

Ruth Stricker's the Marsh Monthly

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September 2009



Balance Bylines

By Ruth Stricker

September... as we longingly put away summer, we feel the exultation of renewed energy. All of the routine activities which rest during the summer begin to happen. We address the calendars and schedules... and then it is time to reprogram our vacationed minds and bodies.

If you have been "up north at the cabin," we welcome you back. To all of you we invite you to ease back into your Marsh routines with fresh eyes and a wide lens for "engaging in life." You will notice that we are again a host site for Active Aging Week.

We hope that you will participate and bring your friends to the activities this week and the special programs throughout the month. We can change the way we age with prevention – staying active to the fullest extent possible within all areas of our life. Abe Lincoln said, "*The best way to predict the future is to create it*" and we have many opportunities to do just that on a personal level with exercise, good nutrition, sharpening our mental skills, knowing our risk factors and getting support from others through socialization. Prevention is one of the obvious solutions to our national healthcare dilemma, currently the hot topic, and we can each do our part by taking charge of our health. We are all aging and pushing back "old age"... with the mindset that says "*there is more in our future, we're not there yet.*" Expectations and realities about aging are rapidly changing... which reminds me of the message on one of Bruce's birthday cards last month. "Don't worry about turning another year older! I heard that birthdays are good for you... People who have the most birthdays live the longest!"

While longevity is admirable, even more so is meaning in our lives. You must come hear Richard Leider reveal the research on "*What Matters: Balancing Money, Medicine and Meaning.*" It is most encouraging for all of us who are feeling the effects of the recession, and good news

regarding a purposeful life. There is such a thing as psychological wealth!

Andy Rooney always wraps up the CBS "60 Minutes" show with a colorful comment. He got my attention last month when he said, "*It's hard to know how much of your life you want to save so you have time to remember it.*" Trish Herbert, a long time friend and Marsh member, will talk about her new book, *Journeywell: A Guide to Quality Aging* on October 1st. A licensed psychologist, Trish will share stories and practical tools on how to manage the twists and turns life brings as we manage to muddle through our respective journeys. Her book has some answers for Andy Rooney!

In addition to the Aging theme for September, our various program offerings tell us that The Marsh is so much more than fitness... it's about you! It's not just physical, it's not just stress reduction – it's empowerment that we don't feel in the world today and wish to regain on a personal level. I had hoped we could talk about the recovery phase of our economy, but at this date it appears to be premature.

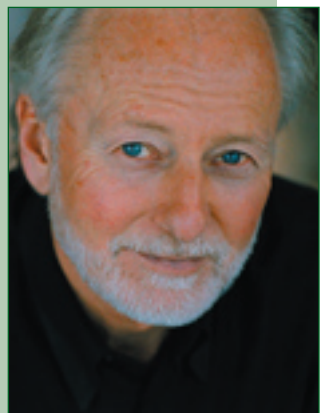
So, again we must take charge as individuals to make everything feel better and savor the happy moments and then take strength and energy from our loving Marsh family and community. We know that life is better when shared. Look at the choices we have this month for personal empowerment. It's about you... and what makes you happy... dancing to the Jersey Boys, a walk in the woods, a weight loss program, physical therapy, a new exercise routine, good news about aging, a cashmere sweater, frozen yogurt, a computer class, a belly laugh, a book review or a chat with your friends. It's about you... and we are all here together knowing that life is good!

"It's about you!"

Ruth Stricker

Introduce Your Friends to Active Aging...

Discovering What Matters: Balancing Money, Medicine and Meaning with Richard Leider



In January 2009, a landmark study based on research of 1,001 individuals was published by the MetLife Mature Market Institute (MMI) in partnership with The Marsh's consultant on purposeful aging, Richard Leider. The study revealed that people pursue a positive state of being by continually rebalancing their priorities among activities involving components of money, medicine, meaning and place. Learn more about this research, and obtain tools to help you discover what matters in your life when Richard presents *Discover What Matters* at The Marsh on **Tuesday, September 15, 7:00 p.m.**

In addition to research findings, Richard will provide those who attend with self-assessment tools to assist in the examination of current priorities and the creation of goals for the future...all in the interest of achieving a life of purpose and fulfillment. He will return in October to present a *Discovering What Matters Coaching Session*.

