



FOREVERWELL®

DECEMBER 2025 | YMCA FOREST LAKE



COFFEE & SOCIAL

Monday – Friday
9 AM – 12 PM

CARDS & GAMES

Learn and play with us!
10 AM – 12 PM

Mondays

Mexican Train Dominoes
Mahjong

Tuesdays

Hand & Foot (9:30 AM)

Wednesdays

Mahjong
Bridge

Fridays

Cribbage

Hand & Foot (9:30 AM)
Pinochle

STITCH & BEAD TOGETHER

Friendly coaching and
mentoring and free
supplies offered by Barb,
Melissa, & Joy!

December 8th & 22nd
1 PM – 2:30 PM

BINGO

Wednesday
December 17th
9:30–11 AM

Lauren Schleicher
FOREVERWELL® Coordinator
lauren.schleicher@ymcanorth.org
651-747-0819

CHECK YOUR PLAN DURING OPEN ENROLLMENT!

Medicare Advantage open enrollment ends December 7! Please double check with your individual health insurance provider that your specific plan will continue to include your Y membership as a 2026 benefit!



CELEBRATE THE SEASON AT THE Y!

December is a busy time, no matter what holidays you celebrate, and it's no different here at the YMCA Forest Lake! From fun events like a **Cookie Exchange** (December 11!) and our annual departmental **holiday decorating competition** (decorations go up by December 8!) to more educational opportunities like our **estate planning seminar** (Dec 11) or our **Medicare Q & A sessions** (Dec 3 & 17), we have lots planned for this month!

We also remember that this time of year is difficult and lonely for some and we invite all to come enjoy **coffee and games Mon–Fri (except Thurs)** mornings (we're on the hunt for more Bridge players on Wednesday mornings!), and even join us at Mallards on December 18th for our **Lunch & Laugh** outing. If you're looking for a way to give back this season, please consider donating to our **Gifts for Seniors** bucket in the lobby or sign up for our **Red Cross Blood Drive** on December 18th!

Celebrating the season is about embracing the spirit of togetherness, kindness, and gratitude that shines during this time of year—no matter which holidays you observe. It's a chance to pause, reflect, and appreciate the people and moments that bring warmth and meaning to our lives. Whether through family traditions, acts of giving, community gatherings, or simple moments of joy, **celebrating the season reminds us that connection and compassion are universal**. It's not about one specific holiday, but about honoring the shared values of hope, peace, and goodwill that unite us all.

Best wishes this holiday season!

DON'T FORGET OUR HOLIDAY HOURS!



7 AM – 12 PM



CLOSED



7 AM – 5 PM

YMCA of the North | 1 | ymcanorth.org

BRANCH HOURS: Mon–Fri: 5am–9pm – Sat & Sun: 7am–5pm

FOREVERWELL® GROUP EXERCISE

FITNESS & MOVEMENT CLASSES DESIGNED
FOR ADULTS 55 & OVER

MONDAY:

7 AM	Water Exercise Power	Pool
8 AM	Water Exercise	Pool
8:30 AM	FOREVERWELL Combo	Studio 1
9 AM	Water Exercise	Pool
10:45 AM	FOREVERWELL Stretch & Strength	Studio 1
12 PM	FOREVERWELL Yoga	Studio 2

TUESDAY:

8 AM	Water Exercise	Pool
8 AM	Chair Yoga	Studio 1
9 AM	Water Exercise	Pool
10:15 AM	Silver Sneakers Classic	Studio 1
11:10 AM	Line Dancing	Studio 1

WEDNESDAY:

7 AM	Water Exercise Power	Pool
8 AM	Water Exercise	Pool
8:30 AM	FOREVERWELL Combo	Studio 1
9:30 AM	FOREVERWELL Strength	Studio 1
10:30 AM	FOREVERWELL Stretch & Strength	Studio 1

THURSDAY:

8 AM	Water Exercise	Pool
9 AM	Water Exercise	Pool
9:15 AM	Cardio Dance	Studio 2
10:30 AM	Chair Yoga	Studio 1
11:30 AM	Gentle Yoga	Studio 1

