CELEBRATE CONNECTIONS AND COMMUNITY

HOLD ON TO WHAT'S IMPORTANT THIS HOLIDAY SEASON!

The holidays are a time for gathering, celebrating, giving, and being thankful. There's a lot we can do to help make the Holidays a little better for everyone. Say an extra prayer, give back, be kind to a stranger, and love those close to you. Here are some ideas to help get you in the holiday spirit:

- Donate gifts to isolated seniors through Gifts for Seniors, which coordinates gift delivery through service organizations in the metro area. We have a drop box right outside the Senior Center!
- Smile at a stranger. Say thank you to service staff. Hold the door open for someone. Everyday courtesies can go a long way, especially during the hustle and bustle of the holidays.
- Gather a group for a volunteer activity. Feed My Starving Children has many openings and is a great way to give back. Call (763)504-2919 or email coonrapidsinfo@fmsc.org. Family Pathways has food shelf opportunities as well. Call (612)322-8137 or email brookez@familypathways.org
- Help a family for the Holiday! There are many organizations that work to connect families in need with those willing to help. Check out: Adopt a family Angels - Minnesota, North Side Blessings, Salvation Army

There are many ways to spread the love this holiday season. Share your ideas and make it happy for everyone!

FW Highlights:

DIMENTIA CAREGIVER SUPPORT GROUP
Wednesday, December 1st
10-11:30am

GENEALOGY
with Cathi from Northstar Genealogy IN PERSON!
Thursday, December 9th
12:30pm in the Senior Center

CHRISTMAS UKULELE!
Enjoy coffee and cookies with Christmas songs!
Wednesday, December 15th
9:30am in the Senior Center

FOREVERWELL HOLIDAY LUNCHEON
Wednesday, December 22nd
Join us for food and fun! More details to come!

CHRISTMAS EVE DAY
December 24th
Open 5am-12pm

CHRISTMAS DAY
December 25th
The YMCA will be CLOSED

FOREVERWELL VOLUNTEER AND PLANNING MEETINGS
Interesting in volunteering? We want to hear from you!
Tuesday, December 7th
1pm in the Senior Center

BRANCH HOURS
Monday-Friday: 5am-9pm
Saturday: 8am-5pm
Sunday: 8am-5pm
Member Service Desk
(763)230-9622
https://www.ymcanorth.org

ANDOVER YMCA
15200 Hanson Blvd
Andover, MN 55304
ForeverWell @ Andover
Rochelle, ForeverWell Coordinator
(763)317-9044
rochelle.mckenzie@ymcamn.org

YMCA of the North | 1 | www.ymcanorth.org
WHAT’S HAPPENING IN FOREVERWELL

UKULELE CHRISTMAS SPECIAL!
WEDNESDAY, DECEMBER 15TH AT 9:30AM
Join in or sit back and enjoy some wonderful music! We’ll have fresh coffee brewed for you to sip while you listen to what Carol and friends have been working on.

ALZHEIMER’S ASSOCIATION CAREGIVER SUPPORT
1ST WEDNESDAY OF THE MONTH (12/1) AT 10-11:30AM
Join this amazing support group led by trained facilitators from Arber Oaks Senior Living. The purpose of the Alzheimer's Association Dementia Caregiver Support Group is to provide caregivers with updated information, emotional support, and problem solving related to the challenges of giving care to those living with Alzheimer's disease or other dementia.

IN STITCHES!
NEW! THURSDAYS AT 9AM
Knit, crochet, sew, you name it! Join us for a variety of stitching projects! Bring your own project to work on and share, or come to learn something new. This month we’ll be working on some Holiday fun with crochet: Peppermint coasters! Supplies: Red Heart Super Saver: Color A (White) – 11 Yards. Color B (Cherry Red) – 4 Yards. Hook – Size J, 6.00 mm

CARD MAKING AND CRAFTS
FRIDAYS AT 9AM
Bring supplies to share and join us as we make cards for Veterans and other crafts. Happening this month: big 3-D snowflakes, Christmas cards for Vets, and painting styrofoam ornaments.

GENEALOGY WITH CATHI
2ND THURSDAY OF THE MONTH (12/9) AT 12:30PM
Sharing and gathering information for the Holidays! Join Cathi with Northstar Genealogy for this special IN PERSON class in our Senior Center! She teaches genealogy classes and assists clients in researching their families, and is the president of the Anoka County Genealogical Society. $7/person. Contact cathi@northstargenealogy.com with questions.
NEW! CRIBBAGE
FRIDAYS AT 1PM
Come play this old favorite with new friends!

