



# FOREVERWELL

A MONTHLY NEWSLETTER FOR ALL MEMBERS 55+

ELK RIVER YMCA | APRIL 2025



## JOIN THE MOVEMENT MAKE AN IMPACT

*YMCA DAY OF GIVING*

APRIL 9 **DONATE**

[ymcanorth.org/ydayofgiving](http://ymcanorth.org/ydayofgiving)

Hello Seniors!

Happy April! What exactly does it mean to give? I think the answer to that question sounds a little bit different for all of us! Sometimes we give in neatly wrapped packages or thoughtfully baked casseroles. Other times, we give through skills, expertise, or an extra pair of hands. There's also days where giving is simply a little time spent or few good laughs with a friend. Whatever your currency, **GIVING is usually something that feels GOOD!** On April 9th, I invite you to join us in the spirit of doing just that! Celebrate our "Day of Giving" by giving to others in the way that feels best to you. If you're so inclined, you can even take that spirit a step further, join the national movement, and help us help others by donating to your local YMCA community. It's a win-win for everyone! Regardless of how you choose to give, let's make **April 9th a day for investing in and supporting others** in any way we can. If you ask me, that's a pretty good way to spend your average Tuesday :) - Kindly, Kristin



Scan to  
donate or find  
your envelope  
at the front  
desk!



**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!

**WEDNESDAY, APRIL 2ND**

## GROUP LUNCH OUTING

**11:00AM, HONG-KONG BUFFET**

Exercise your senior discount and take the ForeverWell fun on the road with a group lunch at this local eatery (600 Dodge Ave NW, Elk River). Questions? Talk to Jim or Pat during morning coffee!

This member-organized event happens the **1st Wednesday** of every month. *In the event of inclement weather, this group will default to the following week.*  
Upcoming Dates: 5/7 & 6/4

**FRIDAY, APRIL 11<sup>TH</sup>**

## 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: 5/9 & 6/13

**FRIDAY, APRIL 25<sup>TH</sup>**

## 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 happens on the **4th Friday**, unless otherwise noted.  
Upcoming Dates: **5/16\*** (in light of Memorial Day) & 6/27



# 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!

## WOMEN'S BIBLE STUDY

A 6-week series on "Letters from John" led by Dienna Goscha in conjunction with The WHY Church. Meets in the Community Room.

**STARTS APRIL 2<sup>ND</sup>  
9:00-10:20AM**

## INDOOR FARMER'S MARKET

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

**APRIL 3<sup>RD</sup>  
3:00-6:00PM**

## YMCA DAY OF GIVING

Take part in our nationwide generosity movement and give back to your Y community on this day of celebration.

**APRIL 9<sup>TH</sup>  
ALL DAY LONG!**

## PARKINSON'S SUPPORT GROUP

This month's topic: Role of Caregivers in Parkinson's Dementia & Avoiding Burnout. Meets in the Community Room.

**APRIL 9<sup>TH</sup>  
12:00-1:30PM**

## 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.

**APRIL 24<sup>TH</sup>  
6:15-7:30PM**

## COMEDY FOR A CAUSE

Raise funds for our Elk River YMCA & enjoy a laugh with comedian Jared Sherlock at Rockwoods in Otsego. Event details on the last page!

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

# STAYING ACTIVE

## NEW CLASS! SILVER SNEAKERS

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

**STARTS APRIL 4<sup>TH</sup>  
9:45-10:30 AM**

## GROUP 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 life your spirits in the gym!

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



# 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	<div style="display: inline-block; border: 2px solid orange; border-radius: 50%; padding: 5px; color: white; font-weight: bold; text-align: center; width: 30px; height: 30px; line-height: 30px;">NEW CLASS!</div> 9:45am - 10:30am SilverSneakers Classic <i>Starts April 4th</i>	9:15 - 10:00am Water Exercise
SATURDAY		8:15 - 9:00am Water Exercise

\*Registration required up to 72 hours in advance

# TELL US MORE!

ForeverWell is all about YOU! Help us make our senior programs at the Elk River YMCA the absolute best by giving us your two (or three) cents!

