Eagan News

**Dates to Remember**

* **Tuesday, December 21st**  
  First Day of Winter

* **Wednesday, December 29th**  
  10:30 am  
  Book Club

* **Monday, December 27th**  
  11:00 am  
  Bingo

**Holiday Hours**

- **Christmas Eve** – 5am–12pm
- **Christmas Day** – Closed
- **New Year’s Eve**  
  5 am – 4 pm
- **New Year’s Day** – 7 am–4pm

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**Celebration**  
**Connection**  
**Community**

**Let's hold on to what is important this holiday season!**

The holiday season is here. For some people it is an exciting time filled with family and friends gathering together, decorations that remind us of days passed and giving generously to others. For other people it is a time of loneliness, stress, overeating and fatigue.

It is more than ever a time to make sure to take care of yourself. Here are a few things to remember.

- **Get enough sleep** - we all need between 7 and 9 hours of sleep every night to be at our best.

- **Try to eat healthy** – everyone loves a treat and this time of year they are everywhere. Some sweets are fine but make sure you have some healthy meals planned - a plan is the secret to success!

- **Drink plenty of water** - as always hydration is VERY important.

- **Stay Active** - even though this is a busy time keep getting your work out in. If you like to use the fitness center or you attend class make sure to keep on your routine - you will not be sorry!

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**I AM ALWAYS LOOKING FOR FUN, NEW ACTIVITY IDEAS**  
**PLEASE SEND ME YOUR SUGGESTIONS!**

**JULIE MICHELSON**  
ForeverWell Coordinator  
[Email](mailto:julie.michelson@ymcamn.org)  
[Phone](651-319-8000)

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**BRANCH HOURS**

- **Monday–Friday:** 5am–9pm
- **Saturday:** 8am–5pm
- **Sunday:** 8am–5pm

**EAGAN YMCA**

550 Opperman Drive  
Eagan, MN 55123  
Coordinator: Julie Michelson  
Email: julie.michelson@ymcamn.org  
Phone: 651-319-8000
FOREVERWELL CLASS
MONDAY:
8:00am Water Exercise with Mary Ellen
1:30pm Silver Sneakers Classic with Julie M
7:00 pm Deep Water Ex with Lori O

TUESDAY:
8:00am Water Exercise with Erin
9:00am Deep Water Exercise with Erin
9:30 Silver Sneakers Yoga with Julie M

WEDNESDAY:
9:00am Deep Water Exercise with Susan
1:30am Silver Sneakers Classic with Julie M

THURSDAY:
9:00 am Shallow Water Exercise with Deborah
1:00pm Line Dancing with Wanda
7:00pm Water Exercise with Kristi

FRIDAY:
1:30pm Silver Sneakers Classic with Mary F

SATURDAY:
8:15pm Aqua Zumba with Mary F

GAME DAY
Every Wednesday 9:30 am
Whether you love to play scrabble, cribbage or cards join other members for some playtime. Cribbage boards are available. Bring In any other game you wish to play.

BOOK CLUB
WEDNESDAY, DECEMBER 29TH 10:30 AM
DECember SELECTION: THE RULES OF CIVILITY BY: AMOR TOWLES

This sophisticated and entertaining first novel presents the story of a young woman whose life is on the brink of transformation. On the last night of 1937, twenty-five-year-old Katey Kontent is in a second-rate Greenwich Village jazz bar when Tinker Grey, a handsome banker, happens to sit down at the neighboring table. This chance encounter and its startling consequences propel Katey on a year-long journey into the upper echelons of New York society—where she will have little to rely upon other than a bracing wit and her own brand of cool nerve. With its sparkling depiction of New York’s social strata, its intricate imagery and themes, and its immensely appealing characters, Rules of Civility won the hearts of readers and critics alike.

Make the MOST of Your Membership
ForeverWell Orientations

Wondering how to get back into the swing of things? Contact Julie Michelson to schedule a time to learn about what the Y has to offer you! We can talk about the classes we offer, how to use the YMCA app or website, how to access the virtual Y from your home. It is the perfect opportunity to get all your questions answered.

BINGO!!
MONDAY December 27th 11am-1pm
Multi Purpose Room

We will play Bingo the last Monday of EVERY month – mark your calendars now for future dates and December 27th, January 31

No sign up required
THINKING ABOUT PERSONAL TRAINING?

It is easy to get started on your new work out routine!! Our Personal Trainers eager to work with you. You can even do virtual personal training via zoom from the comfort of your home.

Contact our Wellness Director, Ernest Kaehler to discuss your personal health and wellness goals and how you can achieve them. Contact Member Service at 651-456-9622 to schedule you’re appointment.

EQUIPMENT ORIENTATIONS/FITNESS ASSESSMENTS

If you have questions about how to use the equipment In the fitness center - our personal trainers are happy to help you!! You can schedule your FREE one hour appointment with a personal trainer. They will show you what equipment is available and how to use it. To schedule, please stop by Member Services at the front desk or call (651) 456-9622.

4. Host a gift drive at your company, association, union, sports team, place of residency, social/book/wine club, faith community, or other membership organization.

Please visit giftsforseniors.org for more information.

Brighten the holidays for someone! Support Gifts for Seniors’ 28th Annual Holiday Gift Drive for isolated older adults. So many are without friends or family stopping by to visit.

Ways to get involved:

1. Contactless giving! - Shop the online gift registries & ship directly to our center.
2. Shop at your favorite store & drop gifts at a Twin Cities’ blue barrel host location.
3. Make a direct financial donation to help us fill the gaps on no/low inventoried gifts.