

the FOREVERWELL

A MONTHLY NEWSLETTER FOR ALL MEMBERS 55+

ELK RIVER YMCA | JULY 2025

Hello Seniors!

What I like about summer is that it always seems to be accompanied by a sense of adventure. The longer days and warmer weather have a funny way of softening our objections, don't they? When it's nice outside, worries feel a little more sun-faded. To-do lists look a bit less urgent. Just about any opportunity for fun sounds like, well...fun! Kicking off for a few hours, or even a few days, suddenly becomes a pretty easy sell.

In previewing Mickey's short story for this month's newsletter (no spoilers!), I was reminded of my own sense of adventure – or, perhaps more appropriately – misadventure. It all started with a wedding in Tuscon. Living in the west, I was always up for a good road trip. Seven hours through the desert seemed as good a reason as any to get off the beaten path. However, if you've ever spent time in Southern California, you know nothing is ever as it seems...at least according to Google Maps! We got stuck in traffic in San Diego. We then hit construction winding through the hills of the Cleveland National Forest. We couldn't find a good place to eat or refuel to save our lives. On and on the list went. When we finally arrived at our half-way point to camp for the night, the clock was pushing 1:00am...not the ideal time for finding your plot and pitching a tent in utter darkness! The desert night was so quiet and still that just shutting the car door sounded like hosting a rock concert in a baby nursery. Out of both desperation and respect for our fellow campers, we decided to forgo the crinkly tent set up entirely and just sleep open air, under the stars, in an unmarked location. How romantic, right? It was in fact...until about 3:00am when I awoke to my husband bolted upright. "Babe, coyotes," he said. *Wait, WHAT?!* "In the tree. They're in the tree!" *The tree? Coyotes can climb trees?!* The hair stood up on the back of my neck as I heard their howls echo around us. *Oh god, we're doomed.* Startled and still a bit groggy, I looked up at the large, shadowy beings taking up residence barely 30 yards away. "Babe," I responded quietly after much processing. "I pretty sure they're raccoons. Yes, they're definitely raccoons!" *Albeit, very BIG raccoons!* Even so, the idea of playing the sitting ducks in this scenario had lost its luster; reclining car seats were suddenly a much more comfortable accommodation for what remained of our ill-fated night!

Whether it's the rose-colored glasses of a free-spirited summer or the coyotes you can't see for the raccoons, perspective is EVERYTHING! It's often the way we look at things that impacts what we see (just ask my husband!), something that's invaluable when it comes to health and well-being. A lot of times, perspective boils down to finding ways to be grateful for every ounce of mobility we have and every opportunity we're afforded to keep moving forward...even when it isn't easy! It's about focusing more on what you can do and less on what you can't. It's rewarding yourself when you swing and learning to be undeterred by the misses. It's also having a good laugh when everything goes pear-shaped! After all, aren't pears part of a well-balanced diet? ;)



ELK RIVER YMCA
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Elk River, MN 55330
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BRANCH HOURS
Mon - Thu 5:00a.m. - 9:00p.m.
Fridays 5:00a.m. - 8:00p.m.
Sat - Sun 7:00a.m. - 6:00p.m.

CONNECT WITH ME
Kristin Lee Geiger
ForeverWell Coordinator
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FOREVERWELL COMMUNITY GATHERINGS

Expand your horizons and get to know others within our YMCA community through group gatherings. No registration required!

FRIDAY, JULY 11TH

COFFEE SOCIAL

9:00-9:45AM, FRONT LOBBY

Join us in the lobby for a "cup of Joe", a few sweet treats, and hopefully plenty of laughs as you chat with fellow members.

This event happens the **2nd Friday** of every month.
Upcoming Dates: 8/8 & 9/12



WEDNESDAY, JULY 23RD

GROUP LUNCH MEET-UP

11:00AM-12:30PM, PIZZA RANCH (ELK RIVER)

Enjoy \$2 off your lunch (65+) as you join us for food, friends, and fun at this favorite community spot. Let us know if you need a ride! **This event replaces our potluck for July.** We'll return to the community room on Fridays in September.

Upcoming Lunch Dates: 8/27 (Wed) & 9/26 (Fri)

PLAN AHEAD: AUGUST 14TH

MUSIC ON THE RIVER

7:00PM, RIVERS EDGE COMMONS PARK

Mark your calendars for August and come hang out after-hours with a little live music on the riverfront! This is part of The City of Elk River's FREE summer concert series. Who's playing? The **Fabulous Armadillos**, a classic rock cover band sure to play a few songs you know and love.



