

# the FOREVERWELL

A MONTHLY NEWSLETTER FOR ALL MEMBERS 55+

ELK RIVER YMCA | MAY 2025

Hello Seniors!

Have you ever thought to yourself, *what does 'health and wellness' even really mean?!* It's a question I've asked myself and others A LOT over the last 10+ years! As your official Senior "Health & Wellness" Coordinator, it's a question I now ponder across every inch of our Elk River branch on a daily basis. The short answer is: "health and wellness" – or more appropriately, health and wellbeing, looks a little bit different on everyone! There is no perfect way to go about being the best, most vibrant version of yourself you can possibly be. There's also no RIGHT way. There's just the way that feels right to you! Let's take Water Exercise class, for example. Maybe you attend for the movement. Maybe you attend for the friendships or the coffee in the lobby. Perhaps you like the structure it creates in your day. Then again, maybe you're just in it for the soak in the hot tub or sauna that comes after! Whatever the draw might be, doing something for the love of it - or because you recognize that you're better for it - is what "health and wellness" is all about in my book! Your overall wellbeing is SO important. It affects all aspects of the day to day and trickles into every compartment of life. The best thing we can do for ourselves is to stay active in the pursuit of things that make us stronger and fill our cups until they run over. When joy and self-improvement intersect, we usually end up someplace pretty great!

In such a spirit, I invite you to join us for **National Senior Health & Wellness Day on Wednesday, May 28th** where we'll aim to fill our cups until they "walk-ith" over with a Walk-a-Thon in the gym! Let's see how many miles we can collectively do! Come pop in for a few laps or challenge yourself to go the distance. Either way, we'll be happy to see you taking strides towards your own wellbeing, in your own unique way. See you there!

Kindly, Kristin



**ELK RIVER YMCA**  
13337 Business Ctr Dr NW  
Elk River, MN 55330  
Ph: 763-230-2800

**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  
[kristin.geiger@ymcanorth.org](mailto:kristin.geiger@ymcanorth.org)

# FOREVERWELL COMMUNITY GATHERINGS

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

**FRIDAY, MAY 9TH**

## 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: 6/13 & 7/11



**FRIDAY, MAY 16TH**

## POTLUCK

**11:00-12:15PM, COMMUNITY ROOM**

Bring your favorite Minnesota hot (or cold) dish and join us for a brunch-hour potluck meal at the round table. Meal begins at 11am. Sign-up at the front desk is not required, but encouraged!

**This event is happening one week early on the 3rd Friday of the month in light of Memorial Day.**



**WEDNESDAY, MAY 28<sup>TH</sup>**

## WALK-A-THON

**8:00-9:00AM, IN THE GYM**

How many laps can you do?! Help us celebrate National Senior Health & Wellness Day as we walk the perimeter of the gym. Join us for a few laps or challenge yourself to the whole hour! Let's see how many collective miles we can put in as a group before we hydrate with some celebratory lemonade afterwards.

# 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!

## INDOOR FARMER'S MARKET

Beat the cold and shop a variety of food and household wares, hand-crafted by local vendors!

**MAY 1<sup>ST</sup>**  
**3:00-6:00PM**

## LUNCH AT HONG KONG

Join fellow members at Hong Kong Buffet in Elk River for a community lunch. Questions? Talk to Jim and Pat!

**MAY 7<sup>TH</sup>**  
**11:00AM**

## COMEDY FOR A CAUSE

Raise funds for our Elk River YMCA & enjoy a laugh with comedian Jared Sherlock at Rockwoods in Otsego.

**MAY 8<sup>TH</sup>**  
**5:30PM**

## PARKINSON'S SUPPORT GROUP

This month's topic: BIG movement. Make sure to wear your sneakers! Meets in the Community Room.

**MAY 14<sup>TH</sup>**  
**12:00-1:30PM**

## SENIOR HEALTH & WELLNESS DAY

It's a national celebration of senior health and activities! Join us for a Walk-A-Thon in the gym from 8:00-9:00am!

**MAY 28<sup>TH</sup>**  
**ALL DAY**

## WOMEN'S GROUP SERIES

Dive into a new topic related to women's health each and every month in this fun and engaging series. FREE and open to all! Meets in Studio B.

**MAY 29<sup>TH</sup>**  
**6:15-7:30PM**

# STAYING ACTIVE

## NEW CLASS! SILVER SNEAKERS

Join Jared Smelter for a NEW edition of SilverSneakers Classic every Friday in the Community Room.

