



FOREVERWELL®

December 2025 | NEW HOPE YMCA
Celebrate the Season

New to the Y?

FREE FITNESS ASSESSMENT WITH A CERTIFIED PERSONAL TRAINER FOR NEW AND RETURNING MEMBERS

This assessment is a complimentary consultation to discuss your wellness goals, learn how to safely use equipment you are *most* interested in, ask questions about any programs like Personal Training or class offerings, and set up a plan to help you improve your health, fitness, strength, balance, and flexibility. The assessment includes a FREE In-Body Scan to determine your body composition between fat, water, and muscle.

Contact Gary Sandin, Health & Wellness Director to schedule your Fitness Assessment, 952-582-8284

gary.sandin@ymcanorth.org

DISCOVER ALL THE BENEFITS OF YOUR FOREVERWELL MEMBERSHIP

Tuesday afternoons 3pm,
Wednesday mornings 9:30am
or by appointment. Contact
Nancy Danielson,
FOREVERWELL Coordinator
763-592-5520

nancy.danielson@ymcanorth.org

TICKETS ARE AVAILABLE FOR THE ANNUAL HOLIDAY PARTY

FOREVERWELL LUNCHEON

TICKET INCLUDES LASAGNA WITH MEAT, SALAD AND BREAD
STICK FROM FRANKIE'S AND BEVERAGE. DESSERT DONATIONS
WELCOMED

Bring a wrapped gift, maximum value
\$10, for the gift exchange game.

Tickets available starting November 10.
Purchase on-line at or at Welcome
Desk.



December 11
12:00-2:00pm Studio 1

Tickets: \$13.00 Members
\$15.00 guests

FRANKIE'S

FOR MORE INFORMATION:
Contact Nancy Danielson 763-592-5520
nancy.danielson@ymcanorth.org



Branch Hours

Monday-Friday: 5am - 9pm
Saturday-Sunday 7am-5pm
Customer Service (including
reservations) 612-230-9622

New Hope Y

7601 42nd Ave N, New Hope
Nancy Danielson
FOREVERWELL Coordinator
nancy.danielson@ymcanorth.org
Phone: 763-592-5520





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FIRST FRIDAY OF THE MONTH

1:30-3:30PM

POOL LOBBY

ymcanorth.org

20-0001

We have started playing *Bunco* at the New Hope YMCA. Monthly Bunco games will be held at 1:30 pm on the first Friday of the month. The next game is scheduled for 1:30 pm on Friday, December 5th in the Pool Lobby.

Bunco is a simple, fun and easy game to play for all ages. There is little skill involved (all you do is roll dice). You don't need to know how to play; we will teach you.

Games last approximately 2 hours. Light refreshments will be provided.

We hope that you will join us for some fun, fellowship and food!

GIFTS FOR SENIORS 32ND ANNUAL

HOLIDAY WISH LIST

- Comfy clothing - sweaters, long-sleeved shirts, athleisure, fleece, sweats - cardigans and full zips are easiest for dressing
- Winter wear - warm coats, boots, hats, scarves, and gloves - sets are appreciated
- Bathrobes, sleepwear, and loungewear sets
- Hard-soled, nonslip house slippers
- Minnesota professional sports and college teams jerseys and other branded gifts
- Bathroom towel sets (bath/hand/washcloth)
- Bedding sheet sets, blankets, and pillows
- Heated electric blankets, heating pads, and muscle massaging gifts for comfort
- Kitchenware items - cook utensil sets, food storage container sets, flatware, etc.
- Kitchen towel sets with hot pads, oven mitts, sponges, soap, and other decor
- Small electronics - music and movie players, headphones, tablets, e-readers, games, robotic companion pets, and comfort massagers
- Cuddlers - super soft baby dolls, teddy bears, stuffed cats and dogs to hold
- Small appliances: countertop microwaves, coffee makers, electric tea kettles, toaster ovens, sandwich and quesadilla makers, egg cookers, indoor grills, instant pots, air fryers, humidifiers, handheld vacuums, etc.
- Entertainment - music, movies, audio and reading books, board games, and artwork
- Alarm clock radios with BIG numbers, real assistance items, and binoculars
- LARGE print word finds, crossword puzzle sudoku, coloring and crafting sets with markers/colored pencils, paint-by-number bird feeders and seed
- Personal care items - grooming supplies, scents (perfume/cologne/air), toothbrush, nail care kits, and spa sets, shavers, clipper heating pads
- Beverage gift sets - coffee, tea, hot choco
- Special treat sets - box or tin with candy, chocolate and other snack bundles
- Basic needs gift cards (grocery, box stores, Restaurant, gas, and entertainment gift c

GIFTS FOR SENIORS 32ND ANNUAL

HOLIDAY GIFT DRIVE

The holiday season is a time of joy, love, and giving. It's the perfect opportunity to brighten someone's day!



Donate & Shop Early

With the critical support of donors, volunteers, and community partnerships, we strive to alleviate the loss of connection to others and the devastating spiral into isolation many older adults experience. Our Holiday Season Gift Drive is one of the ways we accomplish this.

