CELEBRATION, CONNECTION, COMMUNITY!
Hold On To What Is Important This Holiday Season
What a glorious time of the year! Holidays provide time for us to connect with family, friends, and our ForeverWell community. It is a time to learn about and share in each other’s cultural celebrations and traditions and feel part of an inclusive, positive community like ForeverWell. Give to others and take care of own personal wellness via a Social Walk, Tai Chi class, meeting a Personal Trainer to focus on health goals in the New Year. We wish you the best Holiday season!

GIFTS FOR SENIORS—Brighten the holidays for someone! We are partnering with Gifts For Seniors (GFS) this year with a fun perk! Give your donation, place in the GFS barrel & sign up at the Welcome Desk to attend Wreaths and Ribbons on December 9! The first 10 gift givers/registrants receive a free green wreath and two bolts of plush Holiday ribbon! The second round of gift givers/registrants receive two bolts of plush Holiday ribbon! Must be present on December 9 to receive your perk. *Gift Ideas: Electric blankets, Winter coats, boots, hats, scarves, & gloves; Hard soled, nonslip house slippers, Bathrobes & sleepwear; Fresh linens; Entertainment—readers, music players, robotic pets, games, adult activity puzzles. Donations are picked up weekly by GFS volunteers!

PEDALING FOR PARKINSON’S is a cycling program aimed to improve the lives of people living with Parkinson’s disease and their caregivers. Exercise is one of the key components to treating the symptoms of Parkinson’s. Special program requirements and an enrollment process exist along with ongoing monitoring of participants throughout the classes. Classes are open to Y Members and non-Y Members. Pick up a flyer and more info at the Welcome Desk—share with others! Pedaling for Parkinson’s classes starting in January!

HOLIDAY CRAFTS
WREATHS & RIBBONS

2:30-4PM
Thurs, December 9

COOKIE RECIPES
Submit Your Favorite Cookie Recipe to the Holiday Box, in CR1 by Dec. 8. Recipes will be shared during Holiday Crafts!

BRANCH HOURS
Monday–Friday: 5am–9pm
Saturday: 8:00am–5:00pm
Sundays: 8:00am–5:00pm
December 24–5:00am–12:00pm
December 25—closed
December 31–5:00am–4:00pm
January 1 – 8:00am–5:00pm

FOREST LAKE
19845 Forest Road, North
Forest Lake, MN 55025
Mary.Rivard@ymcamn.org
651-747-0875
Forest Lake - YMCA of the North
Welcome Desk—651-291-3408
Customer Serv—612-230-9622

YMCA of the North | www.ymcanorth.org
FOREVERWELL GROUP EXERCISE CLASSES

MONDAY
11:30am- SS Circuit
12:45pm- ForeverWell Yoga
8:05am- Water Exercise
9:05am- Water Exercise

TUESDAY
8:00am-FW Combo
8:05am- Water Exercise
9:05am- Water Exercise
9:15am-NEW-FW Cycle
10:15am-Tai Chi
12Noon- Zumba Gold
12:45pm-Social Walks
1:30pm-NEW TIME-FW Stretch

WEDNESDAY
8:30am- ForeverWell Combo
9:30am-Silver Sneakers Circuit
8:05am- Water Exercise
9:05am- Water Exercise
6:30pm- NEW-FW Combo

THURSDAY
9:30am-Chair Yoga
8:05am- Water Exercise
9:05am- Water Exercise
6:00pm- Aqua Zumba

FRIDAY
10:30am-ForeverWell Combo
8:05am- Water Exercise
9:05am- Water Exercise

SATURDAY
8:10am- Aqua Zumba

RESERVE YOUR SPOT
www.ymcanorth.org/reservations
Welcome Desk-651-291-3408
Customer Service-612-230-9622
• Studio & Water Ex Classes
• Laps, Leisure Pool, Vortex
• Outdoor Groups

ADULT VORTEX HOURS (18 +)
5AM-7:45AM-MON-FRI
12 Noon-2PM- TUE & THUR
NEW HOURS: 8am–11am–SUNDAYS

VOXERT HOURS (Open to All)
Mon-Fri:2:30-4:30pm
Reserve Your Vortex Time
www.ymcanorth.org/reservations
Click “Pool & Swim/Pool Reservations”

GYM SCHEDULE
BADMINTON
SOUTH GYM: 8-10AM-Wednesdays
PICK UP VOLLEYBALL
NORTH GYM: 6–8PM-Wednesdays

PICKLEBALL HOURS
M, T, Th, Fri  5AM-10AM
Wed  5-8AM & 6-8PM
Tu/Th 1-3PM

Please Note:
Dec 7, 9, 14, 16
1-2:30pm
Gym Reserved for PB
Classes/Registrants Only
Interested in PB Classes?
Sign-up at the Welcome Desk to be notified of upcoming PB class offerings.

