



FOREVERWELL

DECEMBER | MAPLEWOOD

SAVE THE DATE

BOOK CLUB

3RD

2PM-3PM

BINGO

11TH

2PM-4PM

MOVIE DAY

16TH

2PM-4PM

DEMENTIA LIVE

15TH

STUDIO C

2:15PM

**INCLUSIVE
SPORTS DAY**

6TH

9AM-3PM

LUNCHEON

8TH

2PM-3PM

ITS THE HOLIDAY SEASON REDUCED HOURS

HOLIDAYS

We will be closed or have reduced hours multiple times this month. Read Page 2 for more dates and hours.

BRANCH HOURS

Monday-Friday:

6am-8pm

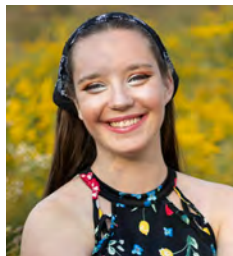
Saturdays and

Sundays:

7am-5pm

Front Desk:

651-747-0922



MAPLEWOOD

2100 White Bear Ave.

Maplewood, MN 55109

Contact: Ketzie Leake

Ketzie.Leake@ymcamn.org

Phone:

612-268-0067

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

REDUCED HOURS/CLOSURES

CHRISTMAS EVE, CHRISTMAS DAY, NEW YEARS EVE AND NEW YEARS DAY

For Christmas eve and New Years eve, We will have reduced hours. The reduced hours will be for Christmas Eve from 7am-12pm, and for New Years Eve from 7am-5pm.

DEMENTIA LIVE®

DECEMBER 15TH

We're excited to present an educational event focused on Aging in Place on December 15th from 2:15pm-3:15pm, Dementia Live® offers a unique inside-out understanding of dementia, as well as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

INCLUSIVE SPORT AND GAMES DAY

DECEMBER 6TH

This is a welcoming event created for individuals with intellectual and developmental disabilities and the surrounding community. The day is all about health, wellness, and connection with activities for everyone to enjoy. No entry fee, everything in the event is free and open to the public. Events are running from 9am-3pm. There is going to be carnival games, dancing, food buffet, and information about wellness, hygiene, nutrition, and vision screenings. This event is meant for all, if you would like to volunteer, please contact Dr. Kara Hirdiman.

ASHLAND PRODUCTIONS

THE SOUND OF MUSIC- DECEMBER 4TH

On December 4th, Ashland Productions, our theater located here in our building, will be showing "The Sound of Music." You will be able to sign up with the Front Desk. There are only 150 seats available for the preview showing we get to see the night before opening night.

The inspirational story, based on the memoir of Maria Augusta Trapp, follows an ebullient postulate who serves as governess to the 7 children of the imperious Captain von Trapp, bringing music and joy to the household. But as the forces of Nazism take hold of Austria, Maria and the entire von Trapp family must make a moral decision.

Featuring a trove of cherished songs, including "Climb Ev'ry Mountain," "My Favorite Things," "Do-Re-Mi," "Sixteen Going on Seventeen" and the title number, "The Sound of Music" won the hearts of audiences worldwide, earning five Tony Awards and five Oscars.

If you can't come to the preview night they do offer a "Pay-What-You-Can" or Industry Night. This night is December 15th. On Industry Night/"Pay-What-You-Can" you can pre-purchase a regular priced ticket in advance or at the door cash any amount you can afford for all remaining tickets for that evening's performance.

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BOOK CLUB

The First Wednesday of the month we get together and discuss the book we picked last month. If you are interested in learning more please reach out to Ketzie.

MOVIE DAY

Every month on the 3rd Tuesday. We watch a movie. Lucy Hardgrove, played by Bethany Joy Lenz, is a talented screenwriter who is hired to write a remake of the beloved holiday movie "His Merry Wife," originally filmed in 1947 at the historic Biltmore Estate. When her modernized ending is rejected by the studio, Lucy is sent to the Biltmore Estate for inspiration and research.

While there, she discovers an hourglass that allows her to travel back to the original film set. This unexpected journey leads her to meet Jack Huston (played by Kristoffer Polaha), one of the film's stars. As Lucy interacts with the cast and crew, she becomes embroiled in the production's challenges and must find a way to make things right before returning to her own time, or risk altering the future forever.



BINGO

Come to BINGO for fun and socialization. There will be prizes for the 10 rounds of BINGO we will be doing. To help continue BINGO as our monthly tradition, donations of prizes and money will be accepted at any time. Please bring them to the Woodland Room and place it on the metal cart at the Maplewood YMCA.

LUNCHEON

Time Change, Date Change

This month for all members to socialize and get to know each other we are hosting a luncheon. This month we are doing something different on the 2nd Monday of the month we are doing a potluck style Luncheon. When you register at the desk for this months Luncheon you will be asked what of the 3 categories you will be bringing, Main meal, Side, or Dessert. Plan for at least 15 people to eat and enjoy your snack. We want there to be plenty for all so make sure you tell your friends and bring your favorite recipe to share. This time it will be on Monday December 8th from 2:15pm to 3:00pm in Banquet Room C.

WRITING CLUB

Tom Hodgson (retired Adjunct Professor and nationally published writer) and Dominique Miller (poet, indie-author and English second language-writer) enthusiastically introduce monthly gatherings of a Creative Writing Group at the Maplewood YMCA Community Center. This group is open to all YMCA members and is free to all.