EVENTS CALENDAR

Be an active YMCA member by joining us for even more monthly events and leisure activities that extend into the ForeverWell community and beyond!

JULY 2nd
11:00am

LUNCH AT HONG KONG BUFFET

Join fellow members at Hong Kong Buffet in Elk River for a first Wednesday community lunch. Questions? Ask Jim or Pat at the Y.

JULY 9th
12:00pm

PARKINSON'S SUPPORT GROUP

Strategies for meaningful healthcare visits + PD-focused movement!

JULY 14th
9:45am

LINE DANCING FOR SENIORS

It's BACK for a limited time! Join us in the gym at this EARLIER time for a full 45-minute class.

Thursdays
3:00-7:00pm

OUTDOOR FARMER'S MARKET

Venture downtown in Elk River for the FIRST outdoor market of the season!

GYM ACTIVITIES

WALKING HOURS

Beat the heat and get your mileage in, one lap at a time! 17 laps = 1 mile around the full gym, or 25 around the half gym. Bonus points for exercising your brain and keeping track of all your laps!

WEDNESDAYS
10:00AM – 12:00PM

OPEN PICKLEBALL

The perfect mix of friendly competition, fun, and healthy movement. Bring your paddle and show us how you back-hand! Or, head outdoors to the city courts anytime on a first come, first serve (pun intended) basis.

MONDAY | WEDNESDAY | FRIDAY
12:00PM – 3:00PM

Gym = basketball courts! These activities will take place in the full gym or half gym. Subject to change. Check the posted schedule by the gym doors for the most up to date information.

ANNOUNCEMENTS

Be the first to know about updates and housekeeping items!

- **SUMMER POTLUCK / GROUP LUNCH:**

We'll return to the community room for our monthly Potluck in September. In the meantime, please join us for this month's Group Lunch Meet-Up at Pizza Ranch on July 23rd. We'll go out to eat again in August.

- **HOLIDAY FACILITY CLOSURE**

Our branch will be closed on Friday, July 4th. Enjoy your holiday!

- **JULY CLASS SCHEDULE**

We have a few instructor and time changes to note for July! Please refer to the following pages for our studio and pool class schedules.

FEEDBACK & IDEAS

Have some thoughts on programs you would like to see in our Elk River branch? Have questions about events or activities? Up for volunteering? Send your burning inquiries and ideas over to kristin.geiger@ymcanorth.org (or call 651-259-6147). We like hearing from you!

NOT A MEMBER YET?

Ask your insurance company about your benefit options! The YMCA Of The NORTH offers discounted memberships to those who qualify for SilverSneakers, One Pass, Renew Active, and/or Silver & Fit through insurance. Stop by the front desk with your photo ID and insurance card to start your journey at The Y!

JULY 2025

STUDIO CLASS SCHEDULE

Tailored to individuals 55+ and FREE with your YMCA membership!

Please note important updates to meeting location, registration process, and BONUS classes for June.

WEEKLY CLASS SCHEDULE			
DAY	TIME	CLASS	LOCATION
Monday	 10:45-11:30am	ForeverWell Combo	 Studio A
Tuesday	10:45-11:30am	Chair Yoga	Studio B
Wednesday	10:45-11:30am	SilverSneakers Classic	Studio B
Thursday	9:45-10:30am	ForeverWell Combo	Studio B
	10:45-11:30am	Chair Yoga	Studio B
Friday	9:45-10:30am	SilverSneakers Classic	Studio B
ADVANCED REGISTRATION REQUIRED			

Advanced registration required for all land/studio classes listed above, up to 8 days in advance. Secure your spot by signing up in the registration binder or talking to a staff member at the front desk. Need to reserve or cancel via phone? Reach us at (651-259-6147). We can accommodate up to 25 participants in Studio B and up to 31 in Studio A.

