



YMCA STAFF HIGHLIGHT

Patti Reslock McEnroe
 YMCA Membership & Marketing Director

A Devils Lake native, Patti (a triathlete and competitive swimmer) started her career at the Y in 1979 as a swim instructor while attending UND. During the next several decades, she coordinated Y group fitness and taught a wide variety of classes part time while working full time as a classroom teacher/coach and later in corporate advertising. Patti eventually became part time Fitness Center Coordinator at the

YMCA and went on to act as YMCA Healthy Living Director for several years, during which time she enjoyed developing specialized programs and classes, including Parkinson Wellness and LIVESTRONG® at the YMCA.

Patti moved into the YMCA Membership and Marketing department in 2018 and enjoys promoting the YMCA through marketing and fund raisers like Pumpkins for Parkinson's, Online Silent Auction, Partner of Youth, and many more, while continuing to teach several classes weekly. She particularly enjoys developing flyers, posters, and brochures. Patti holds degrees in Education and Technical Illustration/Graphic Design, has been ACE Group Fitness certified since 1989, and has acquired numerous group fitness and health related certifications, including ACE Weight Management Specialist, ACE Functional Aging Specialist, LIVESTRONG® at the YMCA, National Diabetes Prevention, and Parkinson Wellness Recovery. Patti is married to Tom McEnroe, and they enjoy being active with their two red labs, Rowdie and Rebel.

FOREVERWELL EVENTS

January 21	Birthday Club
January 26	Cooking Class
February 3	Parkinson's Support Group
February 18	Birthday Club
February 23	Cooking Class
March 3	Parkinson's Support Group
March 18	Birthday Club
March 23	Cooking Class



For additional information about FOREVERWELL programs, contact Adam Sorum (asorum@gfymca.org).

NO PLACE Like This Place

QUARTERLY BRAINTEASER

	9	2	1		5			4
		8		7	3	5		9
	5	3		4			2	
1	4					7	3	6
			7	6	1	4		5
	7		5					
9					7	2		
		4			6		9	

the Y FOREVERWELL®

JANUARY 2026



Stay active, connected, and engaged through programs designed to promote healthy aging.

COOKING CORNER

Adam's Spaghetti Sauce

- 2 pounds ground hamburger or sausage
- 1 small onion minced
- 4 garlic cloves minced
- 1 12 oz. can tomato paste
- 1 28 ounce can whole tomatoes
- Dash powdered cloves
- 1 bay leaf
- 1 Tbsp salt
- ¼ tsp ground pepper
- 2 tsps dried basil
- 1 tsp dried oregano
- 1 tsp Italian seasoning
- 1 Tbsp Balsamic Vinegar
- 1 Tbsp Brown Sugar
- ¼ cup red wine
- 2-3 Tbsps Olive Oil

Sauté onions in olive oil and cook until translucent. Add garlic and cook until fragrant (about 2 minutes). Add and fully cook ground sausage. Add the rest of the ingredients except for the balsamic vinegar, brown sugar, and red wine. Let simmer for 15-20 minutes. Make sure to crush whole tomatoes with spoon while simmering. Add balsamic vinegar, brown sugar, and red wine. Simmer 5-10 more minutes. Serve with cooked pasta per pasta box instructions.

Member Spotlight

Lillian Elsinga, dean of students and associate vice president for student services, retired on June 30 2010 after more than three decades of service to the University of North Dakota.

Born in Zuidhoren, the night the Netherlands was freed in World War 2, Elsinga immigrated to Michigan with her parents in 1951. She earned a bachelor's degree in German from Grand Valley State College and a master's degree from Michigan State University. After working as an admissions counselor at Grand Valley State, she joined UND in 1973 as associate dean of students, served as interim vice president for student affairs in 1983, was named dean of students in 1984, and in 1998 also became associate vice president for student services.

She served on many campus and community committees, UND, Athletics, the Community Violence and Intervention Center Domestic Violence Grand Forks Assessment Task Force, and was named an honorary coach for the UND men's and women's swim teams in 2001.

Vice President for Student and Outreach Services Robert Boyd described Elsinga as a deeply committed leader whose greatest legacy is her genuine care for students and colleagues, her common-sense approach to problem solving, and her willingness to lead by example.