A best-selling author and executive life coach, Richard has an extensive background in helping people discover the "good life". He says that living the "good life" is not about material wealth and physical comfort, but equally living in the place you belong, with the people you love, while doing the right work on purpose.

*Cost: \$25/35 (which includes the materials).
Please register in advance at the Front Desk.*

Note: This event is a prerequisite for attending the *Discovering What Matters Coaching Session* in October.



Free group exercise classes and events during National Active Aging Week

Whether you are 40 or 90, being active as we age "is the low-cost way to stay independent and healthy as we grow older" according to Colin Milner, CEO of the International Council on Active Aging. Helping our members age actively and enhancing their quality of life is central to what we do here at The Marsh. As a participant in **National Active Aging Week (September 21 – 27)**, we are opening the doors to your non-member friends by waiving the fees on our group exercise classes. **Invite them to explore our menu of pool and studio classes at no charge all week long. We're offering several introductory classes and featuring some specialty classes.**



We are also kicking off the week with a day of complimentary events, **Monday, September 21**, ranging from Twitter, Facebook and Skype training to blood pressure screening. It's all free to you and your friends!

- **Know Your Numbers** in Health Education
 - Free blood pressure screenings, 9:00 a.m. - 6:00 p.m.
 - Body Composition Analysis, 2:00 p.m. - 3:00 p.m.
- **Pilates Open Door**, 10:00 a.m. - 11:00 a.m.
- **Computer Training Demonstration**, 11:30 a.m. - 1:30 p.m.
- **Nutrition Table Topics**, 12:00 - 1:00 p.m. (*complimentary lecture – café food purchase required*)
- **Balance Assessments** by Merz Physical Therapists, 1:00 - 2:00 p.m.
- **Intergenerational Wii...** 3:00 - 4:00 p.m.
- **Strength Training for Balance** in the Training Center, 4:00 - 5:00 p.m.
- **A Puzzle a Day:** Pick up a new crossword or Sudoku puzzle each day (*available at the Front Desk*)
- **Massage Therapy and You in the Spa** 6:00 - 7:00 p.m.

Bring a friend to share the fun!
Pick up a complete list of offerings at the Front Desk.

at The Marsh

Know Your Numbers

It is possible to reduce your risk of heart disease. The first step is to know what affects your heart health. That's why our Health Education office is distributing *Know Your Numbers* bookmarks during Active Aging Week. They will also be providing the following complimentary services on Monday, September 21.

- *Free blood pressure screenings, 9:00 a.m. - 6:00 p.m.*
- *Body Composition Analysis, 2:00 p.m. - 3:00 p.m.*

Connecting in the 21st Century

It seems that everyone is on computers these days. They are sending emails staying in touch through Facebook, Twitter and Skype. They are exploring the Internet, viewing and printing photos and writing their memoirs.

Beth Tesler and Julia O'Brien of *Connect the Dots Training* will provide hands-on computer training demonstrations that cover everything listed above and more. Join us **Monday, September 21, 11:30 a.m. – 1:30 p.m.** *Advanced registration is required and space is limited. Complimentary to all.*

Table Topics: *Healthy Food on a Shoestring Budget*

Marsh Registered Dietitian Kim Plessel, MS, RD, LD, discusses *Healthy Food on a Shoestring Budget*. Join Kim for lunch, **Monday, September 21, 12:00 - 1:00 p.m.** *Reservations required, please call the Front Desk to reserve your spot. Complimentary lecture; café food purchase required.*

Balance Assessments

Balance is an intricate process that involves both our mind and body. Merz Physical Therapist Afton Thomforde and Johnna Stob, PTA offer complimentary balance assessments, **Monday, September 21, 1:00 - 2:00 p.m.**

Strength Training for Balance

Strength training not only increases the strength of your muscles, it maintains the integrity of your bones and improves your balance, coordination and mobility – basically allowing you to move with ease. It is never too late to begin exercising and strength training. As Theodore Roosevelt once said, “Do what you can, with what you have, where you are.”

Join Marsh Trainer Mike Bialick for a hands-on educational training session, **Monday, September 21, 4:00 - 5:00 p.m.** *Please register in advance at the Front Desk.*



Marsh Member John Andrus celebrates his 100th birthday on September 19. Never too old for new beginnings, John joined The Marsh at the age of 88. He comes here three times a week to work with his “marvelous trainer” Kevin Conrad. How does he spend the rest of his day? Walking outside in good weather, reading, enjoying the company of friends and listening to any of the 4,000 songs on his iPod. When asked for words of wisdom, he replied: “There are three important things about aging—breathing, bran flakes and The Marsh.” If you want to personally wish John a happy birthday, join us for a birthday reception, Friday, September 18, noon.