FRIDAY:

8 AM	Water Exercise	Pool
8:30 AM	FOREVERWELL Combo	Studio 1
9 AM	Water Exercise	Pool
9:30 AM	FOREVERWELL Strength	Studio 1
10:30 AM	Chair Yoga	Studio 1

DROP IN PICKLEBALL HOURS

Mon, Tues, Thur, Fri:

7 AM - 10 AM

11:30 AM - 2:30 PM

Wednesday:

6 AM - 9 AM

11:30 AM - 2:30 PM

6 PM - 8:45 PM

Sat & Sun:

11 AM - 1 PM



SCHEDULES

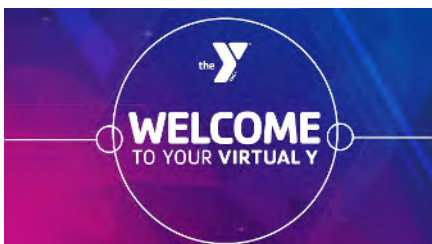
Printable schedules are
available on the YMCA App
or at YMCANORTH.ORG for
Gym, Pool and the full listing
of all Group & Water
Exercise classes!



NEW MEMBER ORIENTATIONS WITH BARB!

Join Barb or Jeannie for a new member orientation to learn how
to make the Y your own, take advantage of all we have to offer,
and ask any lingering questions that you've been hanging onto!
Sign up at the Welcome Desk or just drop in!

December 12 @ noon with Barb



EDUCATE YOUR MIND

ALL OF OUR INFORMATIONAL SEMINARS ARE OPEN TO THE PUBLIC! ALL ARE INVITED TO COME AND BRING A FRIEND. NON-MEMBERS WILL BE ASKED TO SHOW IDENTIFICATION UPON ENTERING THE YMCA.

DO YOU KNOW YOUR MEDICARE OPTIONS?

JOIN US AND THE POSSEHL AGENCY, TRUSTED EXPERTS IN MEDICARE INSURANCE OPTIONS, TO LEARN MORE ABOUT WHAT IS AVAILABLE TO YOU AND WHAT CHANGES YOU CAN EXPECT IN 2026!

WEDNESDAY, DECEMBER 3 - 3-5 PM

WEDNESDAY, DECEMBER 17 - 1-3 PM



**SALTER
LAW LLC**
MN ESTATE PLANNING FIRM

SENIOR HOME COACH

Kristi Nemec

PROTECTING WHAT YOU BUILT: DESIGNING A MODERN ESTATE PLAN

THURSDAY, DECEMBER 11TH - 10 AM

Join David Salter from Salter Law LLC. to learn about the fundamentals of creating a comprehensive, modern estate plan, and how legal documents like wills, trusts, powers of attorney, medical directives, and transfer on death deeds can be used as tools to design a personalized estate plan and bring peace of mind and security for the future. This is part of an educational series brought to us by Kristi Nemec, Senior Home Coach!

Sign up at the Welcome Desk to attend!

MOVE YOUR BODY

PILATES REFORMER DEMO

Come see what all the fuss is about! Trainer Angie K. will lead you through the low impact, high result Pilates Reformer exercises that will help you improve your core strength, balance, and more!

Sign up on the app or at the Welcome Desk beginning DECEMBER 10th!



**DEC 13TH
9:30 AM
FREE!**

STRENGTH TRAINING FOR SENIORS DEMO

Back by popular demand, this small group class focuses on strength training designed for seniors. Trainer Jess makes every second count as she helps you gain strength using resistance bands, weights, and your own body weight to maximize your workout.

Sign up on the app or the Welcome Desk beginning December 12th!



**DEC 15TH
12:00 PM
FREE!**

SOUND BATH

Sound Bath is an immersive experience designed to use sound and vibration to relax your body and mind into a meditative state, reducing stress and improving overall health and wellbeing. Bring a pillow and blanket if you like. No registration is necessary so come early to get a spot!



