

# FOREVERWELL



DECEMBER 2025 | ANDOVER



**Tuesday Dec. 9th**

Trip to the Sidekick  
Theater!

10:00 - 4:30



Registration required.  
Details inside.



YMCA GYM

**Adult Pickleball**

M- 7:30AM - 9:45 AM

W & F 8:30AM-12:00PM

Sat. 7:00AM - 12:00PM

**Beginner Pickleball**

Tuesday 8:30AM - 12:00PM

Thursday 7:30AM - 9:45AM

**Forever Well**

**Orientation**

Dec. 15th 9:00 am



FOREVERWELL COORDINATOR  
REWA GIROUX-DUMAS

## Holiday Hours

Dec. 24th 7am-12

Dec. 25th CLOSED

Dec. 31st 7am-5pm

Jan. 1st 7am-5pm



## Andover YMCA North Metro Ukulele Club

## Holiday Concert

Wednesday Dec. 17th 11:00 am

Seating opens up at 10:30

**Open to the Public!**

Location: Andover YMCA Gymnasium

Donations appreciated \*\*see donation box at event

**Questions about the NEW Y App? find answers HERE!**

<https://www.ymcanorth.org/wellness/app>

### BRANCH HOURS

Weekdays 5am-9pm

Saturdays 7am-8pm

Sundays 7am-8pm

### ANDOVER YMCA

15200 Hanson Blvd, Andover, MN

Customer Service: 763 230-9622

Rewa Giroux-Dumas 612 465-0515

ForeverWell Coordinator

Rewa.Giroux-Dumas@ymcamn.org

**YMCA Closed Dec. 25th, 2025**



## Celebrate the Season

**“There is no winter  
without snow,  
no spring  
without sunshine,  
and no happiness  
without  
companions.”**

KOREAN PROVERB



**“Winter is the  
time for comfort,  
for good food  
and warmth,  
for the touch of  
a friendly hand  
and for a talk  
beside the fire:  
it is time  
for home.”**

EDITH SITWELL

### My contemplation on the above quotes:

Winter has arrived in all her glory. A blanket of white snow, reflecting sunlight everywhere. The dark comes early, inviting us to be still, listen and be present.

The bite of the cold that calls us to come inside. Bringing us inside to gather.

It is an honor to be a part of this YMCA community. We gather to share stories, listen, support each other in JOY and in sorrow. We intentionally gather, and in doing so, we ALL contribute the wellbeing of ourselves and to one another.

Whether it be gathering to sit and share conversation over a cup of coffee or tea, playing a game of cards, cribbage or bingo. Gathering for classes in the pool at the E-Gym or in one of the studios, we gather to support one another.

New to the YMCA? Join us, We welcome you to join our community, our family.

Come find your HOME away from HOME. – Rewa

Reach out if you have any questions.



# ANDOVER FOREVERWELL DECEMBER 2025







pg 1 of 2



	Mon	Tues.	Wed.	Thurs.	Fri.	Sat.
	<p>1</p> <p>7-9a coffee</p> <p>1200-1245 Movement &amp; balance TR</p> <p>1:00 HFT</p> <p>Art class 1-3 CR</p> <p>6-8pm Master Gardeners</p>	<p>2</p> <p>7-9a coffee</p> <p>9:30 Dimes Bingo</p> <p>11:00 Sevens</p> <p>1200 Lunch bunch</p> <p>1:30 Mahjong</p>	<p>3</p> <p>7-9 AM coffee</p> <p>9:00 - 10:30 Ukulele CR</p> <p>10:00-11:30a TR Dementia Support</p> <p>\$\$Ventriloquist 11-1 registration required</p>  <p>1200 Farkle CR 1200 Samba CR 4:30 FNO</p>	<p>4</p> <p>7-9a Cofee</p> <p>9:15 Bible study TR</p> <p>1045a Dimes Bingo</p> <p>1-4 500 cards</p>	<p>5</p> <p>7-9a Coffee</p> <p>745a WIF TR</p> <p>1 pm Cribbage</p> <p>1 pm Cards; Dimes</p>	<p>6</p> <p>7-9 coffee 1:00p HFT</p> <p>Safety Driving course 9-1 CR</p> 
7	<p>8</p> <p>7-9a Coffee</p> <p>1:00 HFT</p> <p>1200-1245 Movement &amp; balance TR</p> <p>Art class 1-3 CR</p>	<p>9</p> <p>7-9a coffee</p> <p>9:30 Dimes Bingo</p> <p>10-4 \$\$ Side Kick Theater Trip registration required</p>  <p>11:00 Sevens</p> <p>1200 Lunch bunch</p> <p>1:30 Mahjong</p>	<p>10</p> <p>7-9AM coffee</p> <p>9-10:30 Ukulele CR</p> <p>1200 Farkle</p> <p>1200 Samba</p> <p>4:30 FNO</p>	<p>11</p> <p>7-9a Cofee</p> <p>9:15 Bible study TR</p> <p>1045a Dimes Bingo</p> <p>11:30 Crosstown Landing Info session -CR</p> <p>1-4 500 cards</p>	<p>12</p> <p>7-9a Coffee</p> <p>7:45 WIF TR</p> <p>1 pm Cribbage</p> <p>1pm learn HFT</p>	<p>13</p> <p>7-9 coffee 1:00p HFT</p>