Discover how massage therapy supports active aging

Did you know that therapeutic massage can help improve range of motion, strength and muscle coordination, natural energy levels, mental awareness, and posture? Individuals with chronic health conditions from arthritis to Alzheimer's have found it to be an effective tool for managing their health. Marsh massage therapists can perform more than a dozen types of therapeutic massage. But how do you know which one suits your needs?

As part of Active Aging Week, our Spa staff will host *Massage Therapy and You!*, a complimentary talk on the various forms of massage therapy available to you at The Marsh. They will describe each form of massage and its health benefits and answer your questions about massage therapy.

Join us at 6:00 p.m. on **Monday, September 21** to learn more about therapeutic massage at The Marsh, and register to win a free massage! Also, as part of our “Active Aging” activities during the month of September you can receive a 10% discount on massage services in The Spa. *(No other discounts apply.)*



The Spa Affect: *Living Well During Stressful Times*

We all know the extensive power of the mind-body connection. Most of us know what we “should” do to maintain our health and well-being, but are often challenged to maintain a regular practice – especially during times of economic, health or family stress.

Jen Seda, M.D., the 2008 recipient of the ISPA Ruth Stricker Spa & Wellness Award, has been exploring the mechanisms of brain-mind-body communication for over eight years. Sharing information from her spa wellness award research, Jen will give simple, practical tools for tapping into the mind-body connection for immediate results. Participants will explore activities for combating stress and will walk away with their own customized tool kit, as well as an understanding of the science behind why these tools work.

Dr. Seda is a wellness consultant specializing in maximizing the health of individuals and groups. She received her medical degree from the Mayo Clinic, has 15 years of experience in academic and industry research, and is the medical author of *Happiness and Health*.

Join us **Tuesday, September 29, 7:00 p.m.** \$10/\$20. *Space is limited; please register in advance at the Front Desk.*

Journeywell: A Guide to Quality Aging *with Trish Herbert*

Wake up, show up, and lighten up ... words of wisdom from author and Marsh member Trish Herbert in her new book, *Journeywell: A Guide to Quality Aging*. You are on a journey from the moment you are born. You move through life in cycles, beginnings and endings, experiencing and changing as you go. Journeywell is a wonderful resource filled with stories, questions, exercises, information and practical tools to help you plan and navigate life. Written for all those who desire to improve the quality of the aging process, this book provides a framework for examining your journey.

Trish Herbert is a licensed psychologist with a specialization in gerontology who received her doctorate in her mid-fifties. In addition to teaching and counseling older adults and their families, she facilitates support groups and continues to be fascinated with people’s stories, the many twists and turns that life brings and how well we manage to muddle through our respective journeys.

Trish will share some of her wisdom with us on **Thursday, October 1, 7:00 p.m.** She will be available to sign books after her presentation and refreshments will be served. Books will be available for purchase in the Shop. *Please register in advance. \$25 with book; \$5 without.*



STUDIO...

Do YOU Love to Dance?

Studio Director Liz Anema has been choreographing a special *Jersey Boys Flo Motion* class featuring songs from 1960s singing sensations Frankie Valley and the Four Seasons. Join us for this 55-minute blast from the past experiential, **10:30 a.m. Thursday, September 17 and Tuesday, September 22.** We will dance (and probably sing) through the class, completing a series of simple dance moves to some of our favorite music from this era.

Join us for some of our other dance fitness classes, including Nia and Body Rhythms. All of our group exercise classes have fun, upbeat music and are appropriate for all ages and abilities. We demonstrate beginning to advanced moves in all of our classes – so pick the class time that works best for you and come dance with us!
Complimentary/\$15

NEW... Reiki Affirmation Dance!

Popular Nia instructor, Jill Goux brings her Reiki Affirmation Dance (RAD) to The Marsh on **September 20.** RAD is a movement class that incorporates dance with positive affirmations, breath work, meditation and an overall sense of awareness. If you love Nia, you’ll like this class... it’s uplifting and will leave you feeling centered, balanced and peaceful. What a great way to move and transition into fall.