Elsinga now spends more time with her husband, Boyd Wright, and family. She enjoys singing with the Sharon Lutheran Church Choir, gardening, traveling, and working out at the YMCA.

Join us for BIRTHDAY CLUB every 3rd Wednesday of the month!

FOREVERWELL®

Stay active, connected, and engaged through programs designed to promote healthy aging.

Benefit from invigorating group exercise classes, aquatics offerings, specialized wellness programs, and events that support healthy aging and provide opportunities to connect with your community. We're here to support you on your journey to a healthier, more fulfilling life. As a participant in the Y's FOREVERWELL® programming, you will:

- Learn healthy lifestyle skills and routines.
- Improve strength, balance, flexibility, and endurance.
- Take responsibility for your health by prioritizing your wellbeing.
- Improve your health and wellbeing to prevent, manage or reverse chronic conditions.
- Feel connected to the Y community and beyond.



YMCA FOREVERWELL® offers opportunities to help you achieve your potential through:

- Group Fitness Classes
- Lap Swim, Water Walking
- Fitness Center Orientation
- Utilizing our Walking Track
- Monthly Birthday Club
- Fitness & Balance Consultations
- Access to Y Personal Fitness Training
- Water Exercise Classes
- Cardio & Strength Training
- Pickleball & Racquetball
- Events and Activities
- Seminars & Workshops
- Access to Y Specialty Programs
- Quarterly Newsletter to Keep You Informed

FOREVERWELL GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 am WATER FIT/PILATES Y Pool		8:30 am WATER FIT Y Pool		8:30 am WATER FIT Y Pool		
9:30 am FUNCTION & FITNESS Gr Ex Studio-Adam	9:30 am YOGAFLEX Gr Ex Studio-Patti	9:30 am SILVERSNEAKERS CIRCUIT Gr Ex Studio-Patti	9:30 am YOGAFLEX Gr Ex Studio-Patti	9:30 am FUNCTION & FITNESS Gr Ex Studio-Adam	9:00 am SHALLOW WATER POWER-YMCA Pool	
	10:30 am ROCK STEADY BOXING Fitness Center-Adam		10:30 am ROCK STEADY BOXING Fitness Center-Adam			
		11:00 am PARKINSON WELLNESS Fitness Center-Adam				
	1:30-2:15 pm SILVER SPLASH Y Pool - Saori		1:30-2:15 pm SILVER SPLASH Y Pool - Saori			
5:15 pm SHALLOW WATER POWER		5:15 pm SHALLOW & DEEP WATER POWER				



Please see the complete group fitness schedule for additional class offerings.

FOREVERWELL GROUP FITNESS CLASSES

YogaFlex

A yoga-based class incorporating sitting and standing poses (not a mat class) for improved balance, posture, strength & flexibility. Great for anyone who prefers not to get down on the floor or take off their shoes.

Silver Splash

A fun, shallow-water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Y Water Fit

A low-impact alternative to traditional land aerobics with the intensity you want, with aerobic activity and strength exercises.

Shallow & Deep Water Power

A high-intensity, low-impact workout focused on cardiovascular training, muscle toning, flexibility, and coordination. Cardio movements include walking, jogging, kicking, cross-country ski movements, and jumping jacks. Swimming skills are not required.

Parkinson Wellness

The Y Parkinson Wellness program focuses on sensory awareness, physical effort, attentional focus, and cognitive and emotional engagement through specific exercises.

Rock Steady Boxing

Non-contact boxing and circuit training utilizing a variety of boxing and fitness equipment moves the body in all planes and improves balance, strength, reaction time, and overall quality of life. This class is designed for people with Parkinson's

SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill level. Chairs are used for support and some exercises.

Function & Fitness

This class combines a safe warm-up with flexibility, balance, strength, and coordination exercises to help participants improve their ability to move and perform activities of daily life. Seniors and special populations are all invited to join us.

OTHER SPECIALIZED PROGRAMS

For information about LIVESTRONG® at the YMCA, Y Med Fit, Cardiac Pulmonary Phase III, Sports Performance Coaching, or Personal Fitness Training, contact Adam Sorum, Sonia Kraft, or Patti McEnroe.