



FOREVERWELL

SEPTEMBER 2023 | ELK RIVER YMCA

FALL INTO SERVICE

WHAT DOES SERVICE MEAN TO YOU?

As we turn to fall, we naturally begin to introspect. September is a glorious transition month, during which we have one foot in the passing of summer, and the other in the welcoming of fall. During any transition, we have the opportunity to reflect, ground, and set new intentions. The Y is here to serve people so that ***ALL PERSONS MAY FLOURISH IN EVERY STAGE OF LIFE.*** Wow. That is something. Can you imagine it? What would the world be like if all persons were able to flourish in every stage of life? The Elk River Y is special. We all know it. We are not homogenous. We are a cross-section of our community, a microcosm of the macrocosm. And we wear it well. As we enter September, I invite you to reflect on new ways to serve. New ways to notice, listen, and share. Be bold, be brave, and be kind. **Service looks good on you!**
-Tami Holton
ForeverWell Coordinator

NEW SEASON AND NEW CLASSES!

AND A RETURN TO THE COMMUNITY ROOM!



WE'LL ALSO BE WELCOMING TWO NEW INSTRUCTORS TO FOREVERWELL.

Classes will be starting in the Community Room on the first floor on September 11th.

- Monday ForeverWell Combo @ 9:45 with Kay
Tai Chi @ 10:45 with Kay
- Tuesday Silver Sneaker Circuit @ 9:45 with Robin
Silver Sneaker Yoga @ 10:45 with Megan
- Wednesday Silver Sneaker Classic @ 10:45 with Jessica
- Thursday ForeverWell Strength @ 9:45 with Robin
Chair Yoga @ 10:45 with Kay
- Friday Tai Chi @ 10:45 with Kay

NOW THAT TEMPS ARE DROPPING LET'S GET OUT FOR A WALK!

COME JOIN US AND ENJOY THE OUTDOORS!



Our outdoor Nordic walking group will be continuing into this fall. Weather permitting, join us every Tuesday and Friday at noon in the lobby for a walk around our many paved paths.

BRANCH HOURS

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

ELK RIVER YMCA

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Kay Gill
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(612) 284-8859

ymcanorth.org/locations/elkriver_ymca

IT'S TIME FOR IMPORTANT CONVERSATIONS ABOUT ALZHEIMER'S AND DEMENTIA.

THE LAST THURSDAY OF THE MONTH MAY THROUGH SEPTEMBER.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES.

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. Join us at noon in the Community Room on September 28th for this important event.

TECH TIME WITH KAY!

THURSDAY SEPTEMBER 14TH AT NOON IN THE COMMUNITY ROOM

Got questions about the Virtual Y? Maybe just questions about your smart phone or tablet. Bring your device and your questions to



require a little extra research.

Community Room at noon on September 14th and Kay will do her best to answer your questions and make your device more friendly for you. If you have specific questions, it's helpful if you jot them down and leave them at the membership desk for her. Some of these solutions might

JOIN US FOR A VERY SPECIAL MENTAL HEALTH MONDAY!

SEPTEMBER 18TH AT 10:30

TAKING CARE OF CAREGIVERS

It's easy to forget about our own needs when we are taking care of someone we love. But this is when taking care of ourselves is so important. Come and join us on September 18th at 10:30 to learn some of the ways you can still prioritize your care even when you're caring for others.



ALZHEIMER'S ASSOCIATION

ELK RIVER FARMER'S MARKET IS STILL HERE THURSDAYS



The Parks and Recreation hosted weekly Farmers Market is back every Thursday through **October 5** in the heart of Elk River at the downtown Park Plaza parking lot located at 716 and 720 Main Street.

Plus the first Thursday of every month is Senior Day with \$3 In free tokens just for showing up. The Farmers Market has live music as well as special guests and promotions throughout the season. For weekly updates, including potential cancellations due to inclement weather, please like the official [Farmers Market Facebook](#) page. To see a list of vendors, performing artists and for other information, [click here](#).



HONG KONG BUFFET – TRAFFIC ALERT INCLUDED!