CLICK LINK FOR ALL SCHEDULES
www.ymcanorth.org/locations/forest_lake_ymca/schedules

SOCIAL WALKS – COME ANYTIME ON THE TRACK WITH FW VOLUNTEERS & MARY
12:45PM-1:30PM TUE and THUR

SOCIAL TIME
HAVE A CUP OF COFFEE OR TEA
MIX & MINGLE WITH FW FRIENDS
IN THE COMMUNITY ROOM
9–11  M/W/F
10–12  T/Thur
Looking to Volunteer? Help with FW Coffee, Mixing & Mingling and give FW Orientations!
Sign up at the Welcome Desk to express interest. Thank you Volunteers!

FW ORIENTATIONS
Tues, Wed, Thur & Fridays
Sign up at the Welcome Desk during these times or by appointment with Mary.
Deb/Tues         11AM
Mary/Wed        5:30PM
Traci/Thur        11AM
Barb/Fri           11:30AM
Learn about the special features of the ForeverWell program for adults ages 55+.
Have questions on accessing FW info the computer, downloading the Y app or what a free Fitness Assessment entails?
Ask a FW Ambassador!

Mah Jong is an ancient game, originated from Chinese culture and is well regarded for brain exercise and social fun! Wednesday afternoons Bonnie, Mah Jong volunteer leader provides instruction and focused attention for beginners. New players always welcome-stop by, observe, join
MORE BRAIN GAMES!  

MONDAYS: DOMINOES AND FRIDAYS: CRIBBAGE

Bring your Double 12 Dominoes with the Train Set and Dominoes in to play with other FW members on Mondays at 10am! Cribbage Players bring your Cribbage Boards and play on Fridays starting at 9:30am! ForeverWell activity volunteers are leading Dominoes, Mah Jong, Rummy Royale and Cribbage!

FOREVERWELL MEMBERS

A friendly reminder from our Welcome Desk/Member Services to call your health care provider and ask about coverage for your Y membership in 2022. Some healthcare plans are changing in the New Year.

The "Fitness Assessment"—Why Do It?

Are you a new FW member to the Y or want a refresh to your wellbeing goals after a change in health? Receive an assessment and conversation, a tour of the fitness center and learn about resources to create a path for wellbeing at the Y! To schedule a Fitness and/or Equipment Consultation, visit or call the Welcome Desk, 651-291-3408 or directly contact Barb Jacob, Wellbeing Director, 952-435-9014, barbara.jacob@ymcamn.org The Fitness Assessment is an informational and motivational investment of your time to ensure you feel comfortable and confident in the Fitness Center. Why Do It? Just Do It!

Our Personal Trainers are eager to work with you. To schedule, visit the Welcome Desk or call (651) 291-3408. Small Group Training classes and Pilates Reformer subscriptions are results oriented options! Go to this link to learn more about your options with a Personal Trainer now and in 2022! https://www.ymcanorth.org/locations/forest_lake_ymca/health_fitness/personal_training
HOLIDAY CRAFTS—WREATHS & RIBBONS  
2:30–4PM, Thurs, December 9, CR1  
Bring your glue guns, glue sticks, scissors! We lots of beautiful ribbons from JoAnn Fabrics! To obtain your free wreath (10 available) please give a donation to “Gifts for Seniors”, then go to sign up at the Welcome Desk to attend the Wreaths and Ribbons activity on December 9! The first 10 gift givers and registrants will receive a free green wreath and two bolts of plush Holiday ribbon! The second round of gift givers and registrants will receive two bolts of plush Holiday ribbon! Must be present on December 9 to receive your perk for giving to Gifts for Seniors!

COOKIE RECIPES  
Submit Your Favorite Cookie Recipe to the Holiday Box, in CR1 by Dec. 8. Recipes will be shared during Holiday Crafts!