Join us, **Sunday, September 20, 7:00 p.m.** (*check-in at 6:45 p.m.*) \$12/\$15 per person. *Bring a friend and a water bottle. Please register in advance by calling 952-935-2202.*

Fall Pilates Mat Class Special with the Foam Roller

This early morning Pilates Mat class series will focus on the foam roller. You will learn movements that will...

- Strengthen your core
- Improve your posture
- Massage tight muscles

Join Lesley Koehnen, for this thirteen week series: **Tuesdays, September 15 – December 8, 7:00 a.m. - 7:45 a.m.** Cost includes a foam roller Members \$130 (\$95 without roller); Non-members \$185 (\$150 without roller). Please register in advance at the Front Desk.

Pilates Open Doors

Learn more about Pilates and the programs available at The Marsh at one of our complimentary Open Doors, **Monday, September 21, 10:00 a.m., Saturday, September 26, 11:00 a.m. and Wednesday, September 30, 7:00 p.m.**

Complimentary Pilates Session

Did you know that all new members receive one complimentary Pilates session when they join? Call Carol Pehle to schedule your session at 952-930-8524.

It takes practice to prevent falls

How do you prevent falls? By practicing falls! The Marsh's 94-degree therapy pool provides a safe environment where you can practice balance techniques without fear of the consequences! Next month, Aquatics Director Jillian Markus launches a new three-part Falls Prevention program focused on the keys to fall prevention: functional movements, core strength and joint stabilization. Each participant receives a study guide with pictures to practice on your own.

Mark your calendars: **Thursdays, October 1, 8, 15, 11:15 a.m. - 12:15 p.m.** Cost: \$40/\$50. Space is limited to 12 participants: please register in advance at the Front Desk.



Restore, Rebalance, and Energize... A Yoga Workshop

If you are seeking refuge from the stresses and responsibilities of daily life, join us for this special two-hour yoga workshop, designed to relax and calm your mind, soothe your body and restore your spirit.

Taught by popular yoga instructor Tricia Sletten, the first part of this class is be 'yin'-focused, which means we will start with where the body is RIGHT NOW. Yin yoga focuses on the hips, pelvis, and lower spine through seated postures. After settling into our bodies through a meditative yin yoga sequence, we'll start to move gently at a leisurely pace through a multi-dimensional sequenced creative flow.

The last part of our practice is spent in restorative postures fully supported by blankets, blocks, or other props. Come and discover what yoga is all about: stilling our fidgety bodies and calming our rambling minds so that we may rest quietly in the present moment and see clearly the peace and beauty that resides within. Appropriate for all levels and abilities, including absolute beginners!

Saturday, September 12, 10:30 a.m. - 12:30 p.m. \$35/\$40. Space is limited so please register in advance at The Marsh Front Desk or by calling 952-935-2202.

Yoga Tip of the Month

Having a personal yoga mat—cleaned and sanitized to your specifications—makes for a much more enjoyable yoga experience. If you practice yoga and do not have your own mat, you can purchase one in our Shop. This month, we are offering them at a 20% discount.



One Member's Six-week Journey

“What I’ve come to realize is that your body longs to be healthy.” Jan Rabbers, a Marsh member approaching her 60th birthday, shared this wisdom while reflecting on her six-week journey to a healthier, more active lifestyle. Her professional work in communications with the Minnesota Nurses Association keeps her busy, and daily commutes between her home in Minnetonka and her job in Saint Paul, make her days even longer. Jan wanted to get back into a healthy pattern of exercise and begin to eat better, but she needed a jump start. “I finally admitted to myself that I needed to be accountable to someone else in order to get back on track. I enrolled in the Biometrics program and put myself in the hands of an expert team—Health Services Director Joel French M.D., Dietitian Kim Plessel MS, RD, LD and Personal Trainer Candy Swanson. Six weeks later I am enjoying a new healthier lifestyle, and I am inspired to maintain it. “After my initial new member health assessment a year ago, Joel had written a note on my card: ‘You’re fit. Just show up.’ I took his advice, trusted the people at The Marsh to help me, and they did.”



Results in the first six weeks:

- Increased VO₂ from 27.8 to 34.4, reducing risk factor by 43%
- Reduced cholesterol from 180 to 132 (-48)
- Reduced aggregate circumference by 20.5 inches
- Reduced weight by 6 pounds.
- Increased calories burned per minute from 7.7 to 10.7
- Went from 30.9% body fat to 26.0%

BIOMETRICS
ONE • ONE • ONE

If you are looking for results like Jan's, come to a complimentary Biometrics information session
Wednesday, September 30, 6:30 p.m.
or call Cece McCan, 952-930-8508.

