



FOREVERWELL

Get Active. Stay Fit. Be Social

ELK RIVER | MAY/ JUNE 2024

Celebrating our FIRST TIMERS!

Congrats to
Juanita Johnson
for going down a
waterslide!

What a fun and excit-
ing activity to do for
your first time!



Do you have some-
thing to share that
you did for the first
time?

What was the last thing you
did for the FIRST TIME?
How did it make you
feel? Did you feel proud or
accomplished? Or maybe
you realized "this is NOT
for me!" Either way, we
would love to start recog-
nizing our ForeverWell
members for things they've
done for the *first time!*

Fill out a **FIRST TIMER CLUB**
form on the bulletin board
so we can celebrate you!
You can turn in your com-
pleted slip at the desk.

National Senior Health & Fitness Day—May 29

May is Senior Healthy Aging Month at the
YMCA of the North.

On Wednesday, May 29, the Elk River YMCA will be
offering a few fun activities for our National Senior
Health & Fitness Day! Come check out these oppor-
tunities...

- Fitness Assessments
- A "Fancy Water" w/various flavored waters
 - Bring-a-Friend SilverSneakers class
 - Master Gardner Presentation, and
- Campfire Weenie Roast, *Picnic Lunch @ the pavilion*



Join us
from
10am-
2pm!!

BRANCH HOURS

Monday-Friday: 5am-9pm
Saturday/Sunday: 7am-8pm

ELK RIVER YMCA

13337 Business Center Dr
Elk River, MN 55330
ymcanorth.org/locations/elk_river_ymca

MEMORIAL DAY HOURS

Monday, May 27
7am-12pm Noon

FOREVERWELL

GROUP EXERCISE CLASSES

Here are some classes that we would like to highlight for our 55+ ForeverWell Members. All classes are FREE with your YMCA membership.

A COMPLETE group exercise schedule which includes some higher intensity classes are on the Group Exercise page online or available at the front desk.

MONDAY

10-10:45AM ForeverWell Combo Community Room

TUESDAY

8-8:45am Shallow Water Exercise Leisure Pool
 9-10am Arthritis Water Exercise Leisure Pool
 9:30am Tai Chi - Virtual Y Virtual Y set up
 10:45-11:45am Chair Yoga Community Room

WEDNESDAY

9:15-10am Water Exercise Lap Pool
 10:45-11:45am Silver Sneakers Classic Community Room
 10:45-11:45am Yoga Studio A

THURSDAY

8-8:45am Shallow Water Exercise Leisure Pool
 9-10am Arthritis Water Exercise Leisure Pool
 9:30am Tai Chi - Virtual Y Virtual Y set up
 10:45am Virtual Y Virtual Y set up

FRIDAY

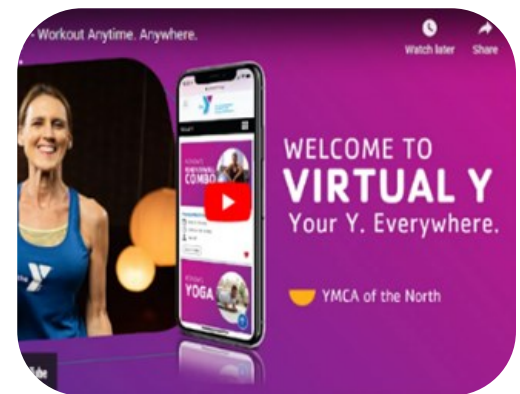
9:15-10am Water Exercise Lap Pool
 10:45-11:30am Chair Yoga Community Room

Not Yet a Member? JOIN THE Y!

Ask about your insurance benefits...

Our YMCA of the North offers memberships to those who have SilverSneakers, One Pass, Renew Active, and Silver & Fit.

Stop in with your photo ID and insurance card to sign up today. Please share with your friends!



Exercise with the YMCA from home with Virtual Y.

- FREE with your Y membership
- Exclusive Catalogue of Fitness, Wellbeing, Enrichment program
- 30+ Live Streams Weekly
- 1500+ On-Demand Videos
- NEW Classes Added Weekly
- Bookmark Your Favorite Classes
- Virtual Fitness ZOOM Classes
- Plus Much More

Live and recorded classes available through our website at www.ymcanorth.org/live-fitness-and-wellbeing

If you would like assistance activating your account, contact Customer Service at 612-230-9622

YMCA Gym & Pickleball Schedule

Open Play Pickleball

Mon/Wed/Fri: 1-3pm
 Tue/Thu: 8-10am

Beginner/Family Pickleball

Wed/Fri: 11am-1pm
 Sat/Sun: 3-5pm

Indoor Walking

Mon/Wed/Fri: 8-10am

***Check out the City of Elk River pickleball courts at Orono park for some outdoor fun!**

Open all day- first come, first served.

THERE WILL NOT BE A MAY POTLUCK.