TIME CHANGE UPDATE!! THURSDAY, SEPTEMBER 7TH AT NOON.

SPECIAL THANKS TO JOANNE FOR THE DIRECTIONS!

From YMCA either take Main Street east through Downtown Elk River or take Hwy 10 east to Main Street then turn left from 10 onto Main Street. Stay on Main Street until you cross Highway 169. You will need to be in the left lane to turn left on Line Ave (stoplight) just after you cross 169. North on Line for about 2 blocks. Turn left on 5th Street. West on 5th to Dodge Ave. Turn right on Dodge and follow to the New Hong Kong Buffet.

LET'S RUSTLE UP SOME PIZZA

WEDNESDAY, SEPTEMBER 20TH AT 11:30

Lunch at Pizza Ranch is back again this month. September 20th we'll be meeting at the Elk River Pizza Ranch at 11:30. The address is 19141 Freeport St NW Elk River right across from the Taco Bell. A sign-up sheet will be posted on the ForeverWell bulletin board. We'll look forward to seeing you there. A reminder that Wednesdays are \$2.00 off for seniors and drinks are included with your lunch.



JOIN OUR CHRONIC PAIN SUPPORT GROUP

We'll be exploring mindfulness practices, daily exercises, breathing techniques, and providing additional resources to help you face your pain with a positive mind.

Join us in the Community Room on Tuesday September 19th at noon. This meeting is open to Y members and the community and is for not

only people that deal with chronic pain but also their loved ones and caregivers.

AROUND TOWN



OTSEGO PRAIRIE FESTIVAL & CAR SHOW – FEATURING – FIREWORKS AT DUSK

SEPTEMBER 16, 2023

There will be exhibitors, activities and entertainment for the whole family to enjoy throughout the day including many new attractions and food vendors together with familiar favorites from previous years.

The Otsego Prairie Festival starts at 10:00 a.m. and continues throughout the day culminating with a fireworks display at dusk.

Details at [OtsegoFestival.com](https://www.otsegofestival.com)



2023 Walk to End Alzheimer's - Twin Cities, MN

Saturday, September 30, 2023



Join us at Target Field in Minneapolis for an inspiring event full of hope. It is a great way to honor a loved one and connect with a community of others impacted by this disease. The morning will also feature a program hosted by Kare-11 reporter Karla Hult and Telemundo anchor Gabi Del Moral.

Registration is free. Pre-registration is highly recommended but on-site registration will also be available. Please join us on the walk or make a donation, or both!

[2023 Walk to End Alzheimer's - Twin Cities, MN: Julie Appel Duncan | Walk to End Alzheimer's](#)

Schedule of Events:

Registration 8:00 AM | Ceremony 9:30 AM | Walk to immediately follow

Location:

Target Field | 1 Twins Way Minneapolis, MN 55403 |
Route Length: Start with us at Target Field and walk downtown Minneapolis on our 1 mile or 2+ mile route. Water stops available.



Contact:

Julie Appel Duncan – Team Captain for YMCA of The North

612-371-8769

Julie.appel@ymcanorth.org

ForeverWell / Fall Into Service

Words can go horizontally, vertically and diagonally in all eight directions.

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

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ForeverWell Word Search for Blaisdell YMCA

Autumn
Blood Drives
Candle in the Wind
Canning
Day of Service
Donation
Encouragement
Fall Equinox
Free Dentistry Day

Giving
Harvest month
Kindness
Labor Day
Latinx Heritage Month
Libra
New School Year
Pickling
Roald Dahl Day

Sapphire
Scooby Doo
Servant Heart
Support Groups
Tyler Perry
Velcro
Virgo
Volunteer
Yesterday