- **MEMBER BIRTHDAYS**

Know someone who's adding a candle to their cake soon or want to highlight your own? Please email names and dates to [kristin.geiger@ymcanorth.org](mailto:kristin.geiger@ymcanorth.org) (or call 651-259-6147) so we can start celebrating our friends in this newsletter each month!

- **BOARD GAMES & ACTIVITIES**

Want to set up a bingo day? Play cribbage? Craft? Puzzle? Start a book club? If you have activity ideas or wishes, send them our way! Please email your thoughts to [kristin.geiger@ymcanorth.org](mailto:kristin.geiger@ymcanorth.org) (or call 651-259-6147), including preferences about day and time so we can start to build a general consensus.

- **VOLUNTEERING**

If you'd like to be more active in our ForeverWell community, help with events, serve as a point-person for certain activities, or welcome new members in, we'd love to your help! Please email [kristin.geiger@ymcanorth.org](mailto:kristin.geiger@ymcanorth.org) (or call 651-259-6147) to tell us more about your interest in taking on a little more responsibility!

- **GENERAL THOUGHTS**

Something else on your mind? Send your burning questions or ideas over to [kristin.geiger@ymcanorth.org](mailto:kristin.geiger@ymcanorth.org) (or call 651-259-6147). We'll see what we can do for you!

## NOT A MEMBER?

Ask your insurance company about your benefit options! Our YMCA of the NORTH offers memberships to those who have Silver Sneakers, One Pass, Renew Active, and Silver & Fit. Stop in with your photo ID and insurance card to sign up today, or share this info with friends who might be interested!

## RECIPE OF THE MONTH:

### Pumpkin Chocolate Chip Oatmeal Bars

*As adapted from Nutritious Eats*

Who says pumpkin has to be reserved for fall?! This quick and easy recipe is packed with fiber, protein, and plant-based nutrients for a formidable snack or healthy sweet treat.

### INGREDIENTS

- 2½ cups gluten-free rolled oats
- 1 cup pumpkin puree
- 2 eggs
- ½ cup neutral flavored oil (canola, sunflower, etc)
- ¼ cup honey
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon pumpkin pie spice
- ½ teaspoon salt
- ½ cup bittersweet chocolate chips



### DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Spray a 8x8 glass pan with cooking spray.
3. Mix oats through salt in a large bowl together and stir until well combined.
4. Stir in chocolate chips.
5. Pour mixture into prepared pan and using a rubber or wooden spatula, smooth the top out evenly.
6. Bake for 28-30 minutes or until edges are lightly browned.
7. Let sit in pan for about 15-20 minutes.
8. Cut into squares and enjoy with a cup of coffee or hot tea.

