



# FOREVERWELL

## NEWSLETTER FOR MEMBERS 55+

WOODBURY YMCA | DECEMBER 2025

### Let the Y Be Your Place to Feel Connected This Winter.

December is here, the cold has settled in, and this is the time of year when staying connected really matters, so the month is packed with opportunities to gather, talk, and stay active. The Social Bunch continues every Monday morning in the Community Room, offering an easy place to warm up with conversation and meet new people. Community 60+ meets on December 18 for a simple Show and Tell gathering where members can share something meaningful or just enjoy listening. Grief Among Friends meets every Tuesday and remains a steady space for support during a season that can feel heavy for many. Our Book Club meets on the second Tuesday of the month to discuss *Clock Dance* by Anne Tyler, a story that follows a woman reshaping her life after years of keeping the peace. Card Group meets on Wednesday and Friday mornings for Hand, Foot, and Toe and is always welcoming to anyone who wants to learn. Writers Group meets Wednesday afternoons for relaxed conversation and sharing creative work. Open Ping Pong meets Mondays at noon for friendly games that get you moving. We also have several special activities this month, including a Lunch and Learn on December 9 with our YMCA dietitian, a Let It Snow painting session on December 4, our all-ages Talent Show on December 12, and a New Year's Resolution writing session on December 31. Our Holiday Party on December 19 brings together a potluck, cookie exchange, and white elephant gift swap. Even in the midst of winter, there are plenty of ways to stay connected, stay warm, and stay engaged throughout December.

As your ForeverWell Coordinator, I want you to know that I'm here to support you. If you have concerns about your membership, need help navigating the Y, or simply want someone to help you get connected, please reach out. You don't have to figure things out alone.

-Scarlett Johnson

#### WOODBURY

2175 Radio Drive,  
Woodbury, MN  
55125

#### TO CONTACT:

Scarlett Johnson  
Phone: 651-229-6423  
Email:  
[scarlett.johnson@ymcanorth.org](mailto:scarlett.johnson@ymcanorth.org)

#### BRANCH HOURS

Mon.- Fri: 5AM-9PM  
Sat: 7AM-5PM  
Sun: 7AM-5PM

# YOUR FOREVERWELL COMMUNITY

Beyond your workouts, come enjoy the community that makes the Y special

## THE SOCIAL BUNCH

**When: Every Monday @ 9:30–11am Where: Community Room**

Join others as they gather for fun conversation, community, and making new memories with friends every week! If you are new to the Y, this can be a great way to meet others in your community and foster new friendships with welcoming ForeverWell members.

## COMMUNITY 60+

**When: Thursday, December 18th @ 1pm Where: Community Room**

This group is for adults 60+ who want to make new connections in the community. Community 60+ will meet once a month, with each gathering centered on a different activity, interest, or discussion. This month, we will be doing a "Show & Tell". Members will bring something to share, either verbally or with a prop. Sharing is voluntary, you may come and just listen as well.



## GRIEF AMONG FRIENDS

**When: Every Tuesday @ 11:30am Where: Multi Purpose Room**

A welcoming, peer-led group where people come to talk, listen, and connect during a time that can feel isolating. Some are new, others long-time participants—but all gather for mutual support and friendship, sharing both good days and hard ones. This is not a professionally facilitated group, but a caring community built on shared experience.



## BOOK CLUB – "CLOCKDANCE" BY ANNE TYLER

**When: Second Tuesday, Dec 9th @ 1:30–2:30pm Where: Community Room**

Clock Dance by Anne Tyler follows Willa Drake, a woman who has spent most of her life doing what's expected rather than what she actually wants. After an unexpected phone call pulls her into helping a stranger, she gets pushed into a new environment that's messy, warm, and nothing like the structured life she's used to. The story tracks her figuring out who she is when she finally steps outside her routine and starts choosing her own path.

## CARD GROUP: HAND, FOOT, AND TOE

**When: Every W/Fri Mornings 10am Where: Community Room**

Join in on the fun of playing Hand, Foot, and toe. Even if you are unfamiliar with the card games, the members will gladly teach it to you so you can join in on the fun!



## WRITER'S GROUP

**When: Every Wednesday, 1:30–3:00pm Where: Multi Purpose Room**

If you enjoy writing, whether it's novels, short stories, poetry, memoirs, or anything in between, this group is for you. It's a relaxed social space for people who want to share their work, exchange ideas, and connect with others who love the craft. This is not a class or a workshop, just a hobby group for writers of all experience levels.

## OPEN PING PONG

**When: Every Monday at 12:00pm Where: Community Room**

Drop in for open ping pong and enjoy some friendly competition with fellow members. All skill levels are welcome. Whether you're playing for fun, sharpening your reflexes, or just looking to stay active, this is a great way to connect and move. Paddles and balls are provided.

# WOODBURY FOREVERWELL COORDINATOR

Scarlett Johnson

## WHAT CAN I HELP YOU WITH?

### FOREVERWELL ORIENTATIONS

Every **Monday**, 10:00am-10:30am

Are you new to the Y? Come learn what the Y has to offer you, get a tour of the facility and ask any questions you may have. Learn how to register for classes/activities, and so much more!

