonderful gift for
the holidays.*



12 Days of Fitness Passports *Available November 19*

A 12 Days of Fitness Passport can take you to new places (classes) that you haven't gone to before. It comes with an extensive list of classes you can attend in order to receive a passport stamp, including Yoga, Tai Chi, Pilates and our new BODYJAMTM or Piloxing classes. When you receive 12 stamps on your passport, turn it in at the Front Desk and your name will be entered into a drawing for wonderful prizes, including personal training sessions, overnight stays and salon and spa services.

Bring your friends! This passport is complimentary to members and at \$35 a great deal for your non-member friends, giving them access to 12 different group exercise classes (\$180 value). **Consider giving this as a holiday gift.**

- * *Passports can be purchased anytime between November 19 and December 15 and be used from **December 1 – 31.***
- * *Details on how to obtain stamps on your passport will be provided when you obtain your passport.*
- * *To be eligible for prizes, turn your stamped passport into the Front Desk by January 11, 2011.*
- * *The drawing will be held on **Tuesday, January 11 at 11:30 a.m.***
- * *You do not have to be present to win.*
- * *Winners' names will be posted at the Front Desk.*