



# FOREVERWELL

NOVEMBER 2024 | ELK RIVER

## WHAT IS FOREVER WELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life. Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community. Check out all of our activities in this newsletter.



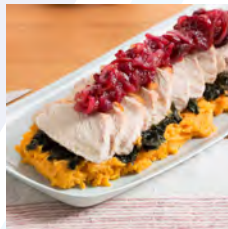
## FARMER'S MARKET IS BACK!

Fresh produce and local goods are still in season. Join us the FIRST Thursday of every month 3-7 PM in the gym. The Elk River Farmer's Market is open to the public! Please bring your family and friends to help support local farmers and businesses!

## FOREVERWELL POTLUCK FRIENDSGIVING!

THURSDAY, NOVEMBER 14TH  
AT 11:45AM

Let's make this potluck memorable! Bring your thanks and your appetite to this month's potluck. With Thanksgiving around the corner, bring one of your favorite dishes or casseroles to share!



### 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.

### ELK RIVER YMCA

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



# FOREVERWELL

## GROUP EXERCISE CLASSES

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

### MONDAY

9:15 - 10:00 am	Water Exercise	Lap Pool
10:30 - 11:30am	ForeverWell Combo	Community Room

### TUESDAY

8:15 - 9:00am	Water Exercise	Leisure Pool
10:30 - 11:00am	ForeverWell Orientation**	Lobby
10:45 - 11:30am	SS Chair Yoga	Community Room

### WEDNESDAY

9:15 - 10:00am	Water Exercise	Lap Pool
10:45 - 11:30am	Silver Sneakers Classic	Community Room

### THURSDAY

8:00 - 10:00am	Open Water Exercise*	Leisure Pool
9:45-10:30am	ForeverWell Combo	Community Room
10:45 - 11:30am	SS Chair Yoga	Community Room

### FRIDAY

9:15 - 10:00am	Water Exercise	Lap Pool
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### SATURDAY

8:15 - 9:00am	Water Exercise	Lap Pool
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\*Open Water Exercise is for participants who want to utilize the pool for personal exercise

\*\*Orientation for new members

## NEW CLASS ADDED!

### ForeverWell Combo

Thursdays

9:45-10:30am

This class will include strength training, balance work, and stretching!

## FREE BLOOD PRESSURE CHECK!



Our Certified Personal Trainer, JARED, will be doing **FREE BLOOD PRESSURE** readings on **Monday, Nov. 11th at 10AM**. Curious about your numbers or what they mean? Have a quick chat with Jared!

Meet in lobby.

# ELECTION DAY IS NOVEMBER 5TH!

Remember to vote the first  
Tuesday in November!

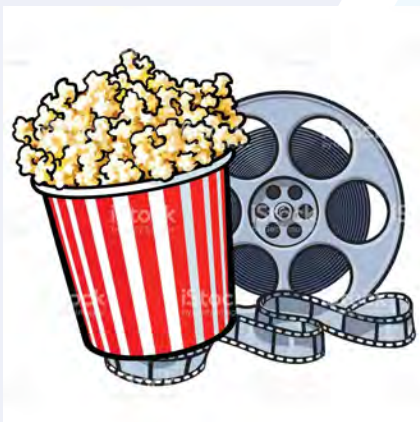


## MOVIE FRIDAY MATINEE

Free popcorn and a movie in the  
Community Room on Friday, November  
15th. Join us at 10:30 am for

### The Last Laugh

This comedy is about Retired talent  
manager Al reconnects with former  
client Buddy, a comedian who gave up  
performing decades ago, and urges  
him to go back out on the road. The  
movie features Chevy Chase and  
Richard Dreyfuss in which their  
characters try to rekindle the Glory  
days.



## IMPORTANT ANNOUNCEMENT!

### Flu Vaccine Clinic!

Thursday, November 7th  
from 9:00am-1:00pm

UCare is administering free flu  
and Covid vaccines. Please  
bring your insurance card and  
ID. All ages are welcome! No  
appointment necessary!

# COFFEE SOCIAL!



Gather in the lobby **Monday, Nov. 4th** and **Monday, Nov. 18th** at **9:00 am.** for unlimited coffee, donuts, and other breakfast treats. Socialize with your friends, reconnect, and catch up on the local gossip.

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## GET TO KNOW ANGELA

Angela is an empathic, holistic, National Board-Certified Health and Wellness Coach (NBC-HWC) who will partner with you to build personal empowerment, helping you discover your inherent ability to identify and move forward in your own health and wellbeing goals. Though you may feel stuck or lost on your current path, I will provide a safe and sacred space for you, listen without judgement, and partner with you as you explore what is possible moving forward. Together we will identify your strengths and goals, identify your barriers to moving forward, and build the resources and support you need to obtain optimal health and wellbeing. Whether you need to manage stress, find greater balance, eat, or sleep better, or need help navigating difficult emotions like grief or anxiety, she will support you along your path toward meaningful, sustainable change.

