



FOREVERWELL®

DECEMBER 2025 | SHOREVIEW

FOREVERWELL CLASSES AND PROGRAMS FOR Y MEMBERS AGES 55 +



LET'S CONNECT

FOREVERWELL Orientations are for new or returning members and those considering membership.

TUESDAYS with Heather

THURSDAYS with Elen

10:30 - 11:15am

NO REGISTRATION REQUIRED

Get help in creating a Y routine to help you stay active and feel your best.

Newcomers, we'll give you a tour of the facility and introduce you to Y classes and programs.

FOREVERWELL CO-COORDINATORS

Elen Bahr
elen.bahr@ymcamn.org
651-490-4891

Heather DeFrance
heather.defrance@ymcamn.org
612-230-3470



EVENTS

12/1 - 15 - Giving Tree for Montreal Courts

Wednesday, 12/17 - Coffee & Conversation for Seniors

Wednesday, 12/17 - ForeverWell Holiday Gathering

Thursday, 12/18 - Footcare Clinic

HOLIDAY HOURS

Tuesday, 12/24 7:00am - noon

Wednesday, 12/25 Closed

Tuesday, 12/31 7:00am - 5:00pm

Wednesday, 1/1 7:00am - 5:00pm

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.

DECEMBER EVENTS

BALANCE ASSESSMENTS EVERY FRIDAY

with Robert

Fridays | 12:00 – 12:30pm | Fusion Studio

In this 10-minute assessment, you'll go through a short series of balance tests and receive suggestions for exercises specific to your needs. Three appointments available each week.

Sign up in the FOREVERWELL binder.



WHAT'S ON YOUR MIND: COFFEE & CONVERSATION FOR SENIORS

Wednesday, December 17 | 10:30 – 11:30am | Meeting Room

This is a chance to talk about the tough stuff – the things that keep you up at night. You'll have the opportunity to submit your topic(s) anonymously when you arrive and our facilitator will guide a group conversation.

This session is a partnership between Northeast Youth & Family Services and the YMCA in Shoreview.

Your guests are welcome with a valid I.D. for front desk check in.



FOREVERWELL HOLIDAY GATHERING

Wednesday, December 17 | 11:00am – 2:00pm | Lobby



Join us for:

- Card writing for Johanna Shores residents
- Giant Christmas word find
- Ring toss
- Corn Hole
- Deli tray snacks, cookies & coffee



MOBILE FOOT CARE CLINIC

Thursday, December 18 | 12:00 – 4:00pm | Fusion Studio


Footcare Disciples

Karin Hamerston RN, BSN, CFCN

Your appointment with Karin will begin with a brief medical history, informed consent and discussion of your foot care concerns and goals. Next is your 30-minute foot care session which includes cutting, filing, and thinning of the toenails. Karen will also reduce any corns and calluses you may have as well as provide a foot and skin assessment. At the conclusion of your visit, Karin will make any recommendations she sees as necessary. **Appointments are \$60, payable directly to Karin by cash, check or credit card.** **By appointment only. Limited availability. Sign up in FOREVERWELL binder.**

ONGOING ACTIVITIES

REMINDER: THE FOREVERWELL BINDER IS LOCATED AT THE FRONT DESK.

<p>BIBLE STUDY – MEN’S Thursdays 9:00 – 10:00am Meeting Room</p> <p>More info: Tim Larson timothylarson1234@gmail.com</p>	<p>BINGO Fridays 1:00 – 2:00pm Meeting Room</p> <p>Drop-in.</p> <p>Donations of snacks and prizes are always welcome.</p>	<p>BOOK DISCUSSION GROUP Wednesday, 12/17 2:30 – 3:30pm Meeting Room</p> <p>The Downstairs Girl by Stacey Lee More info: Susan Taylor sjtaylor62@comcast.net</p>	<p>CARD WRITING FOR JOHANNA SHORES</p> <p>As part of the FOREVERWELL Holiday Gathering:</p> <p>Wednesday, 12/17 11:00am – 2:00pm Lobby</p>
<p>CRIBBAGE Tuesdays & Thursdays 11:00am – 1:00pm Meeting Room</p> <p>Drop-in.</p> <p>Feel free to bring a board and snacks to share.</p>	<p>FOREVERWELL ORIENTATIONS Tuesdays & Thursdays 10:30 – 11:15am</p> <p>More info: Heather DeFrance heather.defrance@ymcamn.org 612-230-3470</p>	<p>HAPPY HOUR Wednesday, 12/31 3:00pm</p> <p>Applebees 1018 Meadowlands Drive, White Bear Township</p> <p>RSVP to amom48@hotmail.com by noon 12/30</p>	<p>KIDS IN NEED FOUNDATION Tuesday, 12/16 2:00 – 4:00pm</p> <p>200 South Owasso Blvd East, Little Canada</p> <p>Sign up in the FOREVERWELL binder.</p>
<p>LUNCH BUNCH Wednesday, 12/10 11:30am</p> <p>Trappers 6810 Lake Drive, Lino Lakes</p> <p>RSVP to amom48@hotmail.com by noon 12/9</p>	<p>MAH JONGG Tuesdays (beginner) Thursdays (experienced) 1:00 – 3:00pm</p> <p>Upstairs Lobby Drop-in</p> <p>More info: Reggie McCarthy mccar072@yahoo.com</p>		

DAILY SCHEDULE

INDOOR POOL CLASSES REQUIRE SIGN-UP.