# ANDOVER FOREVERWELL DECEMBER 2025 pg 2 of 2

	Mon	Tues.	Wed.	Thurs.	Fri.	Sat.
14	15 7-9a Coffee  <b>1:00 HFT</b>  1200-1245 Movement & balance TR Art class 1-3 CR	16 7-9a coffee 9:30 Dimes Bingo <b>NO</b> Sevens  <b>Holiday Party POTLUCK</b> <b>11:00 -12:30</b>  <b>NO</b> Mahjong today	17 7-9 AM coffee 11-12 Ukulele <b>Holiday Concert - YMCA Gym</b>   10:00-11:30a TR Dementia Support 10:30 Book Club CRB 1200 Farkle 1200 Samba 4:30 FNO	18 7-9a Cofee  9:15 Bible study TR  1045a Dimes Bingo  1-4 500 Cards	19 7-9a Coffee  7:45 WIF TR  <b>10-6 Blood Drive CR</b>   1pm Cribbage 1 pm Players Choice!	20  7-9 coffee 1:00 HFT
21	22 7-9a coffee 1:00 HFT  1200-1245 Movement & balance TR  Art class 1-3 CR	23 7-9a coffee  9:30 Dimes Bingo  11:00 Sevens 12:00 lunch bunch  <b>1:30 Mahjong</b>	24 <b>YMCA OPEN 7-12</b>  7-9AM coffee  <del>9-10:30 Ukulele CR</del> <del>1200 Farkle</del> <del>1200 Samba</del> <del>4:30 FNO</del>	25  <b>YMCA Closed</b>  	26 7-9a Coffee  7:45 WIF TR  1pm Cribbage  1pm Learn HFT	27  7-9 coffee 1:00 HFT
28	29 7-9a coffee  1:00 HFT  <del>1200-1245 Movement &amp; balance TR</del> <del>Art class 1-3 CR</del>	30 7-9a coffee  9:30 Dimes Bingo  11:00 Sevens 1200 Lunch bunch  <b>1:30 Mahjong</b>	31 <b>YMCA OPEN 7-5</b>  7-9AM coffee 9-10:30 Ukulele CR  1200 Farkle 1200 Samba 4:30 FNO	1 <b>YMCA OPEN 7-5</b> 7-9a Cofee  9:15 Bible study TR  1045a Dimes Bingo  <b>1:00 500 Cards</b>	<div>           TR = teen room            CRA/B=Community center rm A or B            P= presentation            HFT Hand foot and Toe cards            CR=YMCA community room            \$ = charge for activity            WIF - Women in Faith            FNO - friends night out   <b>Forever Well Orientation Dec. 15th 9 AM</b> </div>	




**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.


**SCAN THE QR CODE TO LEARN MORE.**

Check Your Plan During Open Enrollment  
Medicare Advantage open enrollment ends December 7!

Double check with your individual health insurance provider that your specific plan will continue to include your Y membership as a 2026 benefit.

YMCA is offering Discounted Memberships for Seniors Coming SOON!

\$49 Senior Single membership

\$79 Senior Dual membership


**Juli Bakken**  
 MEDICARE ADVISOR

(763) 913-9844  
 AgentJBakken@gmail.com

Trusted Medicare Solutions  
 Putting People First

### Medicare Info Table 8-11 AM

Licensed Insurance Broker Juli Bakken will be in our lobby with a Medicare Information Table. Stop by the table with Medicare questions.

