

WELLNESS WORD SEARCH



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

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FITNESS EXERCISE MEDITATION
 NUTRITION SLEEP BREATHING
 HYDRATION BALANCE HEALTH



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

HISTORY CORNER

2026 marks the 140th Anniversary of the Grand Forks YMCA!

On March 26, 1886 the YMCA was opened in Grand Forks, ND. It was organized through the collaboration of six churches within the community. The first YMCA offered group devotions, singing, prayer, reading rooms and gym.

Our current facility was built in 1969 and offers a wide variety of programs and services with a state-of-the art fitness center, beautifully maintained pool, gyms, racquetball courts and more.

We are celebrating our milestone anniversary on **Tuesday, May 19** between 5:00 and 7:00 pm. Join us for a family friendly outdoor picnic! Watch for upcoming details.



Member Spotlight

Ruth (Van de Streek) Roos was born in Nobles County, Minnesota in 1932. At age six, she moved with her family to a farm three miles west of St. Hilaire. She attended school through eighth grade in St. Hilaire, followed by Lincoln High School in Thief River Falls. After graduation in 1949, she worked at Woolworths for three years.

In 1952 Ruth married Palmer Roos and together they ultimately had five children. She was a stay at home mother, and the family moved to Grand Forks in 1960. In 1968 they bought a house and Ruth babysat for others for six years. While babysitting, she attended bookkeeping class in the evenings. She then applied for a job with a local insurance agency and became a licensed agent, retiring after twenty one years.

In "retirement", Ruth served as a substitute lunch lady for Grand Forks Public Schools. In 2003, she began working at Ralph Engelstad Arena, taking tickets for UND hockey as well as for other games and events. She retired from this in 2025 after 22 years.

Ruth is a faithful member of Augustana Lutheran Church, where she helps as needed and participates in quilting, usually visiting the Y five days a week, she attributes her strength and mobility to all the exercise and walking she has done over the years, and continues to do, enabling her to enjoy her 14 grandchildren and 10 great grandchildren.

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

Mama's Gumbo 'Naw-lin's Style



INGREDIENTS

- 1 tablespoon olive oil
- 2 cups skinless, boneless chicken- chopped (can use any cooked chicken)
- 1 package Andouille sausage around a pound sliced into thin slices
- 1 cup olive oil
- 1 cup all-purpose flour
- 3-4 cloves minced garlic
- 3 quarts chicken broth
- 1 (12 fluid ounce) can or bottle beer
- 8 full long stalks celery, diced
- 2 large sweet onion, diced
- 3-4 large sweet green and/or red peppers
- 1 or 2 (28 ounce) can diced tomatoes with liquid
- 1-2 pounds shelled shrimp small/medium
- 1 bunch fresh parsley, chopped
- 2 lbs. fresh okra sliced - no tops or large package frozen sliced okra
- 3-4 Tbs. Cajun seasoning See below my recipe for homemade
- 2-3 cups cooked white rice

DIRECTIONS

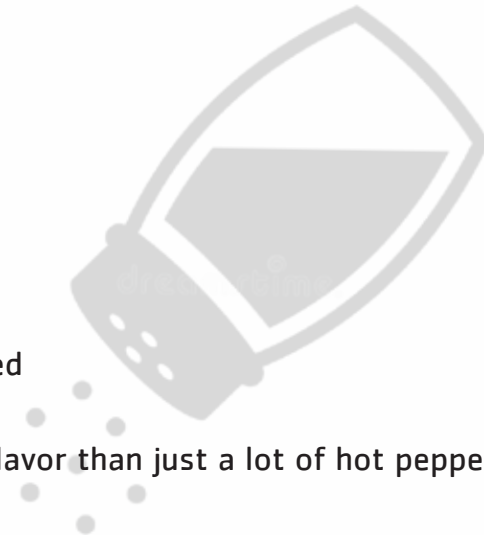
Heat oil in a medium skillet over medium-high heat and cook chicken until no longer pink and juices run clear. Stir in sausage and cook until evenly browned. set aside.

In a large, heavy saucepan over medium heat, blend olive oil and flour to create a roux. Stir constantly with a larger whisk until browned and bubbly. Mix in garlic and cook about 1 minute. Gradually stir chicken broth and beer into the roux mixture. (Watch out for the steam that will rise. Don't get burned) Bring to a boil, and mix in celery, sweet onion, diced tomatoes, parsley, and Cajun seasoning. Reduce heat, cover, and simmer do not boil about 40 minutes, stirring often. Mix chicken, raw shrimp, sausage, and okra into the broth mixture. Cook, stirring frequently, about 10 minutes. Serve over rice.

Home Made Cajun Seasoning

- 4 teaspoons salt
- 4 teaspoons paprika
- 3 teaspoons garlic powder
- 3 teaspoons ground pepper
- 2 1/2 teaspoons onion powder
- 1 1/2 teaspoons cayenne pepper
- 1 1/2 teaspoons dried thyme (crumbled) not powdered
- 1 1/2 teaspoons dried oregano (crumbled)

Mix and store in an air-tight container. This has more flavor than just a lot of hot peppers and chilis. It still brings the heat.



YMCA STAFF HIGHLIGHT

Dan Fjedstad
YMCA President & CEO

Dan is a farm boy from Dahlen, ND. He played basketball and graduated with a BS degree in Mass Communications from Bemidji State University. For the past 30 years, if Dan wasn't playing Noonball at the Y, he was selling radio advertising at iHeart Media in Grand Forks, before accepting his position as CEO in 2026. He was also an active member and volunteer on the YMCA board of directors. He and his wife, Sherry, raised their blended family of 7 in East Grand Forks. They currently love to spend time at home with daughter Stella and their grandchildren. Dan is also the owner of Dance Man Dan Mobile DJ.



SCAN TO WIN!

Members ages 55+ can scan into the Altru Family YMCA 8 or more times in May to be entered into a drawing! Winners will be drawn at the end of May. Remember to scan your card when you enter the Y! The more scans, the higher chance of winning!

FOREVERWELL EVENTS

Wednesday May 20	Birthday Club	11:30 AM
Friday May 22	Recipe Demo	10:30 AM
Wednesday, June 17	Birthday Club	11:30 AM
Monday, June 22	Recipe Demo	10:30 AM



CELEBRATE WITH US ON MAY 19

We will be celebrating our 140th Anniversary with an outdoor picnic on Tuesday, May 19, between 5:00 and 7:00 pm! Please join us for food, music and games.

