



# FOREVERWELL

DECEMBER 2025 SAINT PAUL MIDWAY YMCA

## IN THIS ISSUE

### EXISTING FOREVERWELL PROGRAMS

#### Coffee and Conversation

Thursdays from 11-12:30  
(Kitchen/Community Room)

#### Bridge Group

Wednesdays from  
12-2 pm (Kitchen)

#### Pickleball

Sunday through Friday from 8  
am to 12 pm (Gym)

(Tuesdays are beginner day, all  
are welcome to help)

### FOREVERWELL BINGO

BINGO DATES IN NOVEMBER  
ARE DECEMBER 10TH AND  
17TH FROM 11:15 TO 12:15  
IN THE COMMUNITY ROOM.

#### CLASS HIGHLIGHTS:

CHECK OUT SILVER  
SNEAKERS YOGA AT 12:15  
ON MONDAYS WITH SANDRA.  
ALSO CHECK OUT SILVER  
SNEAKERS CIRCUIT WITH  
JULIE ON TUESDAYS AT  
11:15 AM. STUDIO FLEX B/C.

## DECEMBER:

## CELEBRATE THE SEASON

FOREVERWELL AT THE YMCA BRINGS YOU OPPORTUNITIES TO  
ENRICH ALL DIMENSIONS OF YOUR WELLBEING!

Wishing you a December filled with health, community,  
prosperity, and warmth.

Our holiday hours are as follows;

#### **Wednesday, December 24th Christmas Eve:**

Open from 7:00 am to 12:00 pm

**Thursday, December 25th Christmas Day: The YMCA is closed.** Have a  
wonderful holiday.

#### **Wednesday, December 31st New Year's Eve:**

Open from 7:00 am to 5:00 pm.

#### **Thursday, January 1st New Year's Day:**

Open from 7:00 am to 5:00 pm.

#### **New Senior Membership Available!\***

Single Membership: \$49/month

Dual Membership: \$79/month

Not available online - only available in branch.

Thank you!

**\*for those that are eligible**

#### **BRANCH HOURS**

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 7am-5 pm

Customer Service:

(612) 230-9622

#### **MIDWAY YMCA**

1761 UNIVERSITY AVE W

SAINT PAUL MN, 55104

**FOREVERWELL @ MIDWAY**

**HAYLEY, FOREVERWELL COORDINATOR**

**HAYLEY.KILBRIDE@YMCANORTH.ORG**

**651.259.9623**

## BALANCE ASSESSMENTS

**TUESDAY, DECEMBER 9TH FROM 2:45-3:45 PM**

**(STUDIO FLEX B/C) OR BY APPOINTMENT**

Get your balance assessed in about 15 minutes. Balance is an extremely important part of your wellbeing and we want to help give you some tools to work on your balance. If the time listed above does not work for your schedule, please reach out to Hayley at [hayley.kilbride@ymcanorth.org](mailto:hayley.kilbride@ymcanorth.org) to schedule a balance assessment by appointment. Thank you!

## MIDWAY Y BOOK CLUB

**THE THIRD THURSDAY OF EACH MONTH AT 10 AM IN THE KITCHEN.**

**THURSDAY, DECEMBER 18TH.**

This month's book is

"The House in the Cerulean Sea" by TJ Klune.



## BIRTHDAYS OF THE MONTH

**TUESDAY, DECEMBER 30TH AT 11:15 AM**

Have you celebrated a birthday this month? Join us for coffee, singing, and more on the last Tuesday of every month! All are welcome, not just those who have had a birthday.

## HOLIDAY POTLUCK/GIFT VENDORS!

**THURSDAY, DECEMBER 18TH AT 11 AM  
COMMUNITY ROOM**

We will be having our holiday party on Thursday, December 18th. Bring something to share as this will be a potluck.

There will also be various craft vendors so that you can do some holiday gift shopping! Join us for lots of fun.

**GAME GROUP - NEW TIME 11:15 AM TO 1 PM**

**TUESDAYS FROM 11:15 AM TO 1 PM  
IN THE KITCHEN**

In this fun new game group, we will learn simple table games such as Yahtzee, Qwirkle, Spot it, Uno, as well as other simple card/table games. Bring your own games to share and teach to the group and learn some new games along the way! Reach out to Hayley at [hayley.kilbride@ymcanorth.org](mailto:hayley.kilbride@ymcanorth.org) with any questions.