The Marsh's Weight Loss Group

The media is filled with eye-catching headlines like Time Magazine's recent *Why Exercise Won't Make You Thin*, or *Dear Food Diary* which touts the benefits of using a food diary for weight loss. Confused? You are not alone. There are many approaches to weight loss. The successful and sustainable plans are those that focus on choosing healthy foods in accordance with your metabolic needs and incorporating cardiovascular exercise and strength training – not only for weight loss but for a variety of health benefits.

The Marsh offers a weekly Weight Loss Group led by Health Services Director, Joel French, Ph.D. and Registered Dietitian Kim Plessel, MS, RD, LD. The group focuses on education, accountability and support – all the elements of a successful weight loss program.

Wednesdays, 6:30 p.m. *If you are new to the group you are encouraged to come at 6:00 p.m. Cost: \$40 for a month pass or \$15 per session.*

Protecting Your Back: Core Stabilization

Day-to-day activities such as carrying groceries, raking, and lifting your children or grandchildren can be challenging when low back pain intrudes on your life. Having strong “core muscles” will help you protect your back.

Although the term “core” is commonly used, it is a vague concept that is widely misunderstood. In its simplest form, the core is a corset of muscles and connective tissue that encircles and holds the spine in place. Merz Physical Therapist Shawn Marquis, P.T. will lead a three-week series that focuses on building core strength by learning techniques for the muscles that surround the spine, pelvic floor and diaphragm. Shawn will also share ideas and answer questions about how you can make these exercises part of your daily life.

Take advantage of Shawn's expertise. Join her for our next *Protecting Your Back* series, **Wednesdays, September 16, 23 and 30, 1:00 - 2:00 p.m.** *Members \$75; Non-members \$85. Please register at the Front Desk.*

Mindfulness-Based Stress Reduction Information Sessions

Mindfulness Based Stress Reduction (MBSR) is about taking control of our lives, being aware of influences that affect our well-being and health, and finding peace-of-mind and balance in an oftentimes chaotic world. MBSR teaches you to consciously and methodically deal with stress, pain, illness, and demanding challenges of everyday life.

Designed by Jon Kabat-Zinn, this course is co-sponsored by the Center for Spirituality and Healing, and led by Terry Pearson, R.Ph, MBA. The next eight-week series begins **Monday, October 5**. Learn more about this program at this complimentary information session: **Saturday, September 12, 9:30 a.m.** *Please register in advance for the information session by calling the Front Desk, 952-935-2202.*

In the Restaurants...

- If you haven't stopped by for our *Weekdays at 4* Happy Hour, you're missing out. Be sure to join us between 4:00 p.m. and 7:00 p.m. (previously 6:00 p.m.) any weekday to enjoy a \$4 glasses of wine and tantalizing \$4 appetizers, expertly prepared by our kitchen staff. It's a great place to meet your friends at the end of the day!



Enjoy bruschetta and wine... *Weekdays at 4*

- Our Tuesday Pizza Nights have gone away, but only to make way for the fabulous flatbreads served daily. Our flatbreads of the day are receiving rave reviews. Italian, Margarita, Mediterranean—try them all!

In the Shop...

Kinross Cashmere Trunk Show begins September 25

This month, our Shop is privileged to present a three-day Kinross Cashmere Trunk Show. If you appreciate the luxury, quality and craftsmanship of cashmere, you won't want to miss this exclusive event. Select from over 50 sweater styles and 26 classic and vibrant Fall 2009 colors.

Enjoy refreshments and receive a gift with purchase while supplies last.

Friday, September 25:
10:00 a.m. - 5:00 p.m.

Saturday and Sunday, September 26 and 27:
10:00 a.m. - 1:00 p.m.