Visit giftsforseniors.org



HELP US FILL THE BARREL LOCATED NEXT TO THE MEMBER WELCOME DESK WITH UNWRAPPED GIFTS FOR SENIORS

WISH LISTS ATTACHED TO BARREL

FOREVERWELL® IN - BRANCH GROUP EXERCISE CLASSES

MONDAY:

| | | |
|---------|---------------------------------------|----------|
| *8:00am | Water Exercise Power with Tracy | Pool |
| 8:15am | FOREVERWELL Combo with Renee | Studio 1 |
| 11:45am | SilverSneaker® Yoga (chair) Nancy | Studio 1 |
| 12:45pm | SilverSneaker® Classic (chair) Ashley | Studio 1 |
| 1:00pm | Tai Chi with Tom | Studio 2 |
| 5:15pm | Group Active with Emily | Studio 1 |

TUESDAY:

| | | |
|---------|--------------------------------------|----------|
| *8:00am | Aqua Zumba with Maren | Pool |
| 8:30am | FOREVERWELL Combo with Angie | Studio 1 |
| 9:30am | FOREVERWELL Balance with Nancy | Studio 1 |
| 9:45am | Zumba Gold with Maren | Studio 2 |
| 10:30am | FOREVERWELL Combo with Renee | Studio 1 |
| 11:00am | Arthritis Water Exercise with Carole | Pool |
| 11:30am | Chair Yoga with Shayna | Studio 1 |

WEDNESDAY:

| | | |
|---------|--------------------------------------|----------|
| *7:15am | Deep Water Exercise with Tracy | Pool |
| 11:00am | SilverSneaker® Yoga (chair) Nancy | Studio 1 |
| 12:00pm | SilverSneaker® Classic (chair) Nancy | Studio 1 |
| 1:00am | Line Dancing with Colette | Studio 2 |
| 2:00pm | FOREVER Balance with Colette | Studio 2 |
| 5:15pm | Group Active with Sallie | Studio 1 |

THURSDAY:

| | | |
|---------|-------------------------------------|----------|
| *8:00am | Aqua Zumba with Amanda | Pool |
| 8:15am | FOREVERWELL Combo with Renee | Studio 1 |
| 9:30am | Zumba with Yasmin | Studio 2 |
| 9:30am | Group Active with Emily | Studio 1 |
| 11:00am | FOREVERWELL Combo - Virtual | Studio 2 |
| 11:00am | FOREVERWELL Water Exercise w/Carole | Pool |
| 7:15pm | Aqua Zumba with Amanda | Pool |

FRIDAY:

| | | |
|---------|--------------------------------------|----------|
| *8:00am | Aqua Zumba with Amanda | Pool |
| 9:30am | Gentle Yoga (floor) with Mary | Studio 2 |
| 11:45am | SilverSneaker® Yoga (chair) Nancy | Studio 1 |
| 12:45pm | SilverSneaker® Classic (chair) Nancy | Studio 1 |

SATURDAY:

| | | |
|---------|-----------------------------|----------|
| *8:15am | Aqua Zumba with Maren | Pool |
| 9:10am | Group Active with Sallie | Studio 1 |
| 9:30am | Zumba with Maren | Studio 1 |
| 11:00am | FOREVERWELL Combo - Virtual | Studio 2 |

* These activities still require reservations:
Reserve your space using the Y app, this link
<https://www.ymcanorth.org/reservations>
Or call Customer Service 612-230-9622

FREE MEMBER WELLNESS BENEFITS

Members may participate In each opportunity one-time.

30-MINUTE WELLBEING CONSULTATION

(Virtual and In-Person Options*) (\$45 Value): A wellbeing consultation is a 30-minute conversation to explore what matters most to you on your wellbeing journey and help discover potential next steps. - Register at [YMCAMN.org Health & Wellbeing Coaching In Twin Cities MN - Mind, Body & Spirit | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/Health&WellbeingCoachingInTwinCitiesMN-MindBody&Spirit)

30-MINUTE NUTRITION CONSULTATION

(Virtual and In-Person Options*) (\$45 Value): A nutrition consultation is a 30-minute conversation to discuss your primary concerns or goals, and opportunities to further support your wellbeing through food/nutrition. [YMCA Nutrition Coach In Twin Cities MN - Online Nutrition Consulting | YMCA of the North \(ymcanorth.org\)](https://www.ymcanorth.org/NutritionCoachInTwinCitiesMN-OnlineNutritionConsulting)

* In person Consultation Locations vary

PREFER TO EXERCISE AT HOME?

Live and recorded classes are available at [Online Fitness Classes At The YMCA - Get Started With Virtual Y](https://www.ymcanorth.org/OnlineFitnessClassesAtTheYMCA-GetStartedWithVirtualY)

To activate your Virtual Account, go to <https://www.ymcanorth.org/virtual-ymca-login>
If you need assistance activating your account, contact Customer Service at 612-230-9622

Download the Free
YMCA of the North App
To access the full Group
Exercise schedule and reserve
Water Ex classes.