## FOREVERWELL ORIENTATION

ForeverWell includes programs, classes and events for adults ages 55 and older. Interested in learning more? **ForeverWell**

**Orientations are most Mondays at 12:30 pm. Orientations in December are December 1st, 8th, 15th, and 29th. No orientation on December 22nd.**

Meet in the lobby.

## FITNESS

### ASSESSMENTS

A 60-minute complimentary fitness assessment with a personal trainer is included in your membership. If you are interested, contact Hayley or sign up at the front desk.

## EGYM

Interested in doing more strength training but don't know where to start? E gym is a great place to start. E gym is an 11-machine strength training circuit personalized to you. Contact the front desk to sign up for an e gym orientation.

## NUTRITION AND HEALTH COACHING

The YMCA offers complimentary 30-minute assessments with a health coach and a dietician. Sign up online or at the front desk to learn more.



# FOREVERWELL PROGRAMS, CONTINUED

## CAD FOUNDATION PRESENTATION: A PRACTICAL GUIDE TO PREVENTING ALZHEIMER'S

WEDNESDAY, JANUARY 14TH AT 11:30 AM  
IN THE COMMUNITY ROOM

No presentation in December due to the holidays.  
Presented by Anna at the Curing Alzheimer's Disease Foundation.  
This month's topic will focus on mindfulness.  
Any questions? Feel free to reach out to  
[info@curingalzheimersdisease.com](mailto:info@curingalzheimersdisease.com).

## DECLUTTERING WORKSHOP SAVE THE DATE

FRIDAY, JANUARY 9TH AT 11:30 AM  
IN THE COMMUNITY ROOM

No presentation in December due to the holidays.  
Mary, fellow ForeverWell member, to learn and collaborate on  
new ideas around decluttering. Optional idea: Bring before and  
after photos and success stories of decluttering.

## DR. KRIVA PRESENTATION: "MANAGING HOLIDAY STRESS"

THURSDAY, DECEMBER 11TH AT 12 PM  
COMMUNITY ROOM

No sign up required - drop ins welcome. Thank you.  
The Holidays can be a time of great joy and fun. They also can be  
a time of great stress. This time of year sees the highest rates  
of stress induced problems like heart attacks and strokes. In  
this talk, Dr. Kriva addresses stress management strategies  
specifically for the holiday season to help you have a happy and  
healthy start to the new year.

## WHAT MOVES YOU - 2025 REFLECTION GRATITUDE CIRCLE

WEDNESDAY, DECEMBER  
31ST AT 11:15 AM  
COMMUNITY ROOM

Share about What Moves You  
and the things that you are  
grateful for as we move into the  
holiday season. Snacks and  
coffee will be provided. There  
will be opportunity to reflect  
with others about what inspires  
and motivates you.

## TECHNOLOGY HELP/YMCA APP HELP

FRIDAY, DECEMBER 12TH  
FROM 11:30 AM  
TO 12:30 PM

Bring any technology questions  
that you have, whether it is your  
smart phone, Virtual YMCA, or  
the new YMCA, we're here to  
help. Drop in anytime between  
11:30 am and 12:30 pm to get  
your questions answered.



# **ForeverWell Group Exercise Classes to Check Out:**

(Full Class Listing Online or Posted on Studio Doors)