GOLDEN GATHERING—MONTHLY  
10:30AM, FRIDAY, DECEMBER 10  
Community Room 1 and 2  
GET TOGETHER WITH A SPECIAL INVITATION to our Golden ForeverWell Members in their 80’s, (Octogenarians) and 90’s, (Nonagenarians) to join us, as well as their guest. All ForeverWell Members are welcome to socialize and have a healthy morning snack with us! Learn about healthy options for older adults in the FW program, play games, ask questions of Y team members.

FOREVERWELL HOLIDAY BINGO, MOVIE & MAH JONG  
All on Wednesday, December 15

BINGO! INVITE THE GRANDKIDS ALONG!  
featuring PRIZES for BINGO Winners, Snacks, Friends and Fun!  
10–11:15AM, Wednesday, December 15, Community Room 1  
GrandKiddos are welcome with an Adult Helper.  
No Registration Necessary/Just Drop In! Join us in this brainy & fun activity!

CLASSIC MOVIE!  The Year Without A Santa Claus!  
11:30AM, Wednesday, December 15, Community Room 2  
FW members and kids! Everyone welcome to view this animated musical, approximately 50 minutes long. Starring Mickey Rooney, Shirley Booth and Dick Shawn Bring your own mini lunch and beverage and a comfy blanket, t

BEGINNERS MAH JONG!  
1:30PM, Wednesday, December 15, Community Room 2
**WEDNESDAY EVENING FOREVERWELL**  FW is offering Wednesday Evenings for our active older adults who express interest in having social and group fitness activities after 5pm. Learn about what ForeverWell offers by attending a **FW Orientation at 5:30pm**, come to the track for Social Walks, reserve your spot for **FW Combo class** with Kari and end your evening with a Social Hour!

**EARLY EVENING DINNERS**@ The Boulevard in Circle Pines, 3800 Restwood Road, Circle
For singles and couples, this weekly get together on Thursday evenings from 5-6:30 is fun and social. All are welcome! No RSVP needed. When you arrive just say you are with the ForeverWell group!

**STITCH TOGETHER**  2-3:30pm, DECEMBER 6 & 20 and JANUARY 3, 17, 31
Take a seat at the table! Bring your knitting, crocheting, needle crafts or related projects to work on and come for socializing. Everyone is welcome—beginners to experienced—we help each other and informal teaching available. Every other Monday is Stitch Together time. Stop by to peak in and say Hi! 
For more info, contact: Barb, FW Volunteer, bjroberts2@ymail.com

**WEDNESDAY MORNING BOOK CLUB**  *Three Junes*, by Julia Glass
10:45-11:45AM, Wednesday, December 8
The Morning Book Club meets the second Wednesday of the month in the Conference Room. Book Clubs are a great way to keep motivated to READ! Books available at Y Welcome Desk. Contact Mike mskeller133@gmail.com or Nancy eskimofox64@gmail.com for more info or stop in!

**LUNCH OUTING, 11:30am, Tue, DEC.14** THE TAVERN-Lake St & Main St, Lino Lakes
Put it on your calendar for this monthly social! ForeverWell members go out for lunch, 2nd Tuesday each month. Reserve your seat to better plan for a group reservation. Go to Welcome Desk/Member Services to sign up or just email Karen, FW Volunteer, prpl.lvr@comcast.net

**EAGER READERS VIRTUAL BOOK CLUB**  *Everything I Never Told You*, by Celeste Ng
2:30–4PM, Thursday, December16
Eager Readers Book Club meets monthly via Zoom. Books available at Y Welcome Desk. Register on Activity Finder to receive Zoom meeting link or join Mary in branch to be part of the virtual book club. Contact Cheryl, swine001@umn.edu for more information or try us out!

**HOLIDAY MOVIE**  11AM, Tuesday, December 21, Community Room 2
*THE POLAR EXPRESS*
Starring Tom Hanks, Nona Gaye, Peter Scolari and Leslie Zemeckis
Everyone welcome to view this classic 1 hour, 40 minutes long movie. Bring your own mini lunch and beverage and a comfy blanket, too!

**ForeverWell and LITTLE BROTHERS–FRIENDS OF THE ELDERLY**
Do you know a senior adult who would benefit from Elder Friends Phone Companions?
A wonderful opportunity to create a special long-term connection. Ask Mary for info or call 612-746-0737 or companions@littlebrothersmn.org or www.littlebrothersmn.org/phone-companion
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