



## SAVE THE DATE



### COCOA BAR!

**A sweet for the sweet..**

**FOREVERWELL**, you are all invited to the Christmas Cocoa Bar Friday December 12 at 11:00am-12:30pm. Don't forget your favorite mug!

### BLOOD PRESSURE OUTREACH

Volunteers of America Minnesota will be doing blood pressure checks/education this month on the 1, 15, and 29 from 10:30am-12:00pm. Service is free to the community.

### BRANCH CLOSED

Harold Mezile North Community YMCA will be closed December 24 & 25. The branch will reopen Friday December 26 at 7:00am.



## CELEBRATE THE SEASON

**SPREAD PEACE, LOVE, & JOY**

THE HOLIDAY SEASON IS THAT FESTIVE TIME OF THE YEAR WHEN WE COME TOGETHER AND CELEBRATE WITH THE PEOPLE WE CARE ABOUT THE MOST. IT'S A TIME WHEN FAMILIES CREATE BEAUTIFUL MEMORIES THAT LAST A LIFETIME. MOST IMPORTANTLY, WE CELEBRATE CHRISTMAS, THE BIRTH OF JESUS CHRIST, SYMBOLIZING HOPE, PEACE, AND SALVATION. AS WE CELEBRATE THE HOLIDAY SEASON, LETS REMEMBER TO BE A BEACON OF HOPE, LOVE, AND JOY FOR OUR COMMUNITY, FAMILY, FRIENDS, THE SICK & SHUT-IN , AND THOSE WITHOUT.

**HAPPY HOLIDAYS!**

### BRANCH HOURS

Mon-Fri: 7:00am-8:00pm  
Saturday: 8:00am-2:00pm  
Sunday: CLOSED

### HAROLD MEZILE YMCA

Tanisha Randolph- FW Coordinator  
tanisha.randolph@ymcamn.com



## CHRISTMAS PARTY!

LET'S CELEBRATE THE SEASON TOGETHER

North Community Y and FOREVERWELL will be celebrating the holiday season December 19th from 11:30am-2:00pm. There will be dancing, caroling, games, beverages, and snacks. Let's have some fun with our peers as we spread peace, love and joy.

**\*Participants, please bring an appetizer or treat.**

## SMOOTHIE SHOTS

REFRESH & RECHARGE

FOREVERWELL will be making our delicious and nutritious smoothies! A perfect way to replenish after your group exercise class.

## TUESDAY

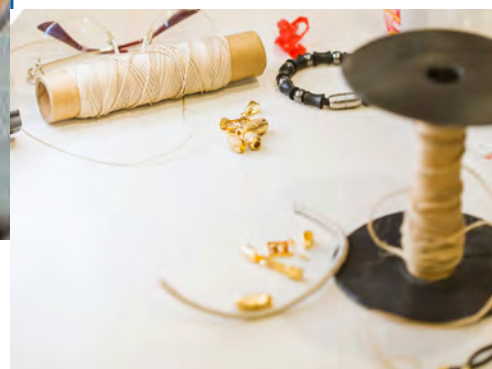
December 9th @ Noon  
"Gemini Man"



YMCA of the North | 2 | [ymcanorth.org](http://ymcanorth.org)

## ART & CRAFT

Are you looking for something fun to do inside with a group of your peers? FOREVERWELL will be offering festive art & craft activities every Thursday during the month of December. Everything will be supplied for you as well as refreshments. All are Welcome.



## BIBLE STUDY

EVERY SECOND  
TUESDAY @9:30AM



## MEDICARE Q & A

Do you have questions or concerns about medicare and the current changes? Don't miss your opportunity to talk one on one with a representative on Wednesday December 3 from 10:30am-12:00pm.

# GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Water in Motion -8:30-9:15am-Mike	
SilverSneakers Classsic-9:30-10:15am -Tanisha		SilverSneakers Classsic-9:30-10:15am -Tanisha		FOREVERWELL Group Cycle-10:00-11:00am -Eric
FOREVERWELL Combo-10:45-11:30am -Renee	Strength & Core Conditioning- 10:30-11:15am -Eric	Chair Yoga- 10:30-11:15am -Uma	FOREVERWELL Combo-10:45-11:30am -Renee	Core Conditioning-11:00-11:30am -Eric
			Pickleball- 12:00-2:00pm	



# FOREVERWELL Family Thanksgiving Luncheon 2025