In it's place this month, we will be hosting the Senior Health and Fitness Day. Join us May 29th at noon for a hot dog picnic lunch!

Roast your own weenies over the fire! We'll have chips and drinks available as well.

We are tentatively planning for potlucks to start back up in June!



2024 ELK RIVER OUTDOOR FARMERS MARKET

Downtown Elk River

Thursdays 3:00 - 7:00 p.m. | June 13 to October 10
Fall Hours: September & October from 3:00 - 6:00 p.m.

INDOORS ARE OUT, OUTDOORS ARE IN!

With summer approaching, we will be saying goodbye to the Elk River indoor farmer's market in the gym at the Y. But only for a little while. The market will be returning in November to it's indoor location.

For the next 5 months you can check it out in it's original location in Downtown Elk River every Thursday, starting **June 13th**. Summer hours run from 3:00-7:00pm. Make sure to get some fresh air and check it out this summer!

For more information, visit the Elk River Parks & Rec website: <https://www.elkrivermn.gov/895/Farmers-Market> or scan the QR code below.

Each week, Downtown Elk River hosts a wide variety of vendors featuring hand-crafted items, homemade foods and baked goods, plus farm fresh fruits, vegetables, meats, cheeses, eggs, honey, maple syrup, and more!

- Enjoy market goodies, live music, and outdoor shopping.
- Save with discount days and rewards programs.
- Environmental programs and earth-friendly giveaways.
- Easy payment options with cash, credit cards, or EBT.
- Master Gardeners available each week.
- Free parking.



SCAN HERE FOR MORE INFO

STAYING SAFE IN THE SUMMER: 7 TIPS FOR SENIORS



KEEP COOL.

Seniors are vulnerable to dangerous illnesses like heat exhaustion and heat stroke brought on by scorching summer heat. Don't stay in the sun for more than 1-2 hours at a time, and run the AC when in the home.



TAKE BREAKS DURING PHYSICAL ACTIVITY.

Everybody loves to have fun in the sun, but seniors must be aware that summer's high temps and humidity wear your body out a lot quicker than in cooler weather.



STAY HYDRATED.

Older adults naturally feel less thirsty than younger people, making it more important to consciously drink more water than usual out in the sun to avoid dehydration.



WEAR SUNGLASSES.

The elderly are more susceptible to vision loss, so wear protective eyewear to protect from dangerous UV rays.



APPLY PLENTY OF BUG SPRAY.

Mosquitos can be carriers of diseases like West Nile Virus that pose a heightened risk to seniors. Coat your skin with bug spray to avoid bites.



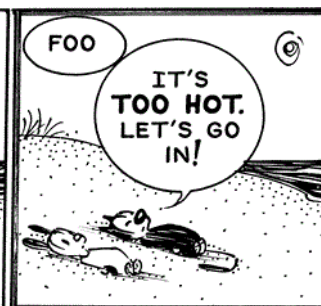
MAINTAIN COMMUNICATION.

In case of emergency, make sure you'll be able to dial your loved ones or caregivers easily. Before outdoor activities like gardening, or exercise, let them know where you'll be and for how long.



AVOID THE OUTDOORS ENTIRELY ON VERY HOT DAYS.

Review the weather forecast or ask Alexa what the day's high will be. On scorches, it's best to stay indoors entirely to avoid the risk.



May Safety Topic

SEVERE WEATHER CRISIS RESPONSE

This month we lift up the MN Dept of Public Safety reminder to all individuals, families, businesses, schools, and institutions that it's essential to plan ahead for Minnesota's severe spring and summer weather. An informed, involved community is more resilient to disaster. Being prepared helps reduce the risks and costs of hazardous weather events. Here are some great ways to help you, your friends and family prepare for Severe Weather:

- Create or update emergency plans with your entire family so everyone knows what to do in an emergency. Ensure everyone has up-to-date contact info and knows what to do.
- Practice your family plan during the tornado drills. Have everyone build a family emergency kit together.
- Check with places your family spends time, such as schools, workplaces, churches, markets, or sports facilities to learn what their emergency plans are.
- Share the plans for these areas with your entire family and talk about what you would do if your family was not together during a disaster.
- Plan with your neighborhood. Ask your homeowners association, your tenants group or neighborhood association to make emergency preparedness an agenda item during your next meeting. Make sure there is an evacuation plan for your neighborhood.
- Ask the front desk staff what you should do in the case of severe weather during your visit to the Y.



1

American Red Cross

Build an emergency kit.

What to pack:
Water, food, flashlight, battery-powered radio, first aid kit, medications, phone charger, copies of important papers, blankets.

→



2

American Red Cross

Plan what you'll do.

- Decide **where you'll go** if you have to evacuate.
- Know how to **contact your kids**.
- Plan to **bring any pets** with you.

→



3

American Red Cross

Know how to stay informed.

- **Download** the free Red Cross Emergency app.
- **Follow reputable local accounts** on social media for updates.