**Tue, 12/2**

**Tue 12/9**

### Safety Tip:

### What is ForeverWELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life.

Discover everlasting wellness with YMCA programs tailored for individuals ages 55+!

Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community.





Winter is HERE! Start practicing now....

### The Penguin Shuffle

**Do the Penguin Shuffle!**

Point feet slightly outward  
 Extend arms to the side  
 Adjust your pace  
 Watch your step




 Safety is everyone's responsibility – prevent falls

Sponsored by the Minnesota Department of Administration – Risk Management Division

# CROSSTOWN LANDING Info Session Thursday Dec. 11th 11:30 – 12:30

**\*\*Appetizer samples for those who  
bring a \$ donation :)**



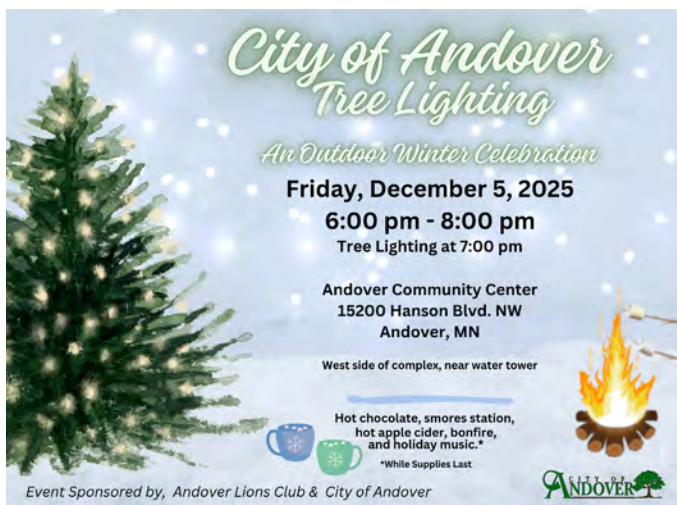
**Join Us Thursday, December 11<sup>th</sup> @ 11:30am  
Andover YMCA Foreverwell Senior Center**

## **First Annual Donation Event**

for Senior Citizens & Disabled Adults

*in partnership with*

**The Angel Program - Granny's Closet**



**Andover YMCA North  
Metro Ukulele Club**  
will be performing at  
this event!

## **ANDOVER YMCA**

**Friday, Dec. 5, 2025**

**3:00pm – 6:00pm**

- Pictures with Santa!
- Hot Chocolate
- FREE and open to the community!
- City of Andover Tree Lighting to follow 6pm-8pm

**MORE INFORMATION? VOLUNTEER? CONTACT:**  
[craig.grimes@ymcamn.org](mailto:craig.grimes@ymcamn.org)

12-001



**Andover YMCA FOREVERWELL**  
**Paid Programming Events !**



## **Lunch & Laugh Holiday Musical**

**Ventriloquist Show with Rev. Kevin Doely**

**Location: ForeverWell Room**

**Wednesday Dec. 3rd 11:00 -12:30**

**Lunch starts at 11:00**  
**Show at 11:30**

**Members \$20**

**Guests \$25**

**Register at Front desk**



**Tuesday Dec. 9th**

**Trip to the Sidekick Theater!**

**10:00 – 4:30**

**Trip includes:**

**Bus, lunch and show!**

**Bus leaves at 10:15**

**Returns 4:30**



**Members \$95**

**Guests \$105**

**Register at Front desk**



A wonderfully fresh look at the story of Ebenezer Scrooge and the ghostly visits he receives one Christmas Eve, this new musical rendition of the beloved Christmas tale is sure to provide a memorable experience for audiences of all ages. Narrated and accompanied by Brian Pierce as Jacob Marley and featuring some of the most talented performers and musicians in the Twin Cities, this magical production blends music, storytelling, humor, and a joyous holiday spirit.

## BIBLE STUDY W/MARY THURSDAYS AT 9:15AM TEEN ROOM

All are welcome to this thoughtful and welcoming discussion.



## FRIENDS NIGHT OUT WEDNESDAYS AT 4:30PM

Come to the YMCA ForeverWell Senior Center for a low-key evening out with friends. Bring your own meal and beverage and enjoy some good company.