### INTERESTED IN VOLUNTEERING?

Volunteering at the Y is a great way to stay active, connect with others, and make a difference in your community. Whether you enjoy welcoming members, helping with events, or supporting special programs, there are many ways to get involved.

### BALANCE ASSESSMENTS

Are you at risk for a fall? A 30 minute balance assessment can measure where you are at physically and what you can work on to improve your balance. At the end you will receive a take-away page so you can track your progress and make improvements in the weeks follow.

### EGYM ORIENTATIONS

Curious about our full-body strength training circuit? EGYM is an 11-machine system that automatically adjusts to your height and sets the resistance for you. It's a personalized, efficient way to build strength safely and effectively. Let us show you how it works. Contact me for an orientation today!



### ABOUT ME

Outside of my work at the YMCA, I am currently a college student studying Psychology! I also compete in amateur boxing & Coach Cheerleading. I'm looking forward to connecting with you. Please feel free to reach out with any questions or suggestions!

## WHAT CAN I HELP YOU WITH?

### NAVIGATING YOUR Y MEMBERSHIP

Coming back after some time away? Or just not sure where to start? I'm here to help! Whether you need help learning how to use your membership, registering for classes, or deciding what's right for you, I'd be happy to connect with you one-on-one.

### NEED HELP WITH YOUR PHONE?

If you need assistance with your smartphone, I am here to help. Whether it's sending messages, using apps, or navigating features, you can schedule an appointment with me. Please reach out or stop by between 10am-3pm on a Monday, Tuesday, Thursday, or Friday.

**To Make an Appointment**

**Contact:**

**scarlett.johnson@ymcanorth.org**

**Phone: 651-229-6423**

# DECEMBER EVENTS

Engage, connect, and enjoy activities designed just for you.

## LUNCH & LEARN : WORKING WITH A YMCA NUTRITIONIST



Join us on **Tuesday, December 9 at 12:30 in the Community Room** for a Lunch and Learn with one of our YMCA dietitian, Molly. She will break down how nutrition support at the Y actually works and what you can expect when partnering with a nutritionist. It is a straightforward chance to get real answers and learn how these services can support your health goals. Lunch from Panera will be provided. Participation is capped at twenty people, so register early if you plan to attend.

## PAINTING TUTORIAL: "LET IT SNOW" SNOWMAN



Join us on **Thursday, December 4 at 11am** in the **Community Room** for a relaxed "Let It Snow" painting tutorial. We'll follow an easy, step-by-step YouTube video together, making it approachable for any skill level. All supplies will be provided, and you can paint at your own pace. It's a simple, creative way to ease into the season.

## WINTER TALENT SHOW



Join us on **Friday, December 12 at 5:00pm** for our annual Talent Show in **Studio 1**. This all-ages event is open to anyone who wants to share a skill, perform a routine, or simply enjoy the variety of talents in our community. If you'd like to perform, please sign up in advance so we can place you on the program. No registration is needed to attend as an audience member. It's an easy, fun way to wrap up the year and support each other.

## NEW YEAR RESOLUTION WRITING SESSION



Join us on **Wednesday, December 31 at 12:30pm** in the **Community Room** for a relaxed New Year's Resolution writing session. It's a simple space to look back on the past year, put a few intentions on paper, and take a quiet moment for yourself. We'll have sparkling cider provided while you write.

**PLEASE SIGN UP FOR EVENTS IN FOREVERWELL SIGN UP BOOK AT FRONT DESK**



# FOREVERWELL HOLIDAY PARTY

Join us on **December 19 from 12 to**

**1:30pm** for our Holiday Party. We'll have a potluck, a cookie exchange, and a white elephant gift swap with a twenty-dollar limit. You can join in for any or all of the activities. Sign-ups will be available in the ForeverWell Book for each item so we can plan ahead. We're also looking for a pianist to play during the event, please reach out to me if you're interested. It's a lively, easygoing afternoon to wrap up the season together.



**SIGN UP FOR EVENTS IN FOREVERWELL SIGN UP BOOK AT FRONT DESK**

**Please only sign up for potluck/cookie exchange/white elephant if you plan to participate by bringing something.**

## OTHER UPDATES

### **!! 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.

### **ForeverWell Stretch**

**Thursdays at 11:35am in Studio 3**

Increase range of motion and flexibility in this relaxing class that stretches your muscles, gently and gradually. Feel lighter, confident and more fluid in your movement. We use a chair the entire time, we do not get down on the floor.

### **Prayer Group**

We are looking into starting a prayer group with our chaplain. We are considering Thursday mornings at 9:30am. Please let us know if you are interested or would prefer a different time.

### **Ukulele Group**

**When: Tuesdays, 10:30-12:30 Where: Studio 2**

The Twin Cities Ukulele Club (TCUC) is devoted to playing and singing ukulele songs at over 450 jams a year, including our Tuesday morning jams right here at the Woodbury YMCA! We welcome all players from absolute beginners to advanced for two hours of music, learning, and fun. Come try it out!

