FOREVERWELL

OCTOBER 2024 | ELK RIVER

SAVE THE DATE

FOREVERWELL POTLUCK!

TUESDAY, OCTOBER 29TH

AT 11:30AM

With the cooler temperatures of fall, there's no better time to have a warm bowl of chili! It is National Chili Month,! So let's celebrate with homemade chili and all the fixings that go with it!

WALK AROUND THE PARK

Take in some fresh air on a walk with Angela and others. Meet in in the lobby on **Thursday, Oct. 10th at 10:10am.** Enjoy a walk in the park next to Orono Lake before the snow flies! Feel free to join in Chair Yoga after your walk at 10:45am.

MEET JARED!

SAY HELLO TO OUR PERSONAL TRAINER

Jared is newer to our Elk River YMCA community. Being a part of our YMCA allows him to teach others how to optimize the healthiest and happiest version of themselves. Jared enjoys helping people create a healthy lifestyle and showing what they are capable of.

He has a passion for working with seniors when he is not out hiking or watching football. Next time you walk by him, make it point to ask him what his favorite NFL team is. Also, be sure to have him explain "BOULDERING" which is one of is hobbies.

You can catch Jared at the next Forever Well Orientation every Tuesday in our lobby at 10:30am!

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

8:00 – 8:45am	Water Exercise	Leisure Pool
9:00 – 10:00am	Arthritis 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 – 8:45am	Water Exercise	Leisure Pool
9:00 – 10:00am	Arthritis Water Exercise	Leisure Pool
10:45 – 11:30am	SS Chair Yoga	Community Room

FRIDAY

9:15 – 10:00am	Water Exercise	Lap Pool

SATURDAY

8:15 – 9:00am	Water Exercise	Lap Pool

INDOOR FARMER'S MARKET

Set a reminder! The Indoor Farmer's Market is back starting in November at the Elk River YMCA!

Not a yet a Member?

JOIN THE Y!

Ask about you insurance benefits...

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. Please share with your friends!

FREE FRIEND FRIDAY!

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

Mark you 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 a perfect opportunity!

So grab a buddy and join us for a day of fin, fitness, and community. See you there!

SENIOR GAME DAY

Cards, Board Games, & More!

Time to get together for some friendly competition. This is a great opportunity to catch up with friends while playing games. Feel free to bring your own games from home! We will have Scrabble, Cribbage, Yatzee, a couple decks of cards, etc.

Meet in the Community Room Friday, Oct. 25th at 10:30am!

FUN FALL ACTIVITIES IDEAS BEFORE THE SNOW FLIES!

Activity #1: Fall Fun Outdoors

Enjoy a walk outside with your grandkids or try exploring a local corn maze!

Activity #2 : Fall Flavors

Indulge in autumn flavors from apples to pumpkins at local farms and sellers!

Activity #3 : Fall Celebrations

The autumn holidays offer opportunities for creativity, gratitiude, and community. Carve a pumpkin or frost some Halloween cookies!

Activity #4 : Connect

Write a letter or fill out a card. Send or give to a friend thanking them for being in your life!

October Word Search

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

HALLOWEEN	APPLEPIE	BLANKETS
CINNAMON	FLANNEL	BONFIRE
HARVEST	HAYRIDE	PUMPKIN
AUTUMN	COLORS	GHOSTS
LEAVES	NUTMEG	SPICES

The art of purchasing a new TV

by Mickey Delfino

During one of the *thrilling* storms at the end of September, as we were huddled downstairs a huge bolt of lightning hit very near our home. As 'Delfino Luck' would have it, our electricity went out for a second and when it came back on our TV had been 'done in' by a power surge. Now we have two other TVs but neither of them is like the 70" Panasonic Plasma TV downstairs. As Lance will tell you, that TV was one of the last Plasma TVs made and it is the greatest. It is the TV on which Lance watches basketball. In high school he was a player, and he loves that sport. He likes to snuggle into his leather tilt back chair, Mountain Dew in hand, snack on his lap and suggest coaching tips to the players via the TV. He can rewind to those fabulous passes and baskets and replay them and replay them and replay them and, well you get the picture!

First thing in the morning, after our daily trip to the YMCA, we made a trip to Walmart to peruse the variety of TV sets available. Gosh, there must have been 40 TV sets on the shelf, frozen with their logos on the screen. We saw a woman with a Walmart lanyard. She was pushing a cart loaded with a huge TV so we asked if she could help us. She stopped her cart and said, "No, there should be someone here who can help you. Look around in the department."

I'm always impressed with good customer service, aren't you? We looked around and elderly man (not as elderly as we are, but obviously a fellow who became bored with retirement and is now working for a few extra bucks at Walmart) came walking around the corner. We asked him if he could help us. He sweetly replied, "I'll try." Yes! Customer service is looking up!

We asked if he could turn one of the TV's on so we could see if we liked the quality of the picture. Poor guy looked at us and said, "I can't do that. They are on a timer and if you wait here for 10 or 15 minutes, they will all switch on." So, we stood around for 10 minutes and suddenly all the TVs came to life, all running the exact same advertisements. We went from TV to TV trying to assess the quality the pictures. We found a Samsung we liked and an LG that had a very crisp picture. First, we asked what kind of guarantee was included. Guess what? He didn't have that information. He said when a TV is purchased, the guarantee and the price comes up on the computer. We asked several other questions.

1. What the heck is 4K? Answer- It is better than 3K, I think. (duh)
2. What is QLED? Answer-They didn't give me any training on that stuff.
3. Oh, heck we didn't bother with any further questions! Poor guy indicated he just worked in the department but didn't really know anything about the products!

What did we learn? Walmart <u>does not</u> deliver. That he was sure of.

We gave up and went to Best Buy. There you are greeted at the door by a minimum of 4 young men who are in a race to sell a customer anything. These guys know it all, but it is darned difficult to know what in the heck they are telling you. Most of them speak in "Gen Z language" that boggles the mind of anyone who is over 60 and quite impossible for someone over 80. We headed for the door, but we walk so slowly that it was hard to get away from those determined young men and out of the store. Whew!

We thought we were never going to find what we wanted. A good brand, with a super-duper picture, a great guarantee and would be delivered to our home. Is that so darned difficult? We went home and found the help we needed. Our son and his wife. Yea, for sons and daughters! They knew what we were looking for, they understood exactly what we needed, and they ordered it on the internet. When it was <u>delivered</u>, our son set it up for us. No just plugging it in. Instead, a variety of screens came up requiring a decision to be made. Heck, we didn't even understand the questions! Now we really appreciate the fact that we had kids and made sure they had good educations. While we hope we never have to be taken care of by them, we are sure glad to have their help in buying anything electronic!

Lance, grab your drink and snack, get in you chair. The game has just started!! Isn't that 4K just wonderful? Or is it the QLED? Oh, who cares!!