## WOMEN IN FAITH – TEEN ROOM

FRIDAYS AT 7:45 – 9:00 AM

Come to sit and share. Hosted by Bonnie

## Lunch Bunch \*bring your lunch and visit Tuesdays at 12:00

\* When presentations are scheduled, Stay and Enjoy!

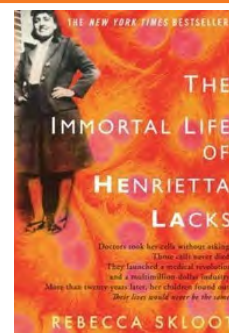
## YMCA BOOK CLUB w/ PAM – \*\*\*Community RM B

This month at 10:30AM –\*\*\* Dec. 17th

Dec. Book title: The Immortal Life of Henrietta Lacks  
by Rebecca Skloot

Come and share in the discussions! Everyone is WELCOME :)

Reach out to Pam with any questions: [pamequinox41@yahoo.com](mailto:pamequinox41@yahoo.com)



## ANDOVER YMCA NORTH METRO UKULELE CLUB

WEDNESDAYS 9:00 – 10:30AM

When was the last time you did something for the first time? Come see if the Ukulele is in your future! You will enjoy playing along with this amazing group! All are welcome, beginner to advanced. No pressure, just fun times :)

## Chair movement & balance with Rewa

Mondays Teen room 12:00-12:45

This class is a great supplement to your regular fitness schedule. We will explore functional balance based movement, yoga and mindfulness. The exercises learned here will improve strength, body awareness and connection, range of motion, bone health and balance.

NO Class: Dec. 29th



## HAPPY HOUR 3<sup>RD</sup> THURSDAY OF THE MONTH (12/18) AT 4:30PM

**BEEF O' BRADY'S**  
GOOD FOOD, GOOD SPORTS

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.

Address: 15190 Bluebird St. NW Andover, MN 55304



# ANDOVER YMCA FOREVERWELL

## DEMENTIA CAREGIVER SUPPORT GROUP

1ST & 3RD WEDNESDAY OF THE MONTH  
10:00 – 11:30AM

MEET IN THE TEEN ROOM COMMUNITY CENTER

The purpose: to provide caregivers with updated information, emotional support, and problem-solving tools related to the challenges of giving care to those living with Alzheimer's disease.

Contact is [kathy.besst@lifesparks1.com](mailto:kathy.besst@lifesparks1.com)



Take the AARP Smart Driver™ course and you may save money on your car insurance!\* Drive smart. Save smart. • Refresh your driving skills and know the new rules of the road. • Learn research-based driving strategies to help you stay safe behind the wheel. • Discover proven driving methods to help keep you and your loved ones safe on the road.

**Saturday Dec. 6th 9AM – 1PM**

Contact: Doug Haerten  
218 398-2585

**Tues. Jan. 20th 9AM – 1PM**

Contact: Dick Holden  
763 772-5827

CLASSROOM COURSE    **\$20 for AARP members | \$25 for non-members**  
Checks & Cash only day of    No Credit Cards    Pay at the class.



**Friday December 19th 11:00AM – 6:00PM**

**YMCA community room**

RedCrossBlood.org and enter: **YMCA Andover** to schedule appt.

## MyArtEscape

### Donation Based Art Classes!

**Select Mondays 1:00 – 3:00 PM**

**Instructor: Christa  
YMCA Community Room**

**Explore    Learn    Have FUN**

**Create    Grow**

**Mixed media: acrylic and glass.**

## **December Projects are Holiday Themed**

Christa has a BFA from St Cloud State University and dearly loves guiding folks on there own creative journey. She will host a variety of projects this year! Some will be painting and most will be mixed media. She likes to use a variety of of materials: acrylic paint, glass, buttons, beads, old jewelry and more!



**How can you boost  
your brain health?**  
**This is where we can help.**



**BRAIN HEALTH**

Sponsored by  
**AARP**

**Please sign up in  
FOREVERWELL Room**

### **Six Pillars of Brain Health**

It's never too late to focus on your brain health. In this interactive session, we'll explore the six pillars of brain health, activities that support brain health, and hopefully, be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will share information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

#### **We'll explore:**

- Tips for staying socially engaged
- Ways you can continue learning
- Resources to help manage stress
- Staying healthy and fit
- Improving your sleep
- How you can enjoy a brain-healthy diet

**Everyone  
WELCOME!**

**Thursday  
Jan. 29th  
11:00 – 12:00**

**YMCA  
Community Room**

#### **ABOUT AARP MINNESOTA**

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

#### **FIND US ON**



# FOREVERWELL GROUP EXERCISE CLASSES

Here are some classes that we would like to highlight for our ForeverWell members. All classes are FREE with your YMCA membership.