**FRIDAYS**  
**9:45-10:30 AM**

## SELF-GUIDED WALKING

Head into the gym and enjoy a few laps around the perimeter on your own or with your friends! Open to all members.

**MON | WED | FRI**  
**8:00-10:00AM**

## OPEN PICKLEBALL

The perfect leisure sport to lift your spirits in the gym!

**MON & FRI**  
**12:00-2:30PM**  
**TUES & THURS**  
**7:30-11:00AM**  
**WED: 2:00-4:00PM**

# ANNOUNCEMENTS

Be the first to know about updates and housekeeping items!

- **POTLUCK – NEW DATE FOR MAY**

Our May potluck event will be happening **ONE WEEK EARLY** on Friday 5/16 in light of Memorial Day weekend. We will return to our 4th Friday rotation for events in June. Check back next month for our Summer Activities Schedule!

- **SUMMER CLASS SCHEDULE**

Our ForeverWell and SilverSneakers studio class offerings will be moving upstairs in June to make room for Summer Power, our association-wide day program for kids. Come find us for your favorite classes in Studio A or B, starting in June. More details to follow as the month gets closer!

- **JUNE POOL CLOSURE**

Our pool area will be closed from 6/9-6/15 for routine maintenance. As such, there will be no water exercises classes, lap, sauna, or whirlpool access until the pool reopens for regularly scheduled programs on 6/16.

## 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](mailto: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!



# GROUP EXERCISE CLASSES

Enjoy community and a variety of group classes every week, specifically tailored to individuals 55+. FREE with your YMCA membership!

BY DAY	IN THE STUDIO Community Room	IN THE WATER* Lap or Liesure Pool
MONDAY	10:30 - 11:15am ForeverWell Combo	9:15 - 10:00am Aqua Zumba®
TUESDAY	10:45am - 11:30am Chair Yoga	8:00am - 8:45am Water Exercise 9:00 - 10:00am Arthritis Water Exercise
WEDNESDAY	10:45am - 11:30am SilverSneakers Classic	9:15 - 10:00am Water Exercise
THURSDAY	9:45am - 10:30am ForeverWell Combo 10:45am - 11:30am Chair Yoga	8:00am - 8:45am Water Exercise 9:00 - 10:00am Arthritis Water Exercise
FRIDAY	 9:45am - 10:30am SilverSneakers Classic	9:15 - 10:00am Water Exercise
SATURDAY		8:15 - 9:00am Water Exercise

\*Registration required up to 72 hours in advance



### CARROTS: THREE WAYS

Packed with beta-carotene, fiber, vitamin K, potassium, and antioxidants, what's not to love about these mighty little roots?! Enjoy them roasted, tossed in a salad, or tucked into your dessert!



#### ROASTED (Seasoned Carrots):

- Rinse, peel, and chop 2 lbs of carrots into 2" x 1/2" chunks.
- Toss with olive oil (2 tbsp), chili powder (1 1/2 tsp), and cinnamon (1/2 tsp), plus salt and pepper to taste
- Arrange on a parchment or foil lined baking sheet and bake at 400 degrees for 35-45 minutes, or until soft

#### TOSSED (French Carrot Salad):

- In a mixing bowl, whisk together Dijon mustard (2 tsp), lemon juice (1 tbsp), olive oil (3 tbsp), honey (2 tsp), salt (1/4 tsp) and pepper (1/4 tsp) until combined.
- Add shredded or grated carrots (1 lb), plus finely chopped shallots (1 tbsp) & fresh parsley (2 tbsp)
- Toss until evenly coated. Enjoy fresh or cover/chill until ready to serve, allowing flavors to develop.

#### IN DESSERT (Mickey's Carrot Cake, Adapted):

- Lightly grease and flour a 9" x 12" baking pan.
- In a mixing bowl, combine flour (2 c), baking soda (2 tsp), nutmeg (1/2 tsp), salt (1/2 tsp), and cinnamon (2 tsp).
- In a separate bowl, beat eggs (3 large), white sugar (1 1/2 c), dark brown sugar (1/2 c), vegetable oil (3/4 c), buttermilk (3/4 c), and vanilla (2 tsp) together at medium speed until smooth.
- Slowly add the dry ingredients to the wet at low speed, until blended.
- Fold in freshly grated carrots (2 c), canned crushed pineapple (8oz, drained), shredded/flaked coconut (1/3 c), chopped walnuts (1 c), and golden raisins (1 c).
- Pour batter into prepared pan and bake at 350 degrees for 40-50 minutes (until an inserted toothpick comes out clean).
- While cake is baking, prepare buttermilk glaze. In a saucepan, bring sugar (1 c), baking soda (1 1/2 tsp), buttermilk (1/2 c), butter (1/2c), and corn syrup (1 tbsp), to a boil over medium-high heat, stirring constantly for 4 minutes. Remove from heat and stir in vanilla (1 tsp).
- Drizzle glaze evenly overtop of cake, after removing from the oven (while still warm).
- Once the cake has completely cooled, top with cream cheese frosting (3/4 c softened butter, 8 oz softened cream cheese, 3 c sifted powdered sugar, 1 1/2 tsp vanilla, beaten until smooth)