## **FOREVERWELL GROUP FITNESS CLASSES:**

### **MONDAY:**

- 8:00am** - SilverSneakers Circuit  
w/ Monica STUDIO 3
- 8:15am** - Water Exercise  
w/ Cheryl POOL
- 9:00am** - ForeverWell Yoga  
w/ Sara F. STUDIO 1
- 9:00am** - Meditation  
MULTI- ROOM
- 9:15am** - Water Exercise  
w/ Debbie POOL
- 9:30am** - ForeverWell Combo  
w/ Merilee Gym
- 10:30am** - SilverSneakers Circuit  
w/ Merilee STUDIO 1
- 11:30am** SilverSneaker Yoga  
w/Katie STUDIO 1
- 12:30pm** - Line Dancing  
w/ Wanda STUDIO 1
- 1:30pm** - Line Dancing (Intermediate/Adv.)  
w/ Wanda STUDIO 1
- 1:30pm** - SilverSneakers Classic  
w/ Monica STUDIO 3

### **TUESDAY:**

- 8:30am** - Water Tabata  
w/ Janine POOL
- 9:15am** - Water Exercise Power  
w/ Janine POOL
- 9:30am** - SilverSneakers Yoga  
w/ Katie STUDIO 3
- 10:30am** - SilverSneakers Classic  
w/ Deb STUDIO 1
- 11:30am** - ForeverWell Cardio  
w/ Deb STUDIO 3
- 11:30am** - Tai Chi 1- 21 forms of Sun Style  
w/ Kimberley STUDIO 1
- 12:30pm** - SilverSneakers Yoga  
w/ Julie STUDIO 3
- 12:40pm** - Tai Chi 2- 20 new forms of Sun 41  
w/ Kimberley STUDIO 1

### **WEDNESDAY:**

- 7:30am** - WaterBall in Lap Pool
- 8:00am** - SilverSneakers Circuit  
w/ Ann STUDIO 3
- 8:00am** - ForeverWell Yoga  
w/ Shelley B. STUDIO 1
- 8:15am** - Water Exercise  
w/cheryl POOL
- 9:15am** - Salsa Splash  
w/ Kathy POOL
- 10:30am** - SilverSneaker Circuit  
w/ Julie STUDIO 1
- 11:40am** - ForeverWell Cardio  
w/ Katie STUDIO 3
- 1:30pm**-Silver Sneaker Circuit  
w/ Monica STUDIO 3

### **THURSDAY:**

- 8:00am** - Silver Sneakers Circuit  
w/ Ann STUDIO 1
- 8:30am** - Water Exercise  
w/ Colleen POOL
- 9:15am** - Water Exercise Power  
w/ Colleen POOL
- 9:30am**-SilverSneaker Yoga  
w/ Katie Studio 3
- 10:45am** - Zumba Gold  
w/ Colleen STUDIO 3
- 10:30am** - Gentle Yoga  
w/ Tamara STUDIO 1
- 11:35am** - ForeverWell Stretch  
w/Scarlett STUDIO 3

### **FRIDAY:**

- 8:00am** - SilverSneakers Circuit  
w/ Jennifer STUDIO 3
- 8:15am** - Water Exercise  
w/ Cheryl POOL
- 9:00am** - ForeverWell Yoga  
STUDIO 1
- 9:15am** - Water Exercise  
w/ Debbie POOL
- 11:45am** - Tai Chi 3  
w/ Kimberley STUDIO 3
- 1:30pm** - SilverSneakers Classic  
w/ Monica STUDIO 3



# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Social Bunch @9:30am Open Pingpong 12pm 1	Grief Group @11:30am 2	Card Games @10am Writers Group @1:30 3	<b>Painting Tutorial @11am</b> 4	Card Games @10am 5
The Social Bunch @9:30am Open Pingpong 12pm <b>END OF OPEN ENROLLMENT DEC 7TH</b> 8	Grief Group @11:30am <b>Book Club @1:30pm</b> <b>Lunch &amp; Learn: Nutrition 12:30pm</b> 9	Card Games @10am Writers Group @1:30 10	11	Card Games @10am <b>Talent Show @5pm</b> 12
The Social Bunch @9:30am Open Pingpong 12pm 15	Grief Group @11:30am 16	Card Games @10am Writers Group @1:30pm 17	<b>Community 60+ @1pm</b> 18	Card Games @10am <b>Holiday Party @12pm</b> 19
The Social Bunch @9:30am Open Pingpong 12pm 22	Grief Group @11:30am 23	Card Games @10am Writers Group @1:30pm 24	25	Card Games @10am 26
The Social Bunch @9:30am Open Pingpong 12pm 29	Grief Group @11:30am 30	Card Games @10am Writers Group @1:30pm <b>New Year Resolution Writing @12:30pm</b> 31	1	Card Games @10am 2