They invite you to find a place at the table to write and share in the company of fellow writers of all genres & levels of experience. Get writing inspiration, write on your own or from prompts, share your work with others, learn from writing examples and exercises, and, above all, find enjoyment in the act of writing(!).

1st Tuesday of the month,
2pm-4pm, Studio C. Any
questions, Email
Ketzle.Leake@ymcamn.org or call
612-268-0067.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

ALDRICH ARENA

We are offered the opportunity to skate at Aldrich Arena starting on Thursday November 6 at 11am. We can skate until 12:30pm. Aldrich does not rent skates so everyone needs their own skates

The schedule this year is every Thursday until March 6, 2026 with the exceptions. There will not skating on holidays. (Thanksgiving, Christmas and New year's).

So for the Month of December and January:

December 4th- 11am-12:30pm

December 11th- 11am-12:30pm

December 18th- 11am-12:30pm

January 8th- 11am-12:30pm

January 15th- 11am-12:30pm

January 22nd- 11am-12:30pm

January 29th- 11am- 12:30pm

INSURANCE CHANGES

We want to ensure you have every opportunity to continue enjoying the health, wellbeing and community experiences you value at Maplewood YMCA.

There have been recent changes in coverage that may affect your YMCA benefit for the 2026 plan year. YMCA of the North did not request or have the opportunity to influence these changes, and continues to offer the YMCA benefit to FOREVERWELL (senior) members through a number of health plans.

Please carefully review your 2026 health plan selections to ensure that Maplewood YMCA and YMCA of the North remain included in your chosen plan. Open enrollment is available through Sunday, Dec. 7, and you may make enrollment changes to choose a plan that meets your needs – including re-enrolling in a new chosen plan – until the deadline. Your insurance plan options will have the most up-to-date information about the benefits offered. As of today, we understand the following insurance providers offer plan options where Maplewood YMCA is an eligible benefit in 2026:

Allina Health | Aetna, Health Partners, Humana, Medica, United Health care

Please check with your insurance provider to ensure your specific 2026 health plan includes your YMCA.

P3 (Personal Pricing Plan)

- Only need one of

1040 federal tax return documents or approved 1040 federal tax return documents: 1040, 1040A, 1040EZ, 1040NR, 1040X, or 1040 Schedule C

- Need 2 of

Social security income (SSI or Social security Disability income(SSDI), Government Assistance (MFIP), Unemployment statement, letter or termination from employer, Pay Stubs for each working adult to find a weekly average, Self Employed: 1040 income on schedule C, MN Care of Medical Assistance (MA), Pension or retirement, Child support income & alimony payments, Bank Statements

If you were affected and unable to apply for the P3, We will be having a senior membership that gives you access to all the YMCA's of the North. The new price is \$49 for a Senior Adult Membership, and for a Senior Dual Membership it is \$79.

NEW YEAR NEW NEWSLETTER LAYOUT.

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STAY TUNED FOR MORE INFORMATION



GAMES



COMPETITIVE GAMES:

Interested in playing games? The YMCA has games every week. If you want to see more games or something new, please reach out to Ketzie. These games are all located in the Woodland Room, unless otherwise specified.

MONDAY:

SCRABBLE- 10:30AM-2PM

Test your language skills. A dictionary is provided.

CARDS- 10:30AM-2PM

Learn to play card games. We will have a variety of games going. We also have one Cribbage board if people want to play and are interested.



TUESDAY:

MAHJONG- 11:30AM-5PM

It is a tile-based game. Fun for all to play.

THURSDAY:

CRAFTS AND CHAT- 10AM-2PM

Bring your knitting, crocheting or other crafts, and socialize.



FRIDAY:

TEXAS HOLD-EM- 12:30-3PM

Come play Texas Hold-Em. It is one of the most popular variations of the card game Poker.

Pinochle- 9:30am- 12pm

Join us for Pinochle. It is a trick-taking card game, typically for two to four players and played with a 48-card deck. It is derived from the card game Bezique; players score points by trick-taking and also by forming combinations of characters into melds.



MONTH GAMES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Color System Red- Repeats monthly on specific week Green- City not YMCA. Purple- Ashland Orange-Only for this month	Cards- 10:30am-4pm Scrabble- 10:30am-4pm 01	Mahjong- 11:30am-2pm Writing Club- 2pm-4pm 02	Book Club- 2pm-3pm 03	Crafts and Chat- 12pm-4pm Ashland Productions- 7pm 04	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm 05	Inclusive Sports Day- 9am-3pm 06
07	Cards- 10:30am-2pm Scrabble- 10:30am-2pm Luncheon- 2:15pm-3:00pm 08	Mahjong- 11:30am-2pm 09	10	Crafts and Chat- 12pm-2pm Bingo- 2pm-4pm 11	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm 12	13
14	Cards- 10:30am-2pm Scrabble- 10:30am-2pm Dementia Live- 2:15pm-3:15pm 15	Mahjong- 11:30am-2pm Movie day- 2pm-4pm 16	Craft Sale- Cash Only 17	Crafts and Chat- 12pm-2pm 18	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm 19	20
21	Cards- 10:30am-2pm Scrabble- 10:30am-2pm 22	Mahjong- 11:30am-2pm 23	Reduced Hours- 7am-12pm 24	CLOSED 25	Pinochle- 9:30am-12pm TX Hold-Em- 12:30pm-3pm 26	27
28	Cards- 10:30am-2pm Scrabble- 10:30am-2pm 29	Mahjong- 11:30am-2pm 30	Reduced Hours- 7am-5pm 31	CLOSED 01		