Sign-up opens 72 hours before each class. We encourage you to sign up via the YMCA mobile app. Customer Service (612-230-9622) or the front desk staff are also available to help.

***Starred items require sign up in the FOREVERWELL binder at the Front Desk.**

MONDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	9:05 - 9:50am	Water Exercise	Pool - Lacy L.
Weekly	10:00 - 10:45am	Water in Motion	Pool - Lacy L.
Weekly	11:25am - 12:25pm	Parkinson's Cycle	Fusion Studio - Susan T.
Weekly	11:35am - 12:20pm	SilverSneakers® Circuit	Studio - Mary T.
Weekly	12:35 - 1:20pm	SilverSneakers® Yoga	Studio - Susan T.
Weekly	1:35 - 2:20pm	SilverSneakers® Classic	Studio - Jennifer P.
Weekly	2:30 - 5:00pm	Pickleball (adv. beginner)	Gym

TUESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (advanced)	Gym (full)
Weekly	8:00 - 9:00am	FOREVERWELL Combo	Studio - Heather D.
Weekly	9:05 - 9:50am	Water Exercise Power	Pool - Stacia C.
Weekly	10:00 - 10:45am	Water Tabata	Pool - Kathy S.
Weekly	10:55 - 11:40am	Aqua Yoga	Pool - Elizabeth P.
Weekly	10:30 - 11:15am	FOREVERWELL Orientation	Welcome Desk
Weekly	11:00am - 1:00pm	Cribbage	Meeting Room
Weekly	12:45 - 1:30pm	SilverSneakers® Circuit	Studio - Jennifer P.
Weekly	1:00 - 3:00pm	Mah Jongg (beginner)	Upstairs Lobby
Weekly	2:30 - 5:30pm	Pickleball (beginner)	Gym (full)
* 12/16	2:00 - 4:00pm	Volunteering	Kids in Need Foundation

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WEDNESDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 - 10:00am	Badminton	Gym (half)
Weekly	9:05 - 9:50am	Water in Motion	Pool – Lacy L.
Weekly	9:00 - 11:30am	Table Tennis	Gym (half)
Weekly	10:00 - 10:45am	Water Exercise	Pool – Pat C.
12/17	10:30 - 11:30am	Coffee & Conversation	Meeting Room
12/17	11:00am - 2:00pm	Holiday Gathering	Lobby
Weekly	11:25am - 12:25pm	Parkinson's Cycle	Fusion Studio – Pat C.
12/10	11:30am	Lunch Bunch	Trappers
Weekly	11:35am - 12:20pm	SilverSneakers® Classic	Studio – Susan T.
Weekly	12:35 - 1:20pm	Chair Yoga	Studio – Angie D.
Weekly	2:30 - 5:30pm	Pickleball (adv. beginner)	Gym
12/17	2:30 - 3:30pm	Book Discussion Group	Meeting Room
12/31	3:00pm	Happy Hour	Applebee's

THURSDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:00 - 11:30am	Pickleball (experienced)	Gym (full)
Weekly	8:00 - 9:00am	FOREVERWELL Combo	Studio – Jennifer P.
Weekly	9:00 - 10:00am	Men's Bible Study	Meeting Room
Weekly	9:05 - 9:50am	Aqua Zumba	Pool – Darcy F.
Weekly	10:00 - 10:45am	Water Tabata	Pool – Kathy S.
Weekly	11:00am - 1:00pm	Cribbage	Meeting Room
* 12/18	11:00am - 4:30pm	Foot Care Clinic	Fusion Studio
Weekly	1:00 - 3:00pm	Mah Jongg (experienced)	Upstairs Lobby
Weekly	2:30 - 5:30pm	Pickleball (beginner)	Gym (full)

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FRIDAYS	TIME	DESCRIPTION	LOCATION
Weekly	7:30 – 10:00am	Badminton	Gym (half)
Weekly	8:00 – 8:45am	FOREVERWELL Cardio	Studio – Julie G.
Weekly	9:00 – 11:30am	Table Tennis	Gym (half)
Weekly	9:05 – 9:50am	Water Exercise Power	Pool – Stacia C.
Weekly	12:35 – 1:20pm	SilverSneakers® Circuit	Studio – Jessie W.
Weekly	1:00 – 2:00pm	Bingo	Meeting Room
Weekly	1:30 – 2:15pm	SilverSneakers® Yoga	Studio – Jessie W.
Weekly	2:30 – 5:30pm	Pickleball (adv. beginner)	Gym

SATURDAYS	TIME	DESCRIPTION	LOCATION
Weekly	8:30 – 9:15am	Water Tabata	Pool – Stacia C.

SUNDAYS	TIME	DESCRIPTION	LOCATION
Weekly	11:05 – 11:50am	Water Exercise Power	Pool – Stacia C.