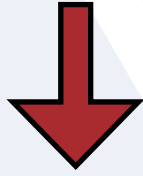


As a former professional dancer and business owner, Angela realized how important holistic health and work-life balance is when her own life was thrown into chaos from a series of health issues due to chronic stress. Discovering balance through various holistic modalities like yoga, meditation, acupuncture, functional nutrition, and others, in addition to conventional medicine, was key to her healing journey.

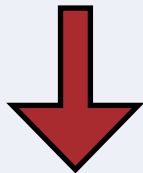
In her free time, Angela enjoys spending time with her family and friends, being innature, practicing yoga and contemplative prayer, dancing to music, and playing with herfamily's beloved rescue dog, Violet.

# SENIOR HEALTH AND WELLNESS

## PROTEIN

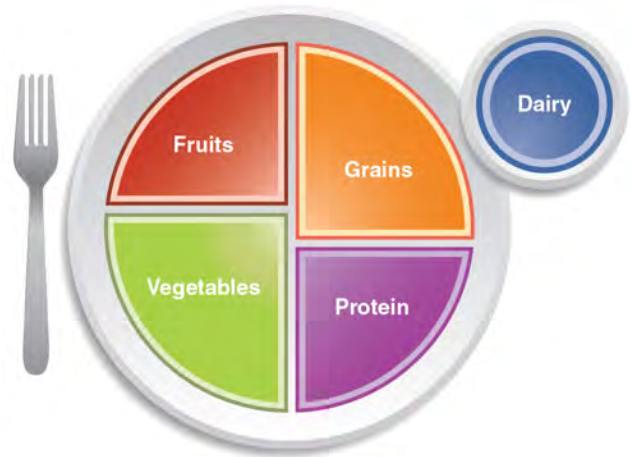


Benefits from Getting Enough Protein:



- 1 Boost Muscle Mass
- 2 Help Manage Your Weight By Filling You Up
- 3 Stabilize Blood Sugar Levels
- 4 Improve Your Mood
- 5 Promote Healthy Brain Function & Learning
- 6 Help Maintain Strong Bones
- 7 Protect Heart Health
- 8 Slow Aging & Promote Longevity

## EATING HABITS



### Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks we choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables when possible. This creates variety, color, and nutrients to your every day meals and snacks.
- Make sure to hydrate. Water helps lubricate joints, boosts skin health, maintains blood pressure, and aids in digestions

# NOVEMBER

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

THANKSGIVING	BLACK FRIDAY	GREENBEANS
PUMPKIN PIE	CASSEROLE	POTATOES
NOVEMBER	ELECTION	FRIENDS
TURKEY	FAMILY	COOLER
GRAVY	VERTERANS	FEAST

## Moon over the YMCA

By Mickey Delfino

Just as I was wondering what to write about this month, my dear buddies at the Y came through. I had been in the Arthritis water class. As I proceeded to my locker, I noticed a group of 3 or 4 participants standing in the hallway of the Family Changing Room talking away. My locker was down about halfway in the row and next to one of the rooms. As I opened my locker, I glanced to my right. The door was partially open, and there was a **bare butt** for all the world to see. Oh, my gosh! Was I being 'moonied' by someone I had unknowingly insulted? Had I splashed someone while trying to do a semi-difficult move? After a round trying to actually *kick* my butt during the 'butt kick' exercise, could I have kicked water into someone's face? Maybe it was the 'Mummy' move? Had I put too much energy in a trying to be a mummy? Well, I doubt putting too much energy into any exercise move is not what happened! Ha! Ha!

Most people know I can pretty much take anything but getting my hair wet while in the pool. After all when I come to class, I intend have my hair look nice no matter what my body looks like. I spend about an hour each morning showering and washing my hair. Then I blow it dry and try to arrange each piece to cover those obnoxious little bald spots I am developing on my head. Do you know what I mean? I can't tell you how many hair restoration products I have purchased to no avail. I have tried everything except painting my bright pink scalp white to blend into those disappearing little wisps of white hair I have left. Wait a minute...Oh, gosh what was I writing about??? Oh, yes, the mooning!

After the cute butt wiggled into her black pants and stepped out, I said, "Hey, were you mooning me?" Boy, was she embarrassed! She said she left the door open so she could still hear what the other gals were talking about. Perhaps she could have added an important smidgen of information and, knowing this gal, that could certainly happen. By this time her pals were laughing and telling me what a great story this would be for the newsletter. As we are laughing, including her, I guess I threw my head back and bumped into the lockers, immediately got dizzy and the whole group had to help *me* get into a changing room to sit down and then try to find my husband so I could get to the car. Maybe that was my punishment for laughing at the poor ~~girl~~ *girl*. it is nice to know your exercise pals will help you when needed, do their best to give you great subjects for your writings and laugh at you when do something crazy.

What I did not relate to her were the two good-looking guys who had walked through the changing area, glanced at her 'buttinsky' and ran for the exit. Honey, we love your cute little butt, but best not to leave it hanging out. Of course, I could be just fabricating those two good-looking guys. Hmmm—you'll never know! Maybe they were handsome, or old fellas who didn't notice at all, or a figment of my overactive imagination! Her name? I'm not telling!