Marsh Member
Ann Woodbeck

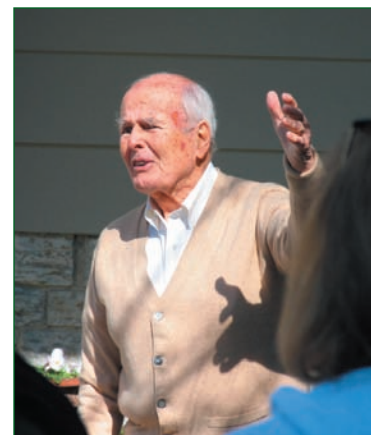
Children's Swim Lessons begin September 13

The Marsh is a wonderful place to introduce your child or grandchild to the water. We offer a calm, comfortable environment with warm water pools, experienced instructors and individualized attention. Our instructors focus on building confidence, teaching safety skills, and solid swimming techniques. Because our enrollment is limited, we are able to develop relationships with our students that extend beyond a single swimming session or even a single year.

The twelve-week fall swim session begins **September 13**. Class offerings include: Aquababies, Aquatots, and private, semi-private and small group lessons that progress from Goldfish (water adjustment) to Barracuda (pre-swim team). *Pick up a swim brochure at the Front Desk or call or e-mail Jillian Markus for more information, 952-930-8511 or jmarkus@themarsh.com* Limited space; please register by September 6.

Annual Woodrill Woods Fall Hike

You are invited to join us for our annual fall hike through the Woodrill Woods in Long Lake. Enjoy the picturesque fall foliage and an invigorating hike through the woods, culminating at Bruce Dayton's home for refreshments and art chatter. Maps are available at the Front Desk. If you would like to carpool, please meet in the lobby of The Marsh at 9:30 a.m. Space is limited, please register in advance at the Front Desk. **Saturday, September 26, 10:00 a.m.** *Complimentary to members and their guests.*



Have you tried Nordic Walking?

If you are looking for a time-efficient, low-stress, total-body activity, try Nordic Walking. This activity provides numerous health benefits, including:

- Burning more calories than a regular walk
- Improving strength, cardiovascular fitness and flexibility
- Toning the triceps and shoulders
- Increasing your heart rate without increasing your perceived rate of exertion (PRE)
- Relieving back, shoulder and neck pain

Join Marsh Trainer Candy Swanson for this Nordic Walking experiential, **Saturday, September 19, 10:00 a.m. - 11:30 a.m.** *Cost includes use of the poles: \$10/\$20. Please register in advance at the Front Desk or by calling 952-935-2202.*

Vitamin D Expert at The Marsh

Over 100 people attended our Vitamin D presentation last month with Dr. Greg Plotnikoff, Medical Director of the Penny George Institute for Health and Healing at Abbott Northwestern. Since it is such a hot topic right now, we thought we would share a few of the themes:



- *Request a Vitamin D blood test from your primary care physician.*
- *Minimal level = 30*
- *People who live in northern climates are advised to take supplements.*

Let's Talk Books

THE ART OF RACING IN THE RAIN *by Garth Stein*

This is the novel for you if you like people, value family, enjoy a good laugh, are fascinated by what makes those daring drivers race against death, love dogs and appreciate a great read. Join us, **Tuesday, September 8, 7:00 p.m.** and **Tuesday, September 15, 1:00 p.m.**

Intermediate Bridge Lessons begins September 15

We have many Marsh members who are passionate about playing bridge. This fall, American Contract Bridge League accredited teacher, Dennis Higdem, will teach an intermediate seven-week bridge series. Dennis teaches all levels of bridge and is known for his humor, as well as his ability to teach in a way that makes sense to his students.

Tuesday, September 15 – October 27, 1:00 - 3:00 p.m. *Series cost: \$135/\$185. Space is limited to 24 individuals; call the front desk to make your reservation.*

New Members...

Julie Ahern	Faye Fazio	Heather Lang-Jacobsen
Sheila Barbetta	Mary Grover	Khalid Mahmud
Colleen Brandel	Janet Hale	Jan Lee Nelson
Kathy Burke	Ellen Hancock	Renata Ritter
Joyce Doerffler	Anne Hoerner	Bruce Sutherland
Carrie Ehlers	Heather Johnson	James Tallon
Anthony Fazio	Don Kohlenberger	Nancy Westby
	Bonnie Labosky	Karen Winterhof

Member's Corner...