LINE DANCING EVENT SCHEDULE - JULY & AUGUST				
DATE	DAY	 TIME	CLASS	LOCATION
7/14	Monday	9:45-10:30am	Line Dancing for Seniors <i>with Rachel</i>	1/2 Gym
8/4	Monday	9:45-10:30am	Line Dancing for Seniors <i>with Rachel</i>	1/2 Gym
8/11	Monday	9:45-10:30am	Line Dancing for Seniors <i>with Rachel</i>	1/2 Gym
NO REGISTRATION NEEDED				

JULY 2025

AQUA CLASS SCHEDULE

Tailored to individuals 55+ and FREE with your YMCA membership!

LAP & LEISURE POOL CLASSES		
DAY	TIME	CLASS
Monday	9:15-10:00am	Aqua Zumba <i>with Kayla</i>
Tuesday	8:00-8:45am	Water Exercise <i>with Renee</i>
	9:00-9:45am	ForeverWell Water X <i>with Hannah</i>
Wednesday	8:45-9:30am/9:45am*	Water Exercise <i>with Jen/Rick</i>
Thursday	8:00-8:45am	Water Exercise <i>with Jen/Renee</i>
	9:00-10:00am	ForeverWell Water X <i>with Staff/Rick</i>
Friday	8:45-9:30am/9:45am*	Water Exercise <i>with Jen/Rick</i>
Saturday	8:15-9:00am	Water Exercise <i>with Renee</i>

Advanced registration required for all water classes, up to 96 hours (4 days) in advance. Secure your spot via our NEW YMCA of the North App or by talking to a staff member at the front desk.

**class duration changing from 45 minutes to 60 minutes as of 7/14/25; same start time*



TABBOULEH SALAD: FRESH, FLAVORFUL, AND PERFECT FOR SUMMER

Try this classic Middle Eastern salad or side dish next time you need something to pair with a freshly grilled burger or juicy kebab. Can't find bulgur wheat on the shelf or want to make it gluten-free? Swap it out for quinoa or any other grain you like!

Ingredients:

- 1 cup bulgur wheat
- 1 cup boiling water*
- 3 cups fresh (curly) parsley, finely chopped
- 1/3 cup fresh mint, finely chopped
- 2-4 green onions, finely chopped
- 1 cup diced tomatoes
- 1 cup diced (English or Persian) cucumber
- 3 tbsp olive oil
- 3 tbsp fresh squeezed lemon juice
- 1 garlic clove, minced
- 1/4 tsp ground coriander - OR - ground cumin
- 1/4 tsp salt
- Pinch of cinnamon
- Pinch or 1-2 grinds of black pepper

Directions:

1. *Cook or soak bulgur wheat according to package directions. Drain off any excess water and allow grains to cool to room temperature.
2. Pulse parsley, mint, and green onion in a food processor until finely chopped
3. In a large bowl, toss together chopped parsley, mint, green onion, cucumber, tomato, and cooked bulgur until loosely mixed.
4. In a separate bowl, whisk together olive oil, lemon juice, garlic, and dried spices (last four ingredients) to make the dressing.
5. Pour dressing over salad a little at a time and gently mix until grains and greens are evenly coated and evenly mixed.
6. Chill 1-2 hours before serving to allow flavors to develop.



(as adapted from Love & Lemons and Bob's Red Mill)

JUST FOR FUN

HEALTHY ACTIVITIES
FOR BODY & MIND

A NUMBERS GAME: SUDOKU – July Puzzle

Aim for numbers 1–9 in each box, each column, and each row!

Easy

	5	8			9		1	
		3		6	2			
	9	1		3	8			
	8				3			7
3		4						5
	7	9		5	4			
9	6	2	3		5	7	8	
	1				6		3	9
4	3		8	9		5	2	

Medium

		8				5		
	6	3						9
4	1	5			9		7	
			1	3			8	
8			9			2		7
						6		
	5		6			8	3	
			8	1				
2		4	3		7	1	9	

----- Fold Here to Hide / Reveal -----

Easy

6	5	8	4	7	9	3	1	2
7	4	3	1	6	2	9	5	8
2	9	1	5	3	8	6	7	4
5	8	6	9	1	3	2	4	7
3	2	4	6	8	7	1	9	5
1	7	9	2	5	4	8	6	3
9	6	2	3	4	5	7	8	1
8	1	5	7	2	6	4	3	9
4	3	7	8	9	1	5	2	6

