



FOREVERWELL

DECEMBER 2025 | EAGAN

**HAPPY
DECEMBER
2025!**



**JUST A REMINDER
THAT ALL YMCA'S
WILL BE CLOSED IN
OBSERVANCE OF
CHRISTMAS ON
THURSDAY,
DECEMBER 25TH.
AND THE YMCA WILL
BE OPEN FROM
7AM-12PM OF
DECEMBER 24TH FOR
CHRISTMAS EVE!**



**PLEASE COME JOIN US
ON THE LAST FRIDAY OF
EVERY MONTH AS WE
CELEBRATE MONTHLY
BIRTHDAYS BY HAVING
A POT LUCK AND BINGO
AFTERWARDS!!!**

**POT LUCK WILL START
AT A NEW TIME OF
11:30AM AND THEN
BINGO AT 12PM IN THE
MULTIPURPOSE ROOM!**

BRANCH HOURS

Weekdays: 5am - 9pm
Saturday: 7am - 5pm
Sunday 7am - 5pm

EAGAN YMCA

Coordinator: Tommy Smith
651-319-8020
tommy.smith@ymcamn.org





COFFEE TIME

DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

GAME GROUPS

DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

FREE MOVIE MATINEE!

MONDAY, NOVEMBER 10TH @ 10AM |

LOCATION: MPR

Join us for a showing of the film Elf!

It stars Will Ferrell as Buddy the Elf, a human raised by Santa's elves, who learns about his origins and heads to New York City to meet his biological father

NOTE: Time has changed for movie matinee to 10AM. Also this will be the last Movie day due to very low participation.



BOOK CLUB

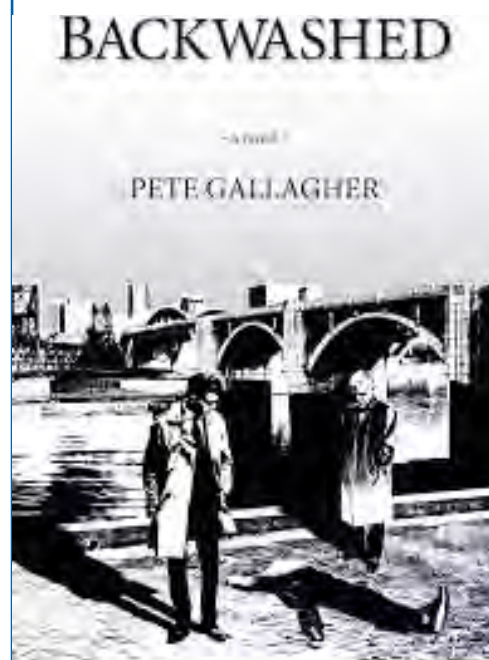
Book Club for October. Our amazing Julie Michelson will be leading the book club!! Come join! Book Club meets at 10:30AM.

Julie.Michelson@ymcamn.org

UPCOMING BOOKS

December 31st @ 10:30AM.

-Backwashed by Pete Gallagher



FOREVERWELL GROUP EXERCISE CLASSES

Monday			
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B
9:00am - 9:45am <u>NEW CLASS!</u>	Water Exercise	Kassie	Pool
1:30pm - 2:15pm	SilverSneakers Classice	Julie	Studio A
6:00pm - 6:45pm	Water Exercise	Rotational	Pool
Tuesday			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:00am-8:45am (8/26)	Shallow Water Exercise	Gayle	Pool
9:00am-9:45am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Water Tabata	Gayle	Pool
Wednesday			
9:00am-9:45am	Water Exercise	Susan	Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
5:00pm-5:45pm	Arthritis Water Exercise	Mara	Leisure Pool
Thursday			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
9:00am-9:45am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Shallow Water Exercise	Mary F.	Pool
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A
7:15pm-8:00pm	Water Exercise	Kristi	Pool
Friday			
9:00am-9:45am	Water Exercise	Ginny	Pool
10:00am-10:45am	Arthritis Water Exercise	Mara	Leisure Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
1:00pm-1:55pm	Line Dancing (beginner)	Deena	Studio A
2:00pm-3:00pm	Line Dancing (inter/adv)	Deena	Studio A
Saturday			
8:00am-8:45am	Salsa Splash	Mary	Pool



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 COFFEE HOUR 9:30 AM	3 GAME TIME 10 AM COFFEE HOUR	4 COFFEE HOUR 9:30 AM	5	6
7	8	9 COFFEE HOUR 9:30 AM	10 GAME TIME 10 AM COFFEE HOUR	11 COFFEE HOUR 9:30 AM	12	13
14	15 MOVIE MATINEE 10 AM	16 COFFEE HOUR 9:30 AM	17 GAME TIME 10 AM COFFEE HOUR	18 COFFEE HOUR 9:30 AM	19 POT LUCK W/ BINGO!! 11:30 AM	20
21	22	23 COFFEE HOUR 9:30 AM	24 GAME TIME 10 AM COFFEE HOUR	25 CHRISTMAS DAY!! YMCA'S ARE CLOSED	26	27
28	29	30 COFFEE HOUR 9:30 AM	31 Book Club 10:30 AM YMCA IS OPEN 7AM - 5PM	1 COFFEE HOUR 9:30 AM YMCA IS OPEN 7AM - 5PM		

Christmas

I	K	M	M	D	N	O	D	G	Y	M	A	S	B
J	O	S	A	A	C	L	E	I	T	A	E	N	H
A	C	A	A	E	T	N	D	M	I	N	Y	O	D
C	T	M	E	R	S	M	C	A	V	E	N	W	E
K	F	T	F	B	S	E	O	N	I	G	S	F	C
F	R	S	A	R	E	R	C	G	T	I	A	L	O
R	I	I	M	E	N	R	R	E	A	F	N	A	R
O	E	R	I	G	A	Y	A	R	N	T	T	K	A
S	N	H	L	N	C	C	C	Y	E	S	A	E	T
T	D	C	Y	I	Y	S	K	A	I	N	C	Y	I
E	S	R	N	G	D	E	E	A	A	C	L	G	O
R	G	G	K	O	N	T	R	E	E	L	A	N	N
F	J	E	N	I	A	S	S	S	O	O	U	L	S
A	N	G	E	L	C	F	M	J	N	A	S	A	I

CANDY CANES
 TREE
 JOLLY
 JACK FROST
 GINGERBREAD
 SNOWFLAKE
 CRACKERS
 MANGER
 CHRISTMAS
 MERRY
 FRIENDS
 DECORATIONS
 NATIVITY
 SANTA CLAUS
 GIFTS
 FAMILY
 ANGEL

Play this puzzle online at : <https://thewordsearch.com/puzzle/124/>