- *Club Industry's Fitness Business Pro Magazine*, the independent voice of the fitness industry, once again included The Marsh on its list of **Top 100 Health Clubs** in the country.
- The Marsh recently gained membership into the Medical Fitness Association (MFA), the only organization dedicated to medical fitness and integrated care as the prescription for better health. MFA serves facilities and professionals who are committed to promoting the benefits of health and fitness programs on lifestyle-related disease and making medical fitness programs and services available within their community.
- Thanks again for your patience with us during our transition to a new computer program. You were very kind and gentle with us.
- It has been several months since we announced the remodeling of our men's and women's locker rooms. Don't be discouraged; it's about to happen. We are knee deep in tile and carpet samples!
- This month, in response to member requests, we are making some slight adjustments to Hours of Operation.
 - Beginning September 4 our Kids Club will **remain open until 7:30 p.m. on Wednesdays and 8:00 p.m. on Fridays.**
 - Beginning September 12, our exercise facilities will **remain open until 9:00 p.m. on Saturdays and Sundays.**
- A new state law, effective August 1, 2009, may allow your insurance carrier to pay for services provided by The Marsh's Board Certified and Licensed acupuncture practitioners. For additional information, stop in the Spa.
- In The Marsh flower gardens this month: Aromatic Aster, Liatris, Purple Coneflower, Rudbeckia Triloba, Brown Eyed Susan, Silky Aster, Smooth Blue Aster, Yellow Coneflower
- The Center for Spirituality and Healing has launched a new website designed to be a resource for consumers looking to take charge of their own health. Check it out at: <http://www.takingcharge.csh.umn.edu/>

SEPTEMBER

2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Coming in October...</i></p> <ul style="list-style-type: none"> • October 1 - <i>Journeywell: A Guide to Quality Aging</i> • October 5 - Mindfulness Based Stress Reduction • October 13 - Arthritis Foundation Town Hall Meeting • October 20 - <i>Discovering What Matters Coaching Session</i> • October 28 - Parkinson's Event 	<p>7</p> <p> Labor Day 7:00 a.m. - 3:00 p.m. <i>Shop, Spa, Restaurant and Kids Club closed</i></p>	<p>8</p> <p><i>New Group Fitness Class Schedule Begins</i></p> <p>✓ Let's Talk Books 7:00 p.m.</p>	<p>9</p> <p>The Marsh Weight Loss Group 6:30 p.m. (<i>check-in at 6:00 p.m.</i>)</p>	<p>10</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p>11</p> <p><i>Fresh Catch Fridays</i></p>	<p>5</p> <p>Marsh Runners 9:00 a.m.</p>
<p>6</p> <p><i>Deadline for Children's Swim Lessons</i></p> <p>Aquababies and Aquatots 4:00 - 6:00 p.m.</p>	<p>13</p> <p><i>Grandparent's Day</i> <i>Fall Swim Lessons Begin</i></p> <p>Aquababies and Aquatots 4:00 - 6:00 p.m.</p>	<p>15</p> <p>Pilates Mat Begins 7:00 - 7:45 a.m.</p> <p>Bridge Lessons Begin 1:00 - 3:00 p.m.</p> <p>✓ Let's Talk Books 1:00 p.m.</p> <p>✓ <i>Discovering What Matters - Richard Leider</i> 7:00 p.m.</p>	<p>16</p> <p>The Marsh Weight Loss Group 6:30 p.m. (<i>check-in at 6:00 p.m.</i>)</p> <p>Protecting Your Back 1:00 - 2:00 p.m.</p> <p>The Marsh Weight Loss Group 6:30 p.m. (<i>check-in at 6:00 p.m.</i>)</p>	<p>17</p> <p>✓ Jersey Boys Flo 10:30 a.m.</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p>18</p> <p><i>Rosh Hashanah begins at sundown</i></p> <p>✓ John Andrus Birthday Celebration 12:00 p.m.</p> <p><i>Fresh Catch Fridays</i></p>	<p>12</p> <p>Marsh Runners 9:00 a.m.</p> <p>MBSR Info Session 9:30 a.m.</p> <p>Yoga Workshop 10:30 a.m. - 12:30 p.m.</p> <p><i>Prime Rib Special</i></p>
<p>20</p> <p>Reiki Affirmation Dance 7:00 p.m.</p> <p>Aquababies and Aquatots 4:00 - 6:00 p.m.</p>	<p>21</p> <p>✓ Pilates Open Door 10:00 a.m.</p> <p>✓ Active Aging Kickoff (see page 2 and 3)</p>	<p>22</p> <p>Pilates Mat 7:00 - 7:45 a.m.</p> <p>✓ Jersey Boys Flo 10:30 a.m.</p>	<p>23</p> <p>Protecting Your Back 1:00 - 2:00 p.m.</p> <p>The Marsh Weight Loss Group 6:30 p.m. (<i>check-in at 6:00 p.m.</i>)</p>	<p>24</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p>25</p> <p>Kinross Cashmere Trunk Show in the Shop 10:00 a.m. - 5:00 p.m.</p> <p><i>Fresh Catch Fridays</i></p>	<p>19</p> <p>Marsh Runners 9:00 a.m.</p> <p>Nordic Walking 10:00 - 11:30 a.m.</p> <p><i>Prime Rib Special</i></p>
<p>27</p> <p>Kinross Cashmere Trunk Show in the Shop 10:00 a.m. - 1:00 p.m.</p>	<p>28</p> <p><i>Yom Kippur</i></p>	<p>29</p> <p>Pilates Mat 7:00 - 7:45 a.m.</p>	<p>30</p> <p>Protecting Your Back 1:00 - 2:00 p.m.</p> <p>Biometrics Info Meeting 6:30 p.m.</p> <p>✓ Pilates Open Door 7:00 p.m.</p>	<p>26</p> <p>Marsh Runners 9:00 a.m.</p> <p>✓ Woodrill Woods Hike 10:00 a.m.</p> <p>✓ Pilates Open Door 11:00 a.m.</p> <p>Kinross Cashmere Trunk Show 10:00 a.m. - 1:00 p.m.</p> <p><i>Prime Rib Special</i></p>	<p>Active Aging Week • Active Aging Week • Active Aging Week</p>	<p>the Marsh A Center for Balance and Fitness 15000 Minnetonka Blvd., Minnetonka, MN 55345 952-935-2202 • www.themarsh.com</p>