Mac Attack

By Mickey Delfino

Funny thing happened on the way home from Y the other day. As we passed McDonald's, I was hit with the smell of those cute little French fries. I screamed, "Turn here!" Lance, thinking there was an emergency, slammed on the brakes, causing a three-car pile-up behind us. After that, he was rather snotty about why I screamed. ERK! I explained I was having a MAC ATTACK and that I knew how much he loves me and wants to satisfy my every wish. 🤪

After the police left and when he calmed down, we were able to secure a parking place because the two lanes in the drive-thru were packed---not sure if the other customers were trying to make a getaway from us or if they, like me, had been lured into McDonalds with that yummy smell of bubbling grease.

About once a year I crave one of those hamburgers and a little sack of French fries. It takes me back to my teenage years when I could get a hamburger and French fries for a mere 25 cents! The hamburgers still look like a semi-truck ran over them a couple of times, still have the little onion flakes and one pickle! The fries are the same skinny little things, oversalted and usually cold because they sit under an exhaust fan for several minutes just to lure you in with that mind boggling, or as some would call it, their greasy smell.

Now, with all the excitement of cars crashing and knowing my gastronomical needs were about to be satisfied, I needed to go to the rest room. Wouldn't you know the handicapped stall was the only one available. I was not using my cane and was pretty good at walking that day, but I used it anyway. I did my business.

While McDonalds is happy to share their fragrant greasy smell with the world, they're pretty keen on keeping their 'McToilet Paper' safe. The holder was made of stainless steel, was locked, and located fairly high on the wall. Well, as I pulled on the paper, the entire holder fell down on my face and knocked my glasses off. At first, I thought of a couple of reasons for this happening.

Number one. This was a candid camera trick. Then I realized the trick would be X rated as I was, after all, sitting there with my pants down. Okay, number two. I was being punished for using the handicapped stall. Nah, couldn't be that!

Hmmmm. I pushed the holder back up and gave it a good whack to hold it in place and bent down to retrieve my glasses. Bang! The darn thing fell again and hit me on the back of the head! Okay, I'm seriously thinking lawsuit now-maybe enough to pay for a lifetime supply of French fries-Yah, that's the ticket!

I calmly put myself back together and went out to order a drink (I *really* needed a margarita but no McMargaritas available!). Anyhoo, I told them about the problem with the rest room and they 'bought me off' with a large diet coke. *I felt so cheap!*

I ate my hamburger after removing that limp pickle. The fries had to be dug out of the main bag (not a one was in the intended little bag!) and I pretended they were fabulous. It's getting harder and harder to get that young feeling again!

Lance, turn up that 50's music! 🤪

ForeverWell/Healthy Aging

Words can go in eight different directions

F T S E I T I V I T C A N B T L W T Y M T A R M
R H Y Q H F L T K L O N G E V I T Y M D T H E Y
A G J M H J M O T H E R S D A Y G J O T T T S D
R I L K P W S L E E P G O O D B X Y I L S T P V
M E J N L N O I T A V I T O M V A T A Y R L R R
E W X M A D E T A R D Y H F T M U E S W O R I W
D Y W H C W V P L Y T Z B K E D H E Y Q O N N P
F H S B M G T R G A W T K D E L N H C E D M G L
O T M L Y T Y K Q D Y M O Q A U T R X B T N T F
R L A O E K T R W G H C D T M K R E L X U R I Q
C A R O H B F R R N N Q N M L N R N G X O N M V
E E T M T S E E C I N E I M S C D N M N Y V E M
S H C I O T N V C G M M Q M I T F K J Q O T K Q
D H H N T A E I R A V R N S E K A A C L J W V H
A N O G E Y R T L Y K V E T N M M Y M W N Z H P
Y L I F M C G A L H G R L J B V O S A I E Y N M
T Z C L O O I E W T M N P L M P S R M C L Z R K
V R E O C N Z R Y L R W I K E E P R I K T Y Q Z
N Z S W L N E C A A C L J N N W E R W A F I D B
M P T E K E T Y D E G L R E E F T R N C L Q V T
K L J R R C T A Y H N R R M R D X A N L T D C E
C Y P S T T W T A Y R A H E P M R C E C Y D A Z
N F F M V E D S M G W H S M J G K A X M Q N W Y
M K R C J D M W C A J H R M R L H M G R W L Q Y

© 2024 by Sandra King Freeman

ForeverWell Word Search for Blaisdell YMCA

Activities

Armed Forces Day
Attitude
Awareness
Blooming Flowers
Cinco de Mayo
Come To The YMCA
Eat Well
Energize
Enjoy Outdoors

Exercise

Family
Gardening
Healthy Aging Day
Healthy Weight
Hydrate
Immune System
Longevity
May Day
Memorial Day

Mental Health

Mothers Day
Motivation
Refresh
Sleep Good
Smart Choices
Springtime
Stay Active
Stay Connected
Stay Creative