**EVERY
TUESDAY
12:15 PM**

FUN WITH FRIENDS

Cookie exchange

THURSDAY, DECEMBER 11

10 AM – 12 PM

Come celebrate the season with a holiday gathering and cookie exchange! Bring as many cookies as you like, pre-bagged into 6 cookie portions. Take as many cookies home with you as you brought! Add your name to the list at the Welcome Desk so we get an idea of who is coming and what recipes will be available.

We can't wait to celebrate with you!

Bring a plate of cookies to share and taste!

HOOKED ON BOOKS BOOK CLUB!

WEDNESDAY,
DECEMBER 17TH
10:30 AM

DECEMBER BOOK:

The Midnight Library by
Matt Haig



A limited number of books are available for check out at the Welcome Desk.

Contact Cheryl if you're interested or just hop into the meeting! cdswinehart@gmail.com



BOOK & PUZZLE JUMBLE!

WEDNESDAY, DECEMBER 10TH
9 AM-12PM IN THE LOBBY

Need a new book or puzzle choice for the long Winter days? Bring the books you've already read and the puzzles you've already completed and trade with others for a fresh selection!



LUNCH & LAUGH!

Join us for our monthly outing at a local restaurant! Lunch is paid for on your own but the laughter and friendship is free!

THURSDAY, DECEMBER 18TH

11:30 AM



220 Lake St. N
Forest Lake

Please put your name on the list at the Welcome Desk so we can plan ahead for attendance!



UKULELE PLAYERS & FRIENDS!

MONDAYS – 12 PM IN THE
CONFERENCE ROOM

Do you play ukulele or guitar? Want to join a jam session with other musical minded folks? This group learns new songs together, jams out to traditional favorites and even plays a few small concerts at the Y to show off their skills! All are welcome. Reach out to Gunny for more information:

jamesr.louisww@gmail.com



TAKE CARE OF YOURSELF



**American
Red Cross**

BLOOD DRIVE!

DECEMBER 18TH, 8 AM – 4:30 PM

Please call 1-800-RED-CROSS or visit
RedCrossBlood.org and enter "Forest Lake YMCA" to
schedule your appointment.



Save lives.
Give Blood.

**WEDNESDAY,
DECEMBER 10TH**

8 AM – 4 PM



Taking good care of your feet is a vital part of wellness and aging can make good care more difficult. Let The Foot Nurse help! Proper foot care can result in improved mobility, fall prevention, better circulation, early detection of health issues, infection prevention, and enhanced comfort and hygiene. Don't let this opportunity pass you by!

**The Foot Nurse is a private pay service
– call to schedule or book online at
www.thefootnurse.net.**

651-829-3944

DECEMBER SAFETY TOPIC

A CULTURE OF SAFETY

Our YMCA Core Values of Caring, Honesty Respect, Responsibility, and Equity support a strong culture of safety that guide how we treat one another every day. Here's how:

Caring – We look out for one another's well-being and act with compassion to prevent harm.

Honesty – We speak the truth, report concerns, and build trust through open communication.

Respect – We value every person's dignity, listen to concerns, and follow rules that protect everyone.

Responsibility – We take ownership of our actions, follow safety procedures, and help maintain a safe environment.

Equity – We ensure fair treatment and access for all, recognizing that everyone deserves to feel safe and supported.

Together, these values create trust, accountability, and care — the foundation of a safe and welcoming community. Thank you for supporting our core values and helping us maintain a culture of safety all year round!

ODDS & ENDS



**HIRING SHORT SHIFT
LIFEGUARDS AND SWIM
INSTRUCTORS!**



Can you swim and you'd like to work just an hour here or there? Join our Aquatics team as a lifeguard or swim instructor! Training is fully paid and we'll give you as many or as few hours as you're comfortable. Questions? Talk to Tanya.radintz@ymcanorth.org.

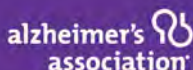
PAPER PIE BOOK FAIR! DECEMBER 3-5 IN THE LOBBY!

Help support literacy for a lifetime! Paper Pie Books (formerly Usborne Books) will be offering a 3-day sale in our lobby, offering educational and interactive books for ages 0-100. Proceeds from the sale will benefit our Kids Stuff in offering updated literacy materials for our kids and families! This is the perfect time to consider your Christmas list!