Medium

9	2	8	4	7	3	5	6	1
7	6	3	5	8	1	4	2	9
4	1	5	2	6	9	3	7	8
6	7	2	1	3	5	9	8	4
8	3	1	9	4	6	2	5	7
5	4	9	7	2	8	6	1	3
1	5	7	6	9	4	8	3	2
3	9	6	8	1	2	7	4	5
2	8	4	3	5	7	1	9	6

ANSWER KEY

JUST FOR FUN

HEALTHY ACTIVITIES
FOR BODY & MIND

Hitting The Back Roads

A Short Story by Community Member Mickey Delfino

A dear friend of mine and her daughter went on week-long concert tour of Paris. They were really looking forward to three concerts, a cruise down the Seine, a tour of Versailles, and French cuisine. Alas she told me the trip was more a quick weight loss adventure. Her and her daughter came down with food poisoning! They got better just in time to catch the plane home!

Her story brought back some memories of our first road trip after we retired. We went on a month long drive to the West. We had our maps, our pillows in case we could not find a place to sleep. No particular destination. No reservations. Just travel where we wanted. Ah, freedom from the rat race!

In South Dakota the second day, I ordered eggs benedict at a restaurant. By noon I was feeling very sick. I must have taken 5 Imodium and still didn't feel well. I plastered on a smile of sorts so Lance could take me to Pikes Peak. He had visited there when he was young.

The little town we stayed in was having a Santa Claus reunion. I never thought I could come to **hate** Santa, but after dealing with about 50 drunk Santas, hopping around laughing and screaming, 'Merry Christmas,' (Even though it was September), was awful. I was pushing past Santa's just hoping to find a toilet of some sort. Gosh, I still have flashbacks of this every Christmas!! So tragic! *Sniff, sniff!*

During the train ride to the top of Pikes Peak, I felt pressure in my chest. Am I having a heart attack or is my bra too tight? Right there in my train seat, I removed my bra by unhooking it and pulling it out of my sleeve. I was able to do this like a magic trick! I whipped it out said, "Abracadabra" and it immediately disappeared into my purse! Ha-ha. Dang it, I still had a tightness in my chest and a little tummy ache. Eggs benedict strikes again! I had learned a little trick of squeezing my butt cheeks together to hold back accidents! All photos of me up there on Pikes Peak were with my face all pinched up. Lance kept taking photos. Sadly, I *accidentally* deleted about 200 photos from the camera. Lance was not pleased! **

Leaving that town, I almost asked Lance to take me to the hospital, but he was having a great time, so we drove on to a little National Monument to see a wall that had signatures of people traveling through the area in the fifteen and sixteen hundreds. Oops, suddenly, I needed a bathroom. Absolutely no one was visiting this little known National Monument!! We looked for a restroom but it was too far away, and given my squeezed buttocks were not cooperating, it was an emergency. The walkway sign read, "**Rattlesnakes- Remain on Walkway.**" It was an easy decision to go behind a little scraggly bush off the walkway and face a possible snake bite than to dirty my britches! I still feel so bad that I actually did a # 2 by a bush at a National Monument!! I guess no one did a DNA test on that since I have seen no one from the government yet. Of course, one of the agencies may still show up!

We drove on, I popped a couple more Imodium and finally felt better. Whew! The rest of our trip we had other funny adventures. The bed that rolled both of us to the center and the night at a sulfur spring we had to share a bathroom with all the other guests on the floor. At least I could finally unclench my teeth, relax my butt and genuinely smile! Ah, the memories!!

** Most of the photos from Pikes Peak were saved :(

ELK RIVER



WELLNESS WEDNESDAYS

Parkinson's Support Group

Learn more about Parkinson's Disease, ways to cope, and how to manage symptoms as you connect with others impacted by PD. This FREE event is open to the community, caregivers, individuals with Parkinson's, and friends. Hosted by Brittany Wilson.

Join us July 9th!

12:00–1:30pm in Studio B

**NEW
LOCATION
FOR
SUMMER!**

Taking Charge: Strategies for Meaningful Healthcare Visits

This will encourage individuals living with PD to take charge of their care by providing strategies for effective communication and self-advocacy before, during and after healthcare visits.

You will learn how to make the most of each appointment by prioritizing your needs and preparing questions and concerns in advance. Gain access to valuable tools and resources from the Parkinson's Foundation to support your journey as well.

**THIS MONTH'S
WORKOUT:
12-MINUTE UPPER
BODY ROUTINE!**