# JUST FOR FUN

HEALTHY ACTIVITIES  
FOR BODY & MIND

## A NUMBERS GAME: SUDOKU

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

### Easy

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

### Medium

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

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

### Easy

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

### Medium

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

ANSWER KEY

### Cost of Meds

#### *A Short Story Favorite by Community Member Mickey Delfino*

When I was young there weren't many over the counter drugs. We had a drug store in our town that actually made their own pain pills. They were green and a bit large, but we took them for headaches, any bump or painful sting from bees. You name it! If the pill didn't work, we also had Vicks Vapor Rub. We slathered that on for coughs and colds. For sore throat the cure was to rub Vicks on our neck and then wrap a dirty sock around it. Nothing like the smell of Vicks and a smelly sock to get you feeling better! Still not sure if that really worked or just the idea of a smelly sock (usually my dad's sock) pinned around my neck, just under my nose was so dreadful that one did not complain about one's sore throat very often!! Original preventive medicine!

We brushed our teeth with baking soda. YUCK! As I turned 10 or 12, I was always worried about bad breath and the cure for that was washing my mouth out with Listerine! A little mouth full of whole cloves and I was ready for prime time. When we finally bought that first tube of Pepsodent it was like heaven. Tasted good and smelled good. Out went the baking soda from the bathroom back to the kitchen.

Now all these memories are bringing me back to the reason for this little ditty. Doesn't it seem like we have *way too many* drugs these days? The TV ads make it seem like there are so many different cures for ailments one has never heard of with side effects that are worse than the ailment. Whew, that was a long sentence! Do you find yourself listening to one of those advertisements and thinking those symptoms do sound like something you are experiencing?

Purchasing drugs that require a prescription is really getting expensive. The other day, Lance went to the doctor about his face — well no help for that, but the red bumps needed some ointments. Three prescriptions were issued to our favorite pharmacy. When Lance went to pick them up, the total co-pay was over \$500! He advised them that he would not purchase whatever expensive medicine was in that batch of three. The clerk went over to the pharmacist, and he said to give Lance their discount on the expensive prescriptions. Just like magic, that \$500.00 medicine went down to \$11.00. Amazing!! Unbelievable! Lance immediately paid and ran for the door hoping to get to the car before the pharmacist realized his mistake. I mean, \$500 down to \$11. Really?

After getting home, he unpacked the prescriptions. Two matched the sheet the doctor had given him, but one did not. He kept looking at the odd one and then asked me what Cialis is for. Being the medicine advertisement aficionado of the family, I told him it was the same as Viagra. Gad's, he grabbed the container and put it on the top shelf of the medicine cabinet. What the heck? That wasn't prescribed! I told him he must have looked like he *really needed* the Cialis for the pharmacist to reduce the cost so much! We had a big laugh over that one. We knew the pharmacy would not take back a prescription so we put it in our home safe in case we might need to sell those expensive little pills if the economy gets any worse. Lance now refuses to pick up any more prescriptions. He just KNOWS the pharmacist thinks he is a hopeless 81-year-old horny guy! He doesn't realize I keep a supply of fake mustaches and those glasses with a big nose and mustache attached just for this kind of thing. I always wear them when purchasing certain female products or anything else embarrassing. Come see me if you need one.



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 May 14th!

12:00-1:30pm in the  
Community Room

**This Month's Topic: Movement!**

Lace up your shoes and join us for BIG Movement Fitness to help override small movements, alleviate symptoms, and explore your range of motion!

COME JOIN US IN MAY!

## WOMEN'S GROUP SERIES

THURSDAY

MAY 29<sup>TH</sup>

6:15-7:30PM

in Studio B

TOPIC:

THE BENEFITS OF GROUNDING  
AND NOURISHING YOUR BODY THROUGH  
HERBS AND SPICES

