**West St. Paul News**

**Dates to Remember**

- *Monday, December 6th*  
  9:30 a.m. Penny Bingo

- *Thursday, December 9th*  
  1:00 pm Book Club

- *Tuesday, December 14th*  
  11:30am Dr. Kriva  
  Sleep – The Great Battery Charger

- *Monday, December 20th*  
  9:30 am Bingo

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

- *Friday, December 31st*  
  9:30 am New Year’s Bingo

**Holiday Hours**

- Christmas Eve – 5am–12pm  
  Christmas Day – Closed  
  New Year’s Eve – 5 am – 4 pm  
  New Years 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. If you find this difficult or are not experiencing quality sleep – do not miss Dr. Kriva’s presentation on December 14th.

- **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 workout 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!
**FOREVERWELL CLASS**

**MONDAY:**
8:10am  ForeverWell Cardio with Naomi  
11:30am Silver Sneakers Classic with Naomi

**TUESDAY:**
8:00am Silver Sneakers Circuit with Naomi  
8:50am Silver Sneakers Yoga with Naomi

**WEDNESDAY:**
11:30am Silver Sneakers Classic with Mary F.

**THURSDAY**
11:30am Silver Sneakers Yoga with Julie

**FRIDAY:**
11:30am Silver Sneakers Classic with Mary F

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**BINGO IS BACK!!!!!**

**MONDAY** December 6th 9:30am  
Penny Bingo  
(Penny Bingo will happen the  
**first** Monday of EVERY month)  
Future Dates:  
Monday, January 3rd, Monday, February 7th,  
Monday, March 7th

Monday, December 20th 9:30am  
Regular Bingo  
(Regular Bingo will happen the  
**third** Monday of EVERY month)

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Special Event!!
Friday, December 31**st**  9:30 am  
New Year’s Bingo

**Attention Readers!!**  
**Book Club is happening!!!**

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**December Selection**  
**A Man Called Ove**  
**BY FREDRIK BACKMAN**  
Thursday, December 9**th**, 1 pm

A grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family moves in next door.

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him the bitter neighbor from hell, but must Ove be bitter just because he doesn’t walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents’ association to their very foundations.
Dr. William Kriva  
Tuesday, December 14th at 11:30 am  
Sleep The Great Battery Charger.

In this talk Dr. Kriva discusses the critical importance of sleep for overall health. He also reveals new research regarding what happens when we sleep and how this can actually impact the expression of the DNA in our cells. Finally, Dr. Kriva provides key tips on how to improve the quality of your sleep.

Make The Most of Your Membership

New Member Orientation

ForeverWell is a program geared to all Y members 55+. We have all kinds of classes, programs and events designed to help you improve our mind, body and spirit. All new members are encouraged to attend a ForeverWell program orientation. You will learn more about our facility, classes and all of our programming. To schedule your orientation contact Julie Michelson at 651-319-8000.

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

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.
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.

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.