Represents complimentary programs for members

INSIDE THIS ISSUE:

- *Active Aging Week*
- *Discovering What Matters with Richard Leider*
- *The Spa Affect: Living Well During Stressful Times*
- *New! Reiki Affirmation Dance*
- *Yoga Workshop*
- *Biometrics*
- *Woodrill Woods Hike*
- *Kinross Cashmere Trunk Show*

RECEIVE A \$100 MARSH GIFT CARD
 FOR EACH PERSON YOU REFER WHO
 BECOMES A MEMBER IN SEPTEMBER.



- Individuals interested in joining The Marsh can now do so for a one-time Membership Fee of \$200 per person, and receive a \$100 Marsh Gift Card to be used anywhere in the building.
- Current Marsh Members who refer new members will also receive a \$100 Gift Card as a thank you.
- Regular monthly membership dues apply. This offer is only good on full memberships; no other discounts apply.

HOURS...

THE TRAINING CENTER & POOLS:

Monday - Friday: 5:30 a.m. - 9:30 p.m.
 Saturday and Sunday: 7:00 a.m. - 9:00 p.m.

MEMBER SERVICES

Mon. - Thurs.: 9:00 a.m. - 7:00 p.m.
 Friday: 9:00 a.m. - 5:00 p.m.
 Saturday: 9:00 a.m. - 3:00 p.m.
And by Appointment

KIDS CLUB:

Mon., Tues., Thurs.: 8:00 a.m. - 7:00 p.m.
 Wednesday: 8:00 a.m. - 7:30 p.m.
 Friday: 8:00 a.m. - 8:00 p.m.
 Saturday: 8:00 a.m. - 1:00 p.m.
 Sunday: 9:00 a.m. - 1:00 p.m.

THE SHOP:

Monday - Friday: 8:30 a.m. - 8:00 p.m.
 Saturday: 9:00 a.m. - 5:00 p.m.
 Sunday: 9:00 a.m. - 1:00 p.m.

THE CAFÉ AT THE MARSH

Monday - Friday: 7:00 a.m. - 9:00 p.m.
 Saturday: 8:00 a.m. - 9:00 p.m. Sunday: 8:00 a.m. - 2:00 p.m.

MOON TERRACE RESTAURANT

Lunch: Monday - Friday: 11:00 a.m. - 2:00 p.m.
 Dinner: Monday - Saturday: 5:00 p.m. - 9:00 p.m.
 Breakfast/Lunch: Saturday: 9:00 a.m. - 2:00 p.m.

THE SPA: Monday - Friday: 8:00 a.m. - 9:00 p.m.

Saturday: 9:00 a.m. - 6:00 p.m. Sunday: 9:00 a.m. - 5:00 p.m.