FOREVERWELL @ ELK RIVER – SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>6am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p> <p>1pm-3pm Pickleball</p>
<p>4</p> <p>6am-12pm Coffee Club</p> <p>1pm-3pm Pickleball</p>	<p>5</p> <p>6am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p>	<p>6</p> <p>6am-12pm Coffee Club</p> <p>8:30-10am</p> <p>1pm-3pm Pickleball</p>	<p>7</p> <p>6am-12pm Coffee Club</p> <p>**NOON** – Lunch at Hong Kong Buffet</p>	<p>8</p> <p>6am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p> <p>1pm-3pm Pickleball</p>
<p>11</p> <p>6am-12pm Coffee Club</p> <p>1pm-3pm Pickleball</p>	<p>12</p> <p>6am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p>	<p>13</p> <p>6am-12pm Coffee Club</p> <p>1pm-3pm Pickleball</p>	<p>14</p> <p>6am-12pm Coffee Club</p> <p>Noon – Tech Time with Kay</p>	<p>15</p> <p>6am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p> <p>1pm-3pm Pickleball</p>
<p>18</p> <p>6am-12pm Coffee Club</p> <p>1pm-3pm Pickleball</p> <p>6:30 - 7:30PM Mental Health Monday: Caring for our Caregivers</p>	<p>19</p> <p>6am-12pm Coffee Club</p> <p>12:00 – Chronic Pain Support Group</p>	<p>20</p> <p>6am-12pm Coffee Club</p> <p>1pm-3pm Pickleball</p> <p>11:30am – Lunch at Pizza Ranch</p>	<p>21</p> <p>6am-12pm Coffee Club</p>	<p>22</p> <p>6am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p> <p>1pm-3pm Pickleball</p>
<p>25</p> <p>6am-12pm Coffee Club</p> <p>1pm-3pm Pickleball</p>	<p>26</p> <p>7am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p>	<p>27</p> <p>6am-12pm Coffee Club</p> <p>1pm-3pm Pickleball</p>	<p>28</p> <p>6am-12pm Coffee Club</p> <p>Noon - UNDERSTANDING ALZHEIMER'S AND DEMENTIA</p>	<p>29</p> <p>6am-12pm Coffee Club</p> <p>Noon – Outdoor Walking Group</p> <p>1pm-3pm Pickleball</p>

Mickey's Senior Laughs

Today as we were driving, Lance told me something pretty funny that I bet all of you have experienced.

He told me that a few days ago he heard a voice on the car radio that sounded familiar and was sure he knew whose voice it was. Then no matter how hard he tried he just couldn't think of the name.

Two days later he was working in the yard and remembered the name! Then he couldn't remember why he had tried to remember the name! We laughed and giggled about that one. Then there was the day he came to get into the car and noticed he didn't have his shoes on. Now you may think he is losing it, but he just had that test where he was told three words to memorize while drawing the hands on a clock for a specific time. Glad to say he aced it! Of course, two days later he is still repeating the words and asking why 10:30AM keeps running through his mind!

I have to say, even with the aches and pains of getting into the so called "Golden years", a person can always find something silly to laugh at. There is the deal when I thought being very efficient was to close the garage door *before* I drove out. That didn't work out too well, as you might imagine! The door was stuck and wouldn't go up! I tried to move the car over to the other garage bay but that didn't work so well either. I did finally get out, which I considered a real victory. Unfortunately, all Lance could see was the dented unworkable door on the other side of the garage. So, as you can see, what might seem rather funny to one person, is just considered totally stupid to one's partner. Luckily Lance loves apple pie, so I can get away with anything if I tell him a fresh apple pie is baking. The older we get the more apple pies I seem to be baking!

I have to always keep a supply of Granny Smith's apples on hand, and the pie pan ready to go, just in case I do something crazy. I find it weird that I was such a good student in school, but just have this little quirky way of thinking sometimes. Maybe one of my connectors is loose or burned out completely.

Artificial intelligence is looking better every day. Cars that can park themselves! Cars that you can just let go of the steering wheel and snooze till you get to your final destination. (Note: that final destination could be the one that is **really** final, if you know what I mean.) What will that robot, for which you paid \$50,000, do to a human who makes a mistake? ERK!! Sadly, if you goof up there is no apple pie solution! Maybe Lance and I will just keep doing what we are doing and try to laugh about the slow loss of our mind's thinking ability. They do say, laughter is the best medicine, right? Best served with a glass of wine or a beer helps even more!