UKULELE FOR ALL
WEDNESDAYS AT 9:30AM
When was the last time you did something for the first time? Come see if the Ukulele is in your future!!! Our Uke lady Carol L. will help you learn the basics and you will enjoy playing along with the group. All are welcome, beginners to advanced!

LEGACY WRITING
2ND AND 4TH WEDNESDAY OF THE MONTH (12/8 AND 12/22) AT 9AM
Please join this workshop which serves as a springboard for sharing the most precious legacy you own—your life. We’ll be writing our life stories in manageable chunks of memories that matter. In no time at all, you will have created a collection of short vignettes that tell a story unique to you. When we remember our own parents and grandparents, it’s typically not the material things they left us that we treasure. It’s the memories. Bring your own notebook.

HAPPY HOUR AT BEEF O'BRADY'S
3RD THURSDAY OF THE MONTH (12/16) AT 4:30PM
Ready for a night out?! Meet at Beef O'Brady's for some eats, drinks, or just some good conversation and fun. This is a great way to meet new people or hang out with old friends. Please sign up on the community resource board in the Senior Center so we know how many are attending. Attendees are responsible for their own bill and ride.

FARKLE FUN
WEDNESDAYS AT 12PM
Get ready for some loud fun and lots of laughs! This classic dice game has players roll the dice and try to collect combinations that will earn points. Bring 6 dice for the game.

HAND & FOOT & TOE CARDS
MONDAYS AT 10AM AND 1PM, FRIDAYS AT 10AM, SATURDAYS AT 1:30PM
Come learn this new way of playing an old favorite card game! We have the cards, you bring the fun :)
MAHJONG
TUESDAYS AT 1:30-4:30PM
Come play this fun game of skill, strategy and luck.

FRIENDS NIGHT OUT
WEDNESDAYS AT 5PM
Looking for a night out but not interested in a busy restaurant? Come to the Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

BIBLE STUDY WITH MARY
THURSDAYS AT 9:15AM
Join Mary as we discuss passages from the bible. All are welcome!

ARE YOU INTERESTED IN VOLUNTEERING? DO YOU HAVE A SKILL, CRAFT, GAME, OR ACTIVITY YOU WOULD LIKE TO SHARE WITH OTHERS? REACH OUT AND LET US KNOW!!!

MONTHLY VOLUNTEER AND PLANNING MEETINGS
2ND TUESDAY OF EVERY MONTH (12/7) AT 1PM
Bring your ideas and share where you would like to help out. All are welcome and encouraged to come!
GROUP EXERCISE CLASSES TO TRY

- Here at the Andover YMCA we have 25+ different group fitness classes for you to choose from, at over 60 different class times! While that certainly means there is always something for everyone, the schedule can look a bit overwhelming. Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership! Registration in advance is required.

**MONDAY**
Water Exercise - 8:10am
Mat Pilates - 8:30 am and 6:30pm
Group Centergy (formerly Balance & Flex Together) - 9:30am
Water Interval Training - 11am
ForeverWell Combo - 11:10am
SilverSneakers Yoga - 12pm

**TUESDAY**
Yoga - 6:15am and 6:30pm
Aqua Zumba - 7am
Water Exercise - 9:10am
ForeverWell Strength - 11am
Line Dancing - 12pm

**WEDNESDAY**
Water Exercise - 9:10am
Yoga - 9:30am
Restorative Yoga - 10:45am
ForeverWell Stretch - 11:05am
SilverSneakers Classic - 12pm

**THURSDAY**
Group Centergy - 6:15am and 6:35pm
Aqua Zumba - 7am
Water Exercise - 8am
ForeverWell Combo - 11am

**FRIDAY**
Water Exercise - 9am
Yoga - 9:30am
Chair Yoga - 11am
Line Dancing - 12pm

**SATURDAY**
Group Centergy - 9am

**SUNDAY**
Group Centergy - 3:30pm

*SCHEDULE SUBJECT TO CHANGE.*

Please see the front desk with questions. To see the current schedule and register to attend a class, download the Y app or visit our website at ymcanorth.org. You can use this link to skip directly to the Andover schedule: https://www.ymcanorth.org/y-schedules-locations and select “Andover”.

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**IT'S GETTING COLD OUT! COME INSIDE FOR SOME PICKLEBALL!**

This fun sport combines many elements of tennis, badminton and ping-pong. Join us in the gym for a fun workout. All abilities welcome! Bring your own paddle. Registration not required.

**BEGINNER PICKLEBALL**
Tuesdays 8-10am

**SKILLS AND DRILLS**
Thursdays 8-10am

**PICKLEBALL PLAY**
Mondays, Wednesdays, and Fridays 8-11am
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NEW and One-Time Events
Regularly Scheduled Events
$ = available at an additional charge