

FOREVERWELL NEWSLETTER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

13337 Business Center Drive NW

Elk River, MN 55330

June 2019

DEDICATED TO AGES 55 AND BETTER



MUNSINGER CLEMENS GARDENS

WEDNESDAY, JUNE 12TH

Meet at the Y at 12:15PM
Leave the Y at 12:30PM
Leave Munsinger at 3:00PM
Returning to the Y at 4:00PM

Enjoy a walk through a unique botanical experience. It is guaranteed to awaken your senses while you delight in the natural beauty. This garden is located along the Mississippi River and across from St. Cloud State University. Experience this St. Cloud treasure while you stroll along the winding paths and brick pathways.

Sign up at Members Services
\$3 for the bus trip (non-refundable)

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ELK RIVER YMCA BUILDING HOURS

Monday-Thursday:

5:00AM - 10:00PM

Friday:

5:00AM - 9:00PM

Saturday-Sunday:

6:00AM - 8:00PM

QUESTIONS, COMMENTS, IDEAS?

Contact
Janelle Schirmers
ForeverWell Coordinator
763-230-2835

ELK RIVER FARMER'S MARKET

Date: Thursday, June 6th

Time: 3:00PM

****Meet us there!**



Come visit the Elk River Farmer's Market located in downtown Elk River at Park Plaza on Main Street. The first Thursday of the month is "Senior Thursday." There will be special perks just for the seniors throughout the market. Come and check it out and don't forget your shopping bags.

All major credit cards and EBT are accepted.

Free street parking or parking in the lot next to the market.

FOREVERWELL ORIENTATIONS

New or returning members are encouraged to attend our ForeverWell program orientation, where you'll learn more about our facility, classes, and ForeverWell programming.

See Member Services to set up your Orientation time.

MONTHLY ACTIVITIES

Lunch Out:

Rockwoods
9100 Quaday Ave NE
Otsego, MN 55330

Thursday, June 13th
12:15PM

Potluck:

Community Room

Thursday, June 27th
12:15PM

REGISTRATION OPENS SOON!



We will be taking a guided tour of St. John's Abbey and the St. John's Pottery.

Date: Monday, July 29th

Time: 1:30PM-3:30PM



We will be volunteering our time at Second Harvest Heartland in Brooklyn Park.

Date: Wednesday, July 10th

Time: 1:00PM-3:30PM

LOOKING AHEAD

Look for these exciting events coming soon!

- **Second Harvest Heartland**
- **Pelvic Floor Presentation**
- **DOG Days of Summer**
- **Outside Chair Yoga class**

DON'T FORGET

Summer schedules are available. Most classes are still on the schedule but locations may have changed.

MASTER GARDENER PRESENTATION

TUESDAY, JUNE 4TH

12:30PM COMMUNITY ROOM

Come join us in the Community Room as we learn everything we need to know in regards to gardening. **We will also be participating in a hands-on gardening activity.** This event is **FREE**, but please sign up on the bulletin board so we know how many people to expect.



RIVERFRONT CONCERT

Date: Thursday, June 20th

Time: 7:00PM

Place: River's Edge Commons Park (Elk River)

**Meet us there!

Meet us at the park for a tribute show to Buddy Holly, Ritchie Valens and The Big Bopper. On February 2nd, 1959, they performed at the Surf Ballroom in Clear Lake, Iowa. This show will take you right back to that fateful day. Some say it's the day the "music died" but we choose to celebrate by saying it's the day the music LIVED forever.





JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pickle ball 1:00PM-3:00PM
3 Pickle ball 1:00PM-3:00PM	4 GARDENER PRESENTATION 12:30PM-1:15PM	5 Pickle ball 1:00PM-3:00PM	6 FARMER'S MARKET 3PM	7 Pickle ball 1:00PM-3:00PM
10 Pickle ball 1:00PM-3:00PM	11	12 MUNSINGER GARDENS 12:15PM-4:00PM Pickle ball 12:00PM-3:00PM	13 LUNCH OUT 12:15PM	14 Pickle ball 1:00PM-3:00PM
17 Pickle ball 1:00PM-3:00PM	18	19 Pickle ball 12:00PM-3:00PM	20 RIVERFRONT CONCERT 7:00PM	21 Pickle ball 1:00PM-3:00PM
24 Pickle ball 1:00PM-3:00PM	25	26 Drums Alive 9:15am-10:00am Studio B	27 POTLUCK 12:15PM	28