[COMPLETE group exercise schedule is available online and subject to change.](#)

## **MONDAY**

<b><u>Class</u></b>	<b><u>Location</u></b>
8:00am Water Ex	Lap pool
9:15am Studio Combo	Studio 2
11:00am Silver Sneakers Classic	Studio 3
5:15pm Auqua Zumba	Lap Pool
6:00pm Oula	Studio 2
6:30 pm Yoga	Mindbody

## **TUESDAY**

<b><u>Class</u></b>	<b><u>Location</u></b>
7:00am Auqua Zumba	Pool
9:00am Water Ex	Lap Pool
9:30am Shine Dance Fitness	Studio
9:30am Chair Yoga	Studio 1
11:00am ForeverWell Strength	Studio 3
12:00pm Restorative Yoga	Mindbody Studio

## **WEDNESDAY**

<b><u>Class</u></b>	<b><u>Location</u></b>
9:00am Water Ex	Lap Pool
9:30am Yoga	Mindbody
9:45 am ForeverWell Yoga	Mindbody
10:45 am Tai Chi	Mindbody
11:00am ForeverWell Stretch	Studio 3
11:00am Zumba	Studio 2
5:00pm Yoga Flow	Mindbody

## **THURSDAY**

<b><u>Class</u></b>	<b><u>Location</u></b>
7:00am Aqua Zumba	Lap Pool
8:30am Mat Pilates	Mindbody
9:00am Water Ex	Lap Pool
9:30am SHINE fitness	Studio 2
9:45am Chair Yoga	Studio 1
10:45am Gentle Yoga	Mindbody
11:00am Silver Sneakers Circuit	Studio 3
12:00pm Restorative Yoga	Mindbody

## **FRIDAY**

<b><u>Class</u></b>	<b><u>Location</u></b>
8:30am Studio Combo	Studio 2
9:00am Water Ex	Lap Pool
9:30am Yoga	Mindbody
10:45am Restorative Yoga	Mindbody
11:00am Silver Sneaker Classic	Studio 3
12:00pm ForeverWell Cardio Dance	Studio 2
4:45pm Yoga	Mindbody
6:00pm Oula	Studio 2

## **SATURDAY**

<b><u>Class</u></b>	<b><u>Location</u></b>
9:30am Cardio Dance	Studio 2

## **SUNDAY**

<b><u>Class</u></b>	<b><u>Location</u></b>
9:00am Uplift	Studio 2
10:00am Shine Dance Fitness	Studio 2
10:45am Yoga	Mindbody
4:00 pm Salsa Splash	Pool NEW
6:00pm Sound Bath	Mind body

## **JOIN THE YMCA!**

### **INQUIRE ABOUT YOUR INSURANCE**

#### **BENEFITS**

Our YMCA of the North offers memberships to those who have SilverSneakers, One Pass, Renew Active, and Silver & Fit.

Stop in with your photo ID and insurance card to sign up today. Share with your friends!

## **EXERCISE WITH THE YMCA**

### **FROM HOME**

Live and recorded classes are available through our website at

If you would like assistance activating your account, contact Customer Service at 612-230-9622

## **NEW! All member can enjoy Sound Baths**

**Every Sunday 6:00 – 6:45 pm  
in Mind body Room**



## **Line dancing w/ Ginger! These Wednesdays @ 1200**

**Studio 3**

**Dec. 10th**



# IT'S ALL FUN & GAMES! ANDOVER FOREVERWELL

## HANDS, FOOT & TOE CARDS

MONDAYS 1:00 PM

SATURDAYS 1PM \*

Want to LEARN how to play  
HAND FOOT & TOE ?  
2nd and 4th Fridays  
1:00 pm



## FARKLE!



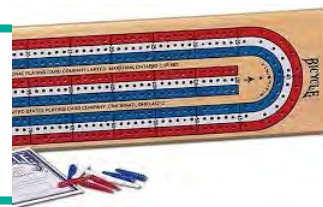
FUN & EASY DICE GAME  
WEDNESDAYS AT 12PM

## SEVENS

FUN & EASY CARD GAME  
TUESDAYS 11AM-12PM

## CRIBBAGE

FRIDAYS 1PM



## MAHJONGG

TUESDAYS 1:30PM

\* MUST KNOW HOW TO PLAY



## SAMBA CARD GAME

WEDNESDAYS 12:00-4:00

\* Open to new players!

