



FOREVERWELL

SEPTEMBER 2024 | ELK RIVER



POWERFUL TOOLS FOR CAREGIVERS

The Y is partnering with Great River Faith in Action to offer a caregivers series this fall beginning in Sept 30. See attached flyer for more details and to register!



FITNESS ASSESSMENTS

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register at membership desk to attend a fitness assessment.



NEW TO FOREVERWELL? NEW MEMBER ORIENTATIONS ARE BACK!

Whether you're new to the YMCA or would just like to learn a little bit more about how to use the facility, sign up for a New Member Orientation! Orientations take place on Tuesdays starting in September at 10:30am. Here are some of the things the orientation will cover:

Facility Tour *including how to sign in to the cardio equipment*

ForeverWell program (55+) *- classes, newsletter, activities*

Schedules *- fitness, pool, gym/pickleball*

The YMCA App *- Elk River Y info at your fingertips!*

Fitness Assessments, Health Coaching & Personal Training Options

Virtual Y *- online classes on-demand, other online resources*

You can sign up for a new member orientation at the front desk!

BRANCH HOURS

Mon - Thu 5:00a.m. - 9:00p.m.
Fridays 5:00 a.m. - 8:00 p.m.
Sat - Sun 7:00 a.m. - 6:00 p.m.

ELK RIVER YMCA

13337 Business Center Drive NW
Elk River, MN 55330
763-230-2800

CLOSED ON LABOR DAY

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

9:15-10am	Water Exercise	Lap Pool
10:30-11:15am	ForeverWell Combo	Community Rm

TUESDAY

10:30	ForeverWell New Member Orientation	
	**Meet in lobby with personal trainer	
10:45-11:30am	Chair Yoga	Community Rm

WEDNESDAY

9:15-10am	Water Exercise	Lap Pool
10:45-11:30am	Silver Sneakers Classic	Community Rm

THURSDAY

10:45-11:30am	Chair Yoga	Community Rm
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FRIDAY

9:15-10am	Water Exercise	Lap Pool
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SATURDAY

8:15-9am	Water Exercise	Lap Pool
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YMCA Gym & Pickleball Schedule

Open Play Pickleball

Mon/Fri: 1-3pm
Tue/Thu: 7:30-10am
Wed: 2-4pm

Beginner/Family Pickleball

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

Indoor Walking

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.

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 programs
- 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.ymcnorth.org/live-fitness-and-wellbeing

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

CITY OF ELK RIVER THURSDAYS



ELK RIVER FARMERS MARKET

THURSDAYS 3-7:00PM

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.
- Master Gardeners available each week.
- Easy payment options with cash, credit cards, or EBT.
- Free parking.

Last day to check out the outdoor farmer's market is October 10. The indoor farmer's market will begin in November.

FREE FRIEND FRIDAY!

Bring a Friend to the Y - Free on the Third Friday of the Month!

Mark your calendars! On the third Friday of each month, we're opening our doors for our ForeverWell community to share the Y experience with your friends—for free! Whether they're looking to try a new workout, swim some laps, or just explore what the YMCA has to offer, this is the perfect opportunity. So grab a buddy and join us for a day of fun, fitness, and community. See you there!

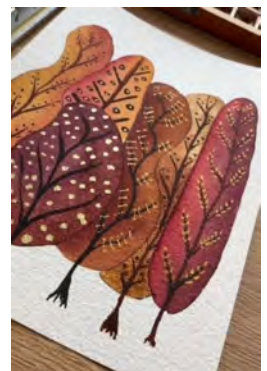
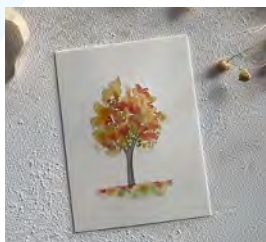
ForeverWell Monthly Potluck is Back!

We're excited to announce the return of our ForeverWell Monthly Potluck! Join us on Wednesday, September 25th, at noon for an afternoon of delicious food, great company, and lots of laughter. Bring your favorite dish to share and reconnect with friends old and new. To help us plan, please sign up for a dish to pass at the front desk. Let's come together to celebrate our vibrant community—don't miss it! See you there!



MAKE SOME FALL WATERCOLOR CARDS!

Get into the autumn spirit with our Fall Watercolor Card Making activity on **Friday, September 27th, at 10:30 AM**. Whether you're a seasoned artist or just looking to try something new, this is the perfect opportunity to create beautiful, hand-painted cards inspired by the vibrant colors of fall. All materials will be provided, and everyone is welcome—bring your creativity and enjoy a relaxing morning of art and community!



Pain in the Neck by Mickey Delfino

I've been receiving injections for arthritis pain in my neck, back, hands, knees, and just about everywhere else. First, I got several injections in my neck to locate the troublesome nerves. Those hurt a bit but did help the pain in my neck—and all the while I thought that 'pain in my neck' was a rather obnoxious neighbor of ours! These injections went on for a month or so. I had to have pain in my neck every time *before* I could receive the injection. That's where the obnoxious neighbor became helpful. When my doctor suggested I try Radiofrequency Ablation, I was intrigued.

First, my imagination took over and I wondered just what radio frequency they were going to use. Would I be hooked up to WCCO News or right into my Sirius XM? Kind of fun to think I might open my mouth and some of the Golden 50's Oldies would burst out. Maybe *only* I would hear the tunes and, as I stood around tapping my toe, folks would wonder if I was trying to shake something off my shoe. "What would that be?" you ask. Well, just think about it!

