



FOREVERWELL

DECEMBER 2025 / EMMA B. HOWE YMCA / 763-785-7882

NEED TO KNOW:

WHAT IS FOREVERWELL-

Discover everlasting wellness with YMCA programs tailored for individuals ages 55 and above! Experience invigorating group exercises classes, rejuvenating aquatic exercises, and engaging social events.

REMINDERS

- No cell phone use in locker room
- Lock up valuables
- No towel service
- Guest passes available check with membership

ForeverWell Coordinator
Kim Gemlo-Bush
763-717-1811
Kim.gemlo-bush@ymcamn.org

GET CONNECTED TO THE YMCA

If you are new or a returning member that need to get information on all the YMCA's programming. List below are ways to get connected, which are free and included with your membership.

FOREVERWELL MEMBER ORIENTATION

These are for new or returning members that want to get information on programming for the active older adult at the branch. Orientations are held on Tuesday 9am-10am & Friday 11am-12pm. Must register to attend the orientation by contact Kim at 763-717-1811.

FITNESS ASSESSMENT

A one on one 60-minute session with a certified personal trainer who will conduct an assessment identifying areas of strength and weakness. Resulting in a custom path to help you achieve your wellbeing goals. Register at membership desk. Contact Tiffany with questions at 763-445-3644.

NUTRITION ASSESSMENT

Meet virtually or in-person with one of our certified nutrition specialist to explore your goals and potential next steps to better nourishment. Register at membership or on website.

WELLBEING ASSESSMENT

Meet virtually or in-person with one of our board-certified health coach to explore your key health and wellbeing concerns or goals. Register at membership or on website.

BRANCH HOURS

MONDAY-FRIDAY: 5AM-9PM
SATURDAY: 7AM-5PM
SUNDAY: 7AM-5PM

CHRISTMAS EVE HOURS:

7am-12pm

CHRISTMAS DAY CLOSED

EMMA B. HOWE YMCA

8950 Springbrook Dr. NW
Coon Rapids, MN 55433
www.emmabhoweymcanorth.org

FOREVERWELL CLUBS-NO REGISTRATION REQUIRED

- **Card Club**-Meet every Tuesday at 10:30am-12pm in Senior Lounge.
- **Coloring Club**-Meet every Tuesday at 1pm-3pm in Senior Lounge.
- **Indoor Walking Club**-Meet on Wednesdays at 11:45am-12:15pm at YMCA Track by fitness studio doors. We will be playing walking poker for fun prizes.
- **Mahjong Club**-Meet every Wednesday at 1:30pm-3:30pm in Senior Lounge. We will play the Hong Kong Style Mahjong.
- **Dominos Club**-Meet on the 1st & 3rd Monday at 1pm-3pm in the Senior Lounge. We will be playing Mexican Train Style Dominos.
- **Book Club**-We will be meeting on December 4th at 12:45pm-1:45pm in Senior Lounge. Come join us to discuss *The Whispers* by Ashley Audrain.
- **Knit & Crochet Club**-Meet every Friday at 10:30am-12:00pm in Senior Lounge.

VIRTUAL EXPERIENCE SCHEDULE

To join any of these virtual experiences register at www.ymcanorth.org/activity_finder. Social from the comfort of your home. Classes use Zoom format.

Monday

- **Coffee Talk**-Meet new people and reconnect with friends during this virtual experience. Meet every Monday at 9:00am-10:00am.

Thursday

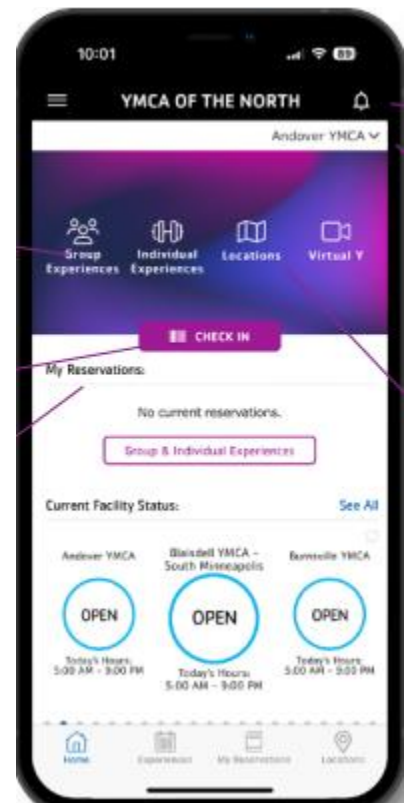
- **Bible Study**-For all people of faith. An opportunity to reflect on what the text might mean for you. Meet every Thursday at 10:30am-11:30am.

Friday

- **Happy Hour Group**-Join us with your beverage of choice to chat about a variety of topics. Meet every Friday at 4:00pm-5:00pm.