## **Mondays:**

**Water Exercise – 6:45 – 7:30 am with Dori (Pool)**

**ForeverWell Cardio – 8:30 – 9:15 am with Mel (Studio A)**

**Deep Water Exercise – 9 – 9:45 am with Dori (Pool)**

**Tai Chi for Health – 10 – 11 am with John (Studio B)**

**SilverSneakers Classic – 10:15 – 11 am with Heidi (Flex B/C)**

**Yoga – 10:45 – 11:45 am with Sandra (Studio A)**

**Line Dancing – 11:15 am – 12 pm with Hayley (Flex B/C)**

**Silver Sneakers Yoga – 12:15 – 1 pm with Sandra (Flex B/C)**

**Studio A: Downstairs**

**Flex B/C: Upstairs**

**Studio B: Downstairs**

## **Tuedays:**

**Gentle Yoga – 8:15 – 9:15 am with Laura (Studio A)**

**SilverSneakers Yoga – 10:15 – 11 am with Heidi (Flex B/C)**

**Flow – 11:30 am – 12:30 pm with Alexa (Studio A)**

**Silver Sneakers Circuit – 11:15 am to 12 pm with Julie (Studio Flex B/C)**

## **Wednesdays:**

**Water Exercise – 6:45 am – 7:30 am with Dori (Pool)**

**ForeverWell Cardio Dance – 8:30 – 9:15 am with Hayley (Studio A)**

**Mat Pilates – 9 – 10 am with Abigail (Flex B/C)**

**SilverSneakers Classic – 10:15 – 11 am with Mel (Flex B/C)**

**Yoga – 10:45 – 11:45 am with Sandra (Studio A)**

**Aqua Zumba – 7:00 – 7:45 pm with Geoffrey (Pool)**

## **Thursdays:**

**SilverSneakers Yoga – 10:15 – 11 am with Heidi (Flex B/C)**

**Gentle Yoga – 11:30 am – 12:30 pm with Lillie/Laura (Studio A)**

## **Fridays:**

**ForeverWell Cardio – 8:30 – 9:15 am with Mel (Studio A)**

**Mat Pilates – 9:00 – 10 am with Bon (Flex B/C)**

**SilverSneakers Classic – 10:15 – 11 am with Hayley (Flex B/C)**

**Yoga – 10:45 – 11:45 am with Dan (Studio A)**

## **Sundays:**

**Yoga – 3:00 – 4:00 pm with Mike**

## ST. PAUL MIDWAY YMCA FOREVERWELL CALENDAR - DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	<b>2</b> Pickleball 8-12 (Gym)  Games Group 11:15 am-1 pm (Kitchen)	<b>3</b> Pickleball 8-12 (Gym)  Bridge Group 12-2 pm (Kitchen)	<b>4</b> Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen/Community Room)  Mahjong 1-3 (Kitchen)	<b>5</b>  Pickleball 8-12 (Gym)
<b>8</b> Pickleball 8-12 (Gym)  ForeverWell Orientation 12:30 pm (Meet in the Lobby)	<b>9</b> Pickleball 8-12 (Gym)  Games Group 11:15 am-1 pm (Kitchen)  Balance Assessments 2:45-3:45 pm (Meet in the lobby)	<b>10</b> Pickleball 8-12 (Gym)  <b>BINGO 11:15 am - 12:15 pm (Community Room)</b> Bridge Group 12-2 pm (Kitchen)	<b>11</b> Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen/Community Room) Dr. Kriva Presentation 11:30 am (Comm. Room) Mahjong 1-3 (Kitchen)	<b>12</b> Pickleball 8-12 (Gym)  <b>Technology Help 11:30 am - 12:30 pm (Kitchen)</b>
<b>15</b> <b>Pickleball 8-12 (Gym)</b>  ForeverWell Orientation 12:30 pm (Meet in the Lobby)	<b>16</b> Pickleball 8-12 (Gym)  Games Group 11:15 am-1 pm (Kitchen)	<b>17</b> Pickleball 8-12 (Gym)  <b>Bonus Bingo 11:15 am - 12:15 pm (Community Room)</b>  Bridge Group 12-2 pm (Kitchen)	<b>18</b> Pickleball 8-12 (Gym) Book Club 10 am (Kitchen) <b>Holiday Party/Potluck &amp; Craft Fair 11 am (Community Room)</b> Mahjong 1-3 (Kitchen)	<b>19</b> <b>Pickleball 8-12 (Gym)</b>  <b>Red Cross Blood Drive 9 am - 3 pm (Community Room)</b>
<b>22</b> <b>Pickleball 8-12 (Gym)</b>  <b>No FW Orientation Today</b>	<b>23</b> Pickleball 8-12 (Gym)  Games Group 11:15 am-1 pm (Kitchen)	<b>24</b> <b>Christmas Eve</b> The YMCA is open from 7 am to 12 pm.  No Bingo today	<b>25</b>  <b>Christmas Day</b> The YMCA is closed today. Have a great holiday	<b>26</b>  <b>Pickleball 8-12 (Gym)</b>
<b>29</b> Pickleball 8-12 (Gym)  ForeverWell Orientation 12:30 pm (Meet in the Lobby)	<b>30</b> Pickleball 8-12 (Gym)  Birthdays of the Month Celebration 11:15 am (Community Room)  Games Group 11:15 am-1 pm (Kitchen)	<b>31</b> <b>New Year's Eve</b> The YMCA is open from 7 am to 5 pm.  <b>2025 Reflection Circle 11:15 am (Community Room)</b>	<b>JANUARY 1st</b>  <b>New Year's Day</b> The YMCA is open from 7 am to 5 pm.  <b>Happy New Year!</b>	<b>JANUARY 2nd</b>  <b>Pickleball 8-12 (Gym)</b>