Come and learn!

## DIME BINGO

TUESDAYS AT 9:30AM  
THURSDAYS AT 10:45AM



## DIMES CARD GAME

1ST FRIDAY 1:00 PM

## PLAYERS CHOICE

3RD FRIDAY 1:00

## YMCA 500

1ST, 2ND AND 4TH THURSDAYS 1-4PM

Please show up early so we can figure out seating and start on time

DON'T SEE WHAT YOU'RE LOOKING FOR? DO YOU HAVE IDEAS FOR A NEW ACTIVITY?  
REACH OUT AND WE'LL WORK TO GET IT STARTED!

CONTACT REWA, FOREVERWELL COORDINATOR

[REWA.GIROUX-DUMAS@YMCAMN.ORG](mailto:REWA.GIROUX-DUMAS@YMCAMN.ORG)





# Andover YMCA North Metro Ukulele Club

## Holiday Concert

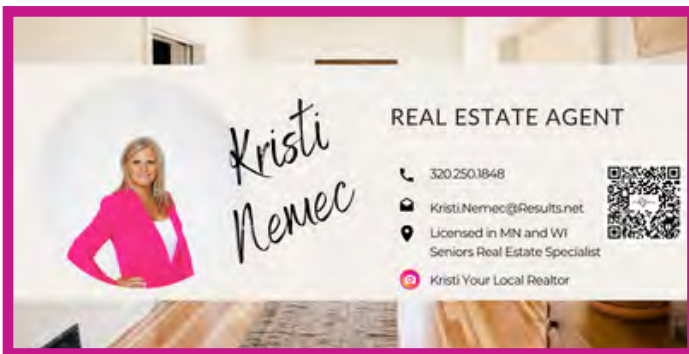
Wednesday Dec. 17th 11:00 am

Seating opens up at 10:30

**Open to the Public!**

Location: Andover YMCA Gymnasium

Donations appreciated \*\*see donation box at event



**Josh Bremseth**

Senior Care Advisor



Looking to move into Senior Living Community?

Join Josh Bremseth, Senior care advisor, as he presents:

## **What to look for when you are touring Senior Living Communities.**

**Tuesday Tuesday Jan. 13th 12:15 – 1:15**

**Location: YMCA Community Room**





# January 5-12, 2026

## Drop donations off in the FOREVERWELL ROOM

The need is greater than ever before. On any given night, more than 6,000 youth in MN will experience homelessness. So far in 2025, we are seeing a 47% increase in youth utilizing our services. We cannot do it alone, but we are confident that TOGETHER WE CAN LIGHT THE WAY!

### TOP NEEDS LIST

GAS GIFT CARDS, CASH, AND BOTTLED WATER ARE ALWAYS NEEDED!

 YAKISOBA & CHOW MEIN NOODLE BOWLS	 SPAGHETTI & CHEF BOYARDEE	 CHICKEN & TUNA CAN & PACKETS	 RICE, PASTA, POTATO SIDES	 BOXED NOODLES & PASTA SAUCE	 CEREAL BOXES & CUPS	 FRUIT CANS, CUPS, & APPLE SAUCE
 HAND, FEET, & BODY WARMERS	 WINTER GEAR: COATS, SNOWPANTS, BOOTS	 <b>NEW</b> WHITE T-SHIRTS (ALL SIZES)	 <b>NEW</b> UNDERWEAR (ALL SIZES & GENDERS)	 DIAPER'S SIZE 4, 5, 6, PULL UPS & WIPES	 <b>NEW</b> PILLOWS	



## HAND FOOT & TOE CARD TOURNAMENT 2026 DATES



Our Awesome leaders! Gwen Connie & Lori

**Feb. 9th**

**May 11th**

**Sept. 14th**

**Nov. 9th**