NEW YMCA APP

The YMCA App can get you registered for classes, track workouts and see schedules. Scan the QR code or go to app store and search *YMCA of the North* to download it.



Apple & Android QR



FOREVERWELL ACTIVITIES-REGISTRATION MAYBE REQUIRED

SOCIAL COFFEE TIME

Meet every Tuesday & Wednesday & Thursday at 8:30am in Senior Lounge.
Come, socialize, and drink coffee with other ForeverWell adults.

PICKLEBALL

M/W/F at 8:00am-12:00pm & T/Th at 12:00pm-3:30pm & Sa/Sun at 7am-9am

Beginner pickleball is on one of the courts on M/W/F at 8am-9am (New Time) or T/Th 12pm-1pm. Beginner pickleball is managed by member volunteers ask for Scott, Sonny or Dean. Intermediate and Advanced level players come on M/W/F at 8am-12pm & T/Th at 12:00pm-3:30pm. **VOLUNTEERS NEEDED** to help remove the pickleball tape in the gym on October 6th-12th. Contact Kim if you would like to volunteer at 763-717-1811.

PRAYER MEETING

Every Monday at 9:15am-9:45am in Senior Lounge

The YMCA of the North, Christian Mission Network, would love to pray with you. Please join us for a weekly prayer meeting on Mondays. All are welcome. A prayer request box is in the lobby. Prayer meeting led by Velma Harris. Any question contact noah.gulley@ymcanorth.org.

BLANK SLATE GAME

Wednesday, December 3rd at 12:45pm-1:15pm in Senior Lounge.

Join us for this clever board game and try to predict what others are thinking. Winner gets a prize.

MEDICARE QUESTIONS

Wednesday, December 3rd at 9:00am-11:00am in Hallway

A representative will have a table in the hallway for you to ask questions about Medicare. What it all may mean for you or for your family members. Learn more about the A, B, C, and Ds of Medicare.

COMMUNITY NOTARY EVENT

Monday, December 8th at 9:30am-11:00am in Meeting Room

Do you need something notarized? We are pleased to announce that Stephanie Eagle will be hosting a community notary event. Bring any documents you need signed or notarized by a licensed professional. Also as a licensed real estate agent, Stephanie will also be available to answer your real estate questions-whether you are buying, selling or simply curious about the market. It is a great opportunity to take care of paperwork and get trusted local guidance all in one place.

KNIT & CROCHET CRAFT SALE

Tuesday, December 9th at 9am-12pm in Community Room

Do you need a gift for someone special? Then come check out the items made by the Crochet & Knit club members. All proceeds will go to the YMCA Annual Giving Campaign.

LUNCH OUTING

Thursday, December 11th at 12:30pm

We will be meeting at Jellybean & Julia's BBQ 2501 Coon Rapids Blvd. NW in Coon Rapids. Must have own transportation and meal is on your dime. Register with Kim by Dec. 9th.

CARD MAKING CLASS

Tuesday, December 16th at 1pm-3pm in Community Room

Join other ForeverWell members for an afternoon of creating your very own small crafts. Supplies are provided. Space is limited. Register with Kim by Dec. 12th.

FOREVERWELL HOLIDAY POTLUCK

Wednesday, December 17th at 12:00pm-1:00pm in Community Room

Come join other seniors for a potluck. A time to eat and socialize with friends. Registration is required by Dec. 16th. Let Kim know what food item you will be bringing. Coffee provided.

FOREVERWELL BINGO

Thursday, December 18th at 1:30pm-2:30pm in Community Room

Come join other ForeverWell members playing bingo. You could win some fun prizes. Bring a non-perishable item/canned goods to help us stock the local food shelf. Register with Kim by Dec. 16th.

AARP SMART DRIVER CLASS

Friday, December 19th at 9am-1pm in Community Room

Do you need to take the course on defense driving class? This course is for anyone that needs a refresher course and first timer. Register with Kim at 763-717-1811. Cost: \$20.00 for AARP members & \$25.00 for Non AARP members. Payment needs to be a check made out to AARP. No cash! Bring your AARP card to class. Register with Kim by Dec. 17th.

Space is limited.

VOLUNTEER AT KIDS IN NEED FOUNDATION

Monday, December 22nd at 1:30pm-3:30pm

You may be participating in activities ranging from organizing school supplies to packing backpacks. Own transportation to new location 200 South Owasso Blvd. E in Little Canada. Register w/ Kim by Dec. 19th.

VOLUNTEER AT FEED MY STARVING CHILDREN

Tuesday, December 30th at 12pm-1:45pm (NEW TIME)

Bring your family and grandchildren to volunteer! FMSC is a nonprofit organization that feeds starving children in body and spirit. Own transportation to 401-93rd Ave. in Coon Rapids. Register with Kim by Dec. 26th.