YMCA of the North
Health & Fitness
★★★★★ 49

Open

* Health & Fitness | Attollo Technology LLC



VOLUNTEERS NEEDED!

Games Group – do you have favorite games you like to play and would be willing to host a group at the Y?

Annual FOREVERWELL Holiday Party Thursday December 11.

I am looking for help with set-up 11am – 12pm,
cleanup at 2pm – 2:30 pm.

If interested, call or email Nancy 763-592-5520
nancy.danielson@ymcamn.org



IN AN EFFORT TO REDUCE THE AMOUNT OF PLASTIC PRODUCTS USED FOR FOREVERWELL PROGRAMMING

I am seeking donations of washable fabric tablecloths for our
6-foot round tables and 6-foot rectangular tables. Please
mark donations FOREVERWELL c/o Nancy Danielson.

BACK OR NECK PAIN? JOIN A STUDY!



Winter programs begin in January on Zoom –
no winter driving!

Our goal is to partner with diverse communities
to create safe, effective and
accessible pain programs for all. Want to help?

The Partners4Pain Research Study is testing
two pain education programs
to help people cope with their pain.

It's free to participate
and compensation is provided.

Visit www.partners4pain.org
or call 612-626-6477 to learn more!

WEEKLY DROP-IN FOREVERWELL ACTIVITIES AT NEW HOPE Y

MONDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

MONDAYS: ADULT WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

MONDAYS: NEW HOPE Y KNITTERS AND CROCHETERS - 2:00-4:00pm Pool Lobby

TUESDAYS: COFFEE CHAT - 8am-10am Lobby

TUESDAYS: MAH JONGG - 12:30pm-2:30pm Pool Lobby

TUESDAYS: NEW MEMBER WELCOME AND ORIENTATION - 3pm. Meet at Welcome Desk

WEDNESDAYS: COFFEE CHAT - 8am-10am Lobby

WEDNESDAYS: NEW MEMBER WELCOME AND ORIENTATION - 9:30am. Meet at Welcome Desk

WEDNESDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

WEDNESDAYS: ADULT WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

WEDNESDAYS: CRIBBAGE - 1:00pm Pool lobby. Cribbage board and cards available at Welcome Desk.

FRIDAYS: PICKLEBALL IN THE GYM - 10:30am - 1:30pm Full Gym

FRIDAYS: ADULT WATER VOLLEYBALL - 11am - 1pm Shallow end of Pool

FIRST FRIDAY OF THE MONTH: BUNCO - 1:30pm in the Pool Lobby

SATURDAYS: PICKLEBALL IN THE GYM - 9:30-11:30am

BOOK DISCUSSION GROUP MEETS THIRD THURSDAY OF THE MONTH AT 2PM

Reading List for 2026

January, 2026 - The Violin Conspiracy by Brendan Slocumb

February, 2026 - While Justice Sleeps by Stacey Abrams

March, 2026 - Audition by Barbara Walters

April, 2026 - Sisters In Law by Linda Hirshman

May, 2026 - The Sentence by Louise Erdrich

June, 2026 - Doorman Wanted by Glenn R. Miller

July, 2026 - The Ladies #1 Detective Agency by Alexander McCall Smith

August, 2026 - The Pandemic by Robin Cook

FOREVERWELL Activities December 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|---|---|---|--|
| | 1 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby | 2 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby FOREVERWELL Orientation 3pm | 3 Coffee Chat 8-10am Lobby FOREVERWELL Orientation 9:30am Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm | 4 | 5 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Bunco 1:30pm in Pool Lobby | 6 Pickleball 9:30-11:30 in the gym |
| 7 | 8 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby | 9 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby FOREVERWELL Orientation 3pm | 10 Coffee Chat 8-10am Lobby FOREVERWELL Orientation 9:30am Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm | 11 FOREVERWELL Holiday Party Tickets for sale \$13 Members/\$15 non-Members 12:00pm-2:00pm in Studio 1 | 12 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm | 13 Pickleball 9:30-11:30 in the gym |
| 14 | 15 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby | 16 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby FOREVERWELL Orientation 3pm | 17 Coffee Chat 8-10am Lobby FOREVERWELL Orientation 9:30am Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm | 18 | 19 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm | 20 Pickleball 9:30-11:30 in the gym |
| 21 | 22 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby | 23 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby FOREVERWELL Orientation 3pm | 24 Facility Hours 7am – 12pm | 25 Y Closed | 26 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm | 27 Pickleball 9:30-11:30 in the gym |
| 28 | 29 Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Knitters and Crocheters 2-4:00pm Pool lobby | 30 Coffee Chat 8-10am, Lobby Mah Jongg 12:30-2:30pm Pool Lobby FOREVERWELL Orientation 3pm | 31 Facility Hours 7am -5pm Coffee Chat 8-10am Lobby FOREVERWELL Orientation 9:30am Pickleball in Gym 10:30am-1:30pm Water Volleyball 11am-1pm Cribbage 1:00pm | January 1 Facility Hours 7am-5pm | | |