ALZHEIMER'S & DEMENTIA SUPPORT PROGRAMMING

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP



**DECEMBER GROUP DATE:
WEDNESDAY, DECEMBER 3RD
1:30PM**

**THANK YOU TO OUR FACILITATOR:
KARI FRANCOIS**

EARLY MEMORY LOSS RESPITE GROUP HAPPENING EVERY TUESDAY 12PM-4PM

To register: call 651-439-4840 or email
familymeans@familymeans.org



FamilyMeans
CAREGIVING & AGING

**"The Power of Laughter
Wednesday, December 3rd - 12 PM**

Presented by



FamilyMeans
CAREGIVING & AGING

Could you incorporate more laughter into your life? Laughter affects human physiology by reducing pain, strengthening our immune system, and decreasing stress. Learn some simple tools and laugh a little along the way. Increasing humor helps put life's trials and tribulations into perspective and allows us to take ourselves less seriously.

This event is FREE and open to the community!



Lakes Area

Want to learn more
about what programs
and resources are
available for
Alzheimer's and
dementia in our area?

**Scan the QR code
here for a direct
link to our local
ACT on
Alzheimer's Lakes
Area branch!**



SCAN ME

**CHRISTMAS EVE
DECEMBER 24
7 AM - 12 PM**

**CHRISTMAS DAY
DECEMBER 25
CLOSED**



**NEW YEARS' EVE
JANUARY 31
7 AM - 5 PM**

**SEE OUR MODIFIED GROUP
EXERCISE, POOL, AND
GYMNASIUM SCHEDULE
ONLINE OR ON YOUR APP!**

2025 YEAR IN REVIEW



Our hiking club braved snow and sunny weather to enjoy our local parks!

2025



We cared for ourselves and others, celebrating Heart Health Month and hosting quarterly blood drives!



We enjoyed the water with Bear Boating and the Taylors Falls Scenic Boat Tour!



We explored Tiny Timbers Agrihood!



We celebrated our Octogenarians with a tea party!



We celebrated Mary's retirement!



We hosted an amazing Senior Health & Wellness Fair in our gymnasium!








We Lunch & Laughed and Book and Puzzle Jumbled all year!



DECEMBER 2025 HIGHLIGHTS

LOOK FOR THE  - REQUIRES A SIGN UP!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <div>Ukulele Players & Friends 12 PM</div>	2 <div>Memory Loss Respite Group 12 PM  </div>	3 <div>"The Power of Laughter" 12 PM</div> <div>Caregiver Support Group 1:30 PM </div> <div>Medicare Q & A 3 PM - 5 PM</div>	4 <div>Book Fair - December 3-5 </div>	5	6
7	8 <div>Stitch & Bead Together 1 PM</div> <div>Ukulele Players & Friends 12 PM</div>	9 <div>Memory Loss Respite Group 12 PM  </div>	10 <div> 8 AM - 4 PM</div> <div>Book & Puzzle Jumble 9 AM - 12 PM</div>	11 <div></div> <div>Modern Estate Planning 10 AM </div>	12 <div>New Member Orientation 12 PM </div>	13 <div>Pilates  Reformer Demo 9:30 AM</div>
14 	15 <div>Strength Training for Seniors Demo 12 PM </div> <div>Ukulele Players & Friends 12 PM</div>	16 <div>Memory Loss Respite Group 12 PM  </div>	17 <div>Hooked on Books! </div> <div>Medicare Q & A 1 PM - 3 PM</div>	18 <div> Lunch & Laugh 11:30 AM  </div>	19	20
21	22 <div>Stitch & Bead Together 1 PM</div> <div>Ukulele Players & Friends 12 PM</div>	23 <div>Memory Loss Respite Group 12 PM  </div>	24 <div>Christmas Eve Branch Hours 7 AM - 12 PM</div>	25 <div></div>	26 <div></div>	27
28	29 <div>Ukulele Players & Friends 12 PM</div>	30 <div>Memory Loss Respite Group 12 PM  </div>	31 <div>New Years' Eve Branch Hours 7 AM - 5 PM</div>			