---

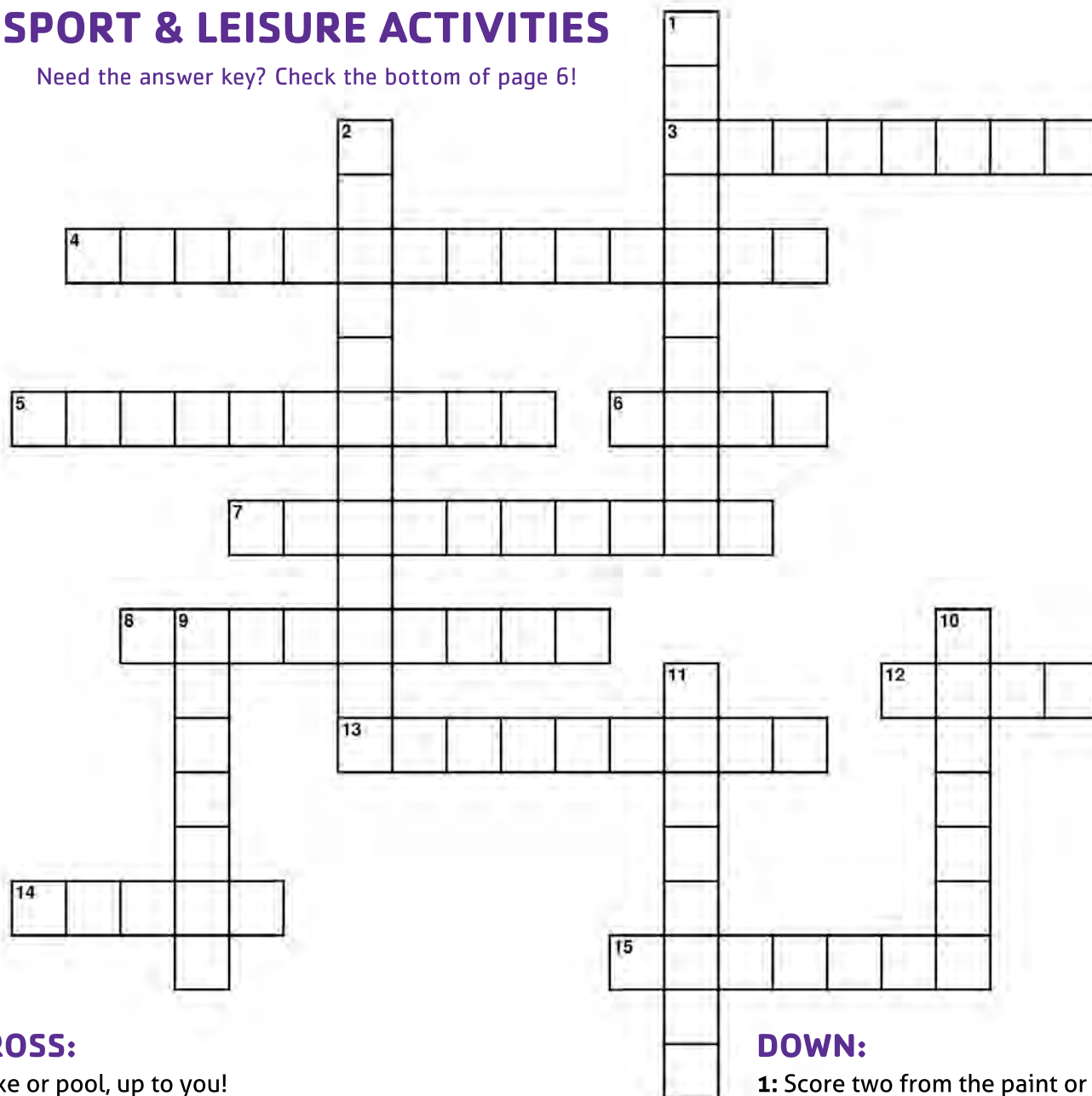
### CROSSWORD ANSWER KEY

---

(1) BASKETBALL, (2) BIRDWATCHING, (3) SWIMMING, (4) SILVERSMITHS, (5) BOARDGAMES  
(6) WALK, (7) PICKLEBALL, (8) BADMINTON, (9) ARCHERY, (10) BOWLING  
(11) DISC GOLF, (12) YOGA, (13) GARDENING, (14) COURT, (15) BOATING

### SPORT & LEISURE ACTIVITIES

Need the answer key? Check the bottom of page 6!



#### ACROSS:

- 3:** Lake or pool, up to you!
- 4:** Another name for super shiny shoes
- 5:** SORRY! I didn't mean to have a MONOPOLY over the BINGO cards
- 6:** That thing you do when one foot goes in front of the other
- 7:** Tastes like dill, serves like Ping-Pong, happens in our gym!
- 8:** The evil twin of a good glove
- 12:** Where cats, cows, trees, and warriors live in harmony
- 13:** Speaking of dill, why not plant it?
- 14:** Tennis players and lawyers have this setting in common
- 15:** Pack your Hawaiian shirt, pole, & Jimmy Buffet cassette. We're going [ insert verb here ]!

#### DOWN:

- 1:** Score two from the paint or three from behind the line
- 2:** You'll need binoculars and an affinity for Orioles
- 9:** Robin Hood could show us a thing or two with an arrow and haystack
- 10:** You might be the kingpin...then again, you might strike out!
- 11:** Where knowing how to put, drive, and toss a frisbee all come in very handy

### Calamity at the Pool (Redux)

*A Short Story Favorite by Community Member Mickey Delfino*

A few Sundays ago, Lance and I decided to get some extra time in at the Y. Lance went upstairs to work out on the machines while I headed to the locker room to get into my bathing suit for some pool exercise. I got ready, took my water bottle with my locker key attached and headed for the pool.