RED CROSS BLOOD DRIVE

Wednesday, December 31st at 9am-3pm in Community Room

The YMCA will be hosting a blood drive. Contact Kim for further questions. Register on line at <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=YMCA%20Coon%20Rapids>.

ACTIVE OLDER ADULT GROUP EXERCISE CLASSES

Monday	Class	Location	Instructor
6:45am-7:30am	FW Cycle	FA	Chuck H
8:15am-9:00am	Water Tabata	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Karri S
9:15am-10:00am	FW Water X	Pool	Angie O
10:20am-11:20am	Zumba Gold®	MP	Elaine F
10:45am-11:30am	SS Yoga	FS	Kim GB
12:00pm-1:00pm	SS Classic	FS	Kim GB
5:30pm-6:30pm	Gentle Yoga	MP	Leah
<u>Tuesday</u>			
8:15am-9:00am	FW Combo	FS	Stephanie E
9:30am-10:15am	SS Circuit	MP	Stephanie E
10:00am-11:00am	FW Cycle	FA	Tiffany K
10:30am-11:30am	Gentle Yoga	MP	Dale K
11:00am-11:45pm	Water Exercise	Pool	Julia
11:45am-12:45pm	Tai Chi for Health	MP	Dale K
<u>Wednesday</u>			
8:15am-9:00am	Water Tabata	Pool	Stephanie E
8:30am-9:15am	FW Combo	FS	Velma
9:15am-10:00am	Water X	Pool	Kim GB
9:30am-10:15am	SS Circuit	MP	Chandra
10:30am-11:15am	FW Stretch	MP	Lumiko O
5:30pm-6:30pm	Gentle Yoga	MP	Dale
<u>Thursday</u>			
6:45am-7:30am	FW Cycle	FA	Chuck H
9:30am-10:15am	SS Circuit	MP	Kim GB
10:00am-11:00am	FW Cycle	FA	Tiffany K
11:00am-11:45am	Arthritis Water X	Pool	Julia
11:45am-12:30am	SS Yoga	FS	Kim GB
<u>Friday</u>			
8:15am-9:00am	Water Exercise	Pool	Rachel L
9:00am-10:00am	FW Combo	FS	Velma
9:15am-10:00am	FW Water X	Pool	Angie O
9:30am-10:15am	SS Classic	MP	Kim GB
10:30am-11:15am	FW Stretch	MP	Lumiko O
11:30am-12:30pm	Tai Chi 1	MP	Lumiko O
1:00pm-2:00pm	Line Dance	FS	Kim GB
<u>Saturday</u>			
8:00am-8:45am	Aqua Zumba®	Pool	Darcy F
10:20am-11:20am	Intermediate Line Dance	MP	Kayla M

MP=Multipurpose Studio (1st floor)
SS=SilverSneakers™

FS=Fitness Studio (2nd floor)
FW=ForeverWell

FA=Fitness Alcove (2nd floor)

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.

PARNTERS4PAIN RESEARCH STUDY

Back or neck pain? Join a study! The Partners4Pain Research study is testing two pain education programs to help people cope with their back or neck pain. Their goal is to partner with diverse communities to create safe, effective and accessible pain programs for all. Free to participate and compensation is provided. Visit at Partners4pain.org or 612-626-6477 to learn more! Now enrolling for January programs on Zoom!

CHRISTIAN MISSION NETWORK

"It is an exciting time here at the Y as our Christian Mission Network comes to fruition, reimagining what it means to put Christian principles into practice through programs. Join our quarterly newsletter list to receive the latest programmatic updates, events invitations, volunteer opportunities and stories of lives changed. Subscribe here

You can also learn more about our John 17:21 program on our web page [Christian Mission Network | YMCA of the North](https://ChristianMissionNetwork|YMCAoftheNorth). Reach out to Noah directly if you have further question at Noah.Gulley@ymcamn.org.

DECEMBER SAFETY TOPIC- YMCA CORE VALUES SUPPORT A CULTURE OF SAFETY

As we celebrate winter holidays and reflect on the year as it comes to a close, we take a moment to remember how our YMCA of the North Core Values help us build strong relationships that keep us safer together:

A CULTURE OF SAFETY HELPS US AVOID INCIDENTS AND INJURIES:
AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE!



CARING

- To be sensitive to the needs of others and go the extra mile.
- To show we care by keeping ourselves and others safe.



EQUITY

- To ensure that everyone has equal access to opportunities free from bias or favoritism.
- To understand that safety may look different for each of us, depending on ability and access.



HONESTY

- To tell the truth, have integrity, and build trust.
- To be honest with ourselves and others regarding our needs and limitations; to trust and be trustworthy.



RESPECT

- To value the worth of others, their property, and our shared spaces.
- To allow every person dignity and to share what safety might look like for them.



RESPONSIBILITY

- To do what is right and be accountable for behavior and obligations.
- To help eliminate a hazard, even if you didn't help create it.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY