



# FOREVERWELL

April 2024 | ELK RIVER YMCA

## SAVE THE DATE

### ELK RIVER YMCA VOLUNTEER FAIR!

APRIL 30, 2024  
Community Room 5-7pm

Or stop by the table in the lobby for info and to get signed up as a volunteer!

### FOREVERWELL POTLUCK

- Wednesday, April 24th
  - 12-1:30pm
- Sign up on the bulletin board!

### PICKLEBALL SCHEDULE FOR APRIL

Monday - 1:00 to 3:00  
 Tuesday - 8:00 to 10:00  
 Wednesday - 2:00 to 4:00  
 Thursday - 8:00 to 10:00  
 Friday - 1:00 to 3:00

### ELK RIVER INDOOR FARMER'S MARKET

April 4th | 3-6pm

*\*The last one of the season is May 2nd*

### Temporary Contact:

Katie O'Toole, *Operations Director*  
katie.otoole@ymcamn.org | 763-230-6529



## WHEN WAS THE LAST TIME YOU DID SOMETHING FOR THE FIRST TIME?

### WE WANT TO KNOW!

What was the last thing you did for the FIRST TIME!? How did it make you feel? Did you feel proud or accomplished? Or maybe you realized "this is NOT for me!" Either way, we would love to start recognizing our ForeverWell members for things they've done for the *first time!* Fill out a **FIRST TIMER CLUB** from the bulletin board so we can celebrate you! You can turn in your completed slip at the desk.

### We also want to know...

What else would you like to do for the first time? Maybe you'd like to learn something new, or try a new food! Is there an activity that you've always been intrigued about? Let us know-there are probably others who would like to do that for the first time too! Let's see what we can all do for the first time together!

We have updated our ForeverWell survey. Please take a few minutes to fill it out or online with the QR code below, or get a hard copy at the front desk after April 3rd.

### BRANCH HOURS

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

### ADDRESS

13337 Business Center Dr  
Elk River, MN 55330  
[ymcanorth.org/locations/elk\\_river\\_ymca](http://ymcanorth.org/locations/elk_river_ymca)

Take the ForeverWell Survey!



# LUNCH OUT IS STILL HAPPENING!

## NEW HONG KONG BUFFET

Lunch at Hong Kong Buffet is back again this month. The address is 600 Dodge Ave NW. A sign-up sheet will be posted on the ForeverWell bulletin board. Check the bulletin board for the day and time. We'll look forward to seeing you there.



# LOOKING FOR WAYS TO VOLUNTEER?

## ELK RIVER YMCA VOLUNTEER FAIR - TUES, APRIL 30

The Elk River will be hosting a volunteer fair in our Community Room from 5pm-7pm on Tuesday, April 30th. We will have representatives from many of our departments, including camps and Y of the North association events. We'll also have a station to help prospective volunteers sign up in our volunteer platform.

**CAN'T MAKE IT TO THE FAIR?** We'll also have some staff tabling in the lobby during the day. Stop by anytime on April 30th to get information or sign up as a volunteer! Contact Katie O'Toole for more info.



## CAN'T GET TO THE YMCA TODAY?

### GET TO KNOW THE VIRTUAL Y & TAKE US HOME OR ON THE GO!

- 30+ Live Streams Weekly
- 1500+ On-Demand Videos and NEW Classes Added Weekly
- 100+ On-Demand Videos Added Monthly
- Favorites Dashboard: Ability to Favorite Classes, Categories
- Exclusive Catalogue of Fitness, Wellbeing, Enrichment programs
- Virtual Fitness ZOOM Classes
- Plus Much More



## CHANGES AHEAD: THANK YOU FOR BEING PATIENT WHILE WE ADJUST!

As many of you know, we are in the process of hiring a new ForeverWell Program Coordinator. Temporarily, our Operations Director, Katie O'Toole, will be answering your questions, and calling our members as needed. For some programs we are 'playing things by ear' a little. We have been updating the calendar on a weekly basis. You can access the updated calendar in the same place you access our newsletter online.

But of course, feel free to ask the front desk or call Katie O for more information! Katie's contact info is listed on the front page.

And with change comes the opportunity to do some new things! So please contribute suggestions on things in which you would be interested in participating! Use the QR code on the front to complete a survey!



## Calamity at the Pool

By 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. Hmmmm...Time for plan C.

Wearing my beach towel, no one will ever know I am stark naked nude under it. I'll just walk out, 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 is 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 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 'arm around the neck and chest maneuver' as I am trying to let her know that I **need** 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.

As we are marching thru the kiddie pool to get out (I can't climb the ladder AND hold my towel in place) Well, my covert plan for getting my bottle and key clearly has not worked!! I realize there are crowds of 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! 😞



# Spring



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



BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM



Tree Valley Academy

**Mindful Coloring.** Coloring utilizes areas of the brain that enhances focus and concentration and nurtures attention. Mindful coloring is a purposeful act of paying attention to what we are doing in the present moment, rather than being on autopilot.



# ELK RIVER – APRIL 1-26, 2024 *SUBJECT TO CHANGE (\*\*UPDATED 4/05/24\*\*)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YELLOW HIGHLIGHTS – INSTRUCTOR-LED CLASS</b>		<b>GREEN HIGHLIGHTS – VIRTUAL Y OR PARTICIPANT-LED CLASS</b>		
<p>1</p> <p>6am-12pm Coffee Club  <b>10:00am</b> – Instructor-led Silver Sneakers Combo  <b>10:45</b> Tai Chi - Virtual Y will be set up                      1pm-3pm Pickleball</p>	<p>2</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Virtual Y will be set up  <b>10:45am</b> – Instructor-led Chair Yoga</p>	<p>3</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Silver Sneakers Classic                      2pm-4pm Pickleball</p>	<p>4</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Virtual Y will be set up  <b>10:45am</b> Virtual Y class will be set up</p>	<p>5</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Chair Yoga  <b>10:45am</b> – Tai Chi Participant-led                      1pm-3pm Pickleball</p>
<p>8</p> <p>6am-12pm Coffee Club  <b>10:00am</b> – Instructor-led Silver Sneakers Combo  <b>10:45</b> Tai Chi - Virtual Y will be set up                      1pm-3pm Pickleball</p>	<p>9</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Virtual Y will be set up  <b>10:45am</b> – Instructor-led Chair Yoga</p>	<p>10</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Silver Sneakers Classic                      2pm-4pm Pickleball</p>	<p>11</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Virtual Y will be set up  <b>10:45am</b> Virtual Y class will be set up  <b>NEW HONG KONG BUFFET</b></p>	<p>12</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Chair Yoga  <b>10:45am</b> – Tai Chi Participant-led                      1pm-3pm Pickleball</p>
<p>15</p> <p>6am-12pm Coffee Club  <b>10:00am</b> – Instructor-led Silver Sneakers Combo  <b>10:45</b> Tai Chi - Virtual Y will be set up                      1pm-3pm Pickleball</p>	<p>16</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Virtual Y will be set up  <b>10:45am</b> – Instructor-led Chair Yoga</p>	<p>17</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Silver Sneakers Classic                      2pm-4pm Pickleball</p>	<p>18</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Virtual Y will be set up  <b>10:45am</b> Virtual Y class will be set up</p>	<p>19</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Chair Yoga  <b>10:45am</b> – Tai Chi Participant-led                      1pm-3pm Pickleball</p>
<p>22</p> <p>6am-12pm Coffee Club  <b>10:00am</b> – Instructor-led Silver Sneakers Combo  <b>10:45</b> Tai Chi - Virtual Y will be set up                      1pm-3pm Pickleball</p>	<p>23</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Virtual Y will be set up  <b>10:45am</b> – Instructor-led Chair Yoga</p>	<p>24</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Silver Sneakers Classic  <b>NOON – POTLUCK!!</b>                      2pm-4pm Pickleball</p>	<p>25</p> <p>6am-12pm Coffee Club                      8am-10am Pickleball  <b>9:30am</b> Tai Chi - Virtual Y will be set up  <b>10:45am</b> Virtual Y class will be set up</p>	<p>26</p> <p>6am-12pm Coffee Club  <b>10:45am</b> Instructor-led Chair Yoga  <b>10:45am</b> – Tai Chi Participant-led                      1pm-3pm Pickleball</p>