Finally, the day had come. We got to the office. I was readied for the procedure. We walked down the to the little operating room. As I walked in, I lightly touched a table near the door. Yikes! The nurse hollered, "Don't touch that!" Apparently, that table carried the radiofrequency portion of the operation. Three nurses looked the table over and agreed I had only briefly touched the very edge and we could continue. (My question; why place a table with items that cannot be touched right inside the door?) Oh well. It took my mind off the impending procedure for a moment or two.

Next came getting on the operating table.

- A. I am too short reach the top of the table with my legs. A little step stool was provided.
- B. The table is only about 18 inches wide. My butt is a wee bit wider.
- C. The table has several raised items on it. I am supposed to climb up on the table, lay on my tummy on an 18"X18"X4" high cushion with my chin resting on a smaller cushion AND my legs bent up to rest on a triangular cushion behind me.

Now I had been watching the Olympics for the past few days. I had marveled at the men and women in the gymnastics competitions. I had watched the high jumper run and do a backwards leap on to a huge soft matt without knocking the bar over. Surely, I, an 80-year-old woman loaded with arthritis and a hefty physique, can make it up on that table. Being the comedian, I am (?), I climb up on the step stool—announced my intentions to emulate the stars of the Olympics on my "mounting" of the operating table. I made a puny little jump (what? No springboard?) fell onto the table and grabbed hold of the cushion. Yikes the cushion was attached to nothing and rested on a sheet. The entire cushion assembly fell off the table with me landing on the step stool and three nurses. I heard the male nurse holler, "Can you put a foot down?"

I wasn't sure if he was talking to me or one of the others in the pile, but I tried to move one of my feet. Gosh, it is hard to try to move anything when a person is in a tangled pile of people. Finally, we were separated, they rebuilt the cushion assembly and held the cushions in place. I made it!! Then I had to place my chin on the little cushion, place my arms down next to my hips where they taped them down.

When I awoke, all was well. As I neared home, I finally read the papers they sent home with me. The swelling, the aches and pains in my back and arms are normal. At least the back of my head is numb. I am supposed to have one more of these ablations to finish up the treatment. As I look at the multitude of bruises on my legs, I've been trying to think of how I could possibly get on that darned table again—I just cannot even think about it! May just have to put up with that pain in the neck rather than face the embarrassment of trying to mount a mere operating table and realizing I am not even fit for the Senior Olympics!

Powerful Tools FOR Caregivers

REGISTER TODAY!

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative.

LEARN TOOLS TO HELP

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources
- Meet others going through a similar journey

BROUGHT TO YOU BY



This service is being funded in part under contract with Central MN Council on Aging as part of the Older Americans Act Program



LOCATIONS/DATES

St. Cloud

Wednesdays

August 28 - October 2

10:00am - 11:30am

Monticello

Mondays

September 30 - November 4

2:00pm - 3:30pm

**Respite available for this class series*

Elk River YMCA

Mondays

September 30 - November 4

4:00pm - 5:30pm

**in the community room*

REGISTRATION IS REQUIRED!

To register contact D-CAN at (320) 640-6726
or Great River Faith in Action at (763) 263-4277

STAYING SAFE WITH THE YMCA

POOL SAFETY – INSIDE OR OUTSIDE

It's never too late to learn to swim! The first thing needed to prevent drowning incidents when in open water is learning how to swim, which has proven to be a lifesaving skill that can reduce the chances of drowning by 88%.

Swim in designated swimming areas only--Most parks, beaches, and lakefront areas have designated times when swimming is allowed and use flags to indicate boundaries in which people can . Never swim outside those defined areas.

When in doubt, get out! - Don't hesitate to get out of the water if something doesn't feel right. Whether it's that the current is getting rough, rain has started to fall, or your body is just not responding as normally, due to fatigue, muscle cramps. Get out, and return to the water when you're feeling better.

Know the weather and water conditions - Check the weather conditions before hitting the water. If the temperature of the water is low, don't stay in too long. Bear in mind, it's not safe to swim in the rain, particularly if there is thunder or lightning. If you hear thunder, you should wait 30 minutes after the last rumble before re-entering the water.

Never swim alone- When you head out to open water, take a "swim buddy," someone who is looking out for you and you're looking out for in turn. Remember a lifeguard is not your swim buddy, they have lots of people to keep track of on duty.

Wear a US Coast Guard approved life vest-- Young children, weak swimmers, and everyone on boats should wear life jackets when out in open water.

Have a plan for emergencies - Always have a plan for emergencies whenever you go out on the water. Tell someone where you are going. Having someone watching from the shore, ready to take action should you need help, is wise.



Attention Grandparents

Watching your grandchildren is one of the most enjoyable things about being a grandparent, but it's important to make sure the whole family is staying safer when spending time in and around the water.

How to Keep Children Safer Around Pools and Spas:

- Supervise Children: Always watch children in or near water, never leave them unattended.
- Learn to Swim: Teach children how to swim.
- Know Your Drains: Teach children to stay away from drains.
- Ensure Compliance: Ensure all pools and spas have compliant drain covers.
- Install Safety Devices: Install barriers, covers and alarms.
- Get Certified: Know how to perform CPR on children and adults.