I exercised about 1 hour and went into the locker room for a quick shower. I pulled off my bathing suit, showered, dried off and went to open my locker. I looked for my key and realized I had attached it to my water bottle, which was still out next to the pool. OH NO!! ☹

Ladies, have any of you tried to pull a wet bathing suit back on once it is off? Don't even try it! I pulled a muscle trying to get that darned thing over my rear end. Then I could only get it pushed back down to my knees! YIKES! That's not going to work! I used my feet and the power of my chubby little legs to step on the crotch of the suit to ease it off. I had to sit down on a bench to catch my breath and to formulate a new plan.

Okay, plan B, my towel is a beach towel, so it covers me quite well. I'll just wrap up in it and ask one of the lifeguards to get my water bottle. As I peek out of the locker room door, I cannot see a lifeguard nearby. Both of them are on the opposite side of the pool. Hmm...Time for plan C.

Since I'm wrapped in my beach towel, no one will ever know I am stark naked nude under it. I'll just walk out, travel down the side of the pool, take a right and proceed another 15 feet to where my bottle and, more importantly, where my key is located.

I'm doing great! I don't walk too fast as I don't want to draw attention to myself. No one is giving me a second look. I start to bend over---OMG, I just realized that bending over may give someone a horrid view of my "you know what" So, I sort of squat down a little and then bend. As I bend, I look up and notice that a guy on a treadmill upstairs is looking at me. I twist a bit, get dizzy, knock the bottle (and the key) into the pool and fall in myself!! Glub, glub, glub!

My towel slips down around my feet so I stumble and can't quite get my balance. Just as I do, I realize my towel is off, so I try to get the doggoned thing off the bottom of the pool. Where in the heck are my water bottle and key? I hold my nose and push down to the bottom of the pool. As I resurface with my towel, the lifeguard has thrown in her red life float to me, but it hit me on the head. Rats! Now I go under again only without holding my nose. I drop my towel and bob up coughing. She jumps in and grabs me in the "neck and chest hold" as I am trying to let her know that I must have my towel!! She thinks I'm fighting her, so she is trying to calm me and then finally notices that I am nude!! She lets go and I flail around some more. She helps me get my footing. Another lifeguard jumps in and dives under to get my towel. Trying to wrap a wet towel around oneself isn't easy either but with the help of the lifeguards, we manage to get it done. I point at my water bottle and one of the gals grabs it for me. Yea!

As we are marching thru the kiddie pool to get out, because I can't climb the ladder AND hold my towel in place, I realize there are several adults and children with their noses pressed against the windows surrounding the pool. Some are laughing, some are giving me a 'thumbs up' and some are turning away in embarrassment. I see the guy on the treadmill—Wouldn't you know it's my husband! Of course, he is laughing!

Gosh! What an awful experience, but what a great April fools' joke. Got cha! ;)



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 April 9th!

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

This Month's Topic:

## Role of Caregivers in Parkinson's Dementia & Avoiding Caregiver Burnout

Upcoming Meetings: 5/14 & 6/11 (subject to change)

## WOMEN'S GROUP SERIES

THURSDAY

April 24<sup>TH</sup>

6:15-7:30PM

in Studio B

Learn from engaging presenters and dive into a new topic related to women's health each and every month. Open to all - including non-members!

Hosted by Brittany Wilson.





# ELK RIVER Y COMEDY FOR A CAUSE

## SPRING SHENANIGANS AND FUNDRAISING FOR THE ELK RIVER YMCA

### Event Details

Location: Rockwoods in Ostego

Date & Time: Thursday, May 8 , 2025 | 5:30pm

Event Tickets: \$75/person includes meal, program and more!

Entertainment: Jared Sherlock - Magic and Comedy

\*Pre-sale event tickets only\*

\*\* Last day to purchase tickets is Monday, April 28, 2025\*\*



For sponsorship opportunities or more  
information contact: Molly Ruby  
[molly.ruby@ymcamn.org](mailto:molly.ruby@ymcamn.org) 763-230-2811