



FOREVERWELL

DECEMBER 2024 | BURNSVILLE

Holiday Hours

December 24th 7:00am-12:00pm

YMCA's are Closed December 25th

December 31st 7am-5pm

January 1st 7am-5pm

Meet The Trainer

Sarah Macalus

December 6th 10:00 am -11:30 am



Please join us for

Holiday Cookie Decorating!

December 10th 10:30am -11:30a

Coffee will be served!



At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life. Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community. Check out all of our activities in this newsletter.

Fraud Prevention Presentation

Decvember 16th | 11:00 am - 12:00pm
Burnsville YMCA

A representative from Associated Bank will be here to discuss the scams affecting our community and how we can best protect ourselves and our loved ones.

- Computer takeovers, password best practices and shopping online
- Elder scams and what signs to look for
- Check fraud
- Monitoring and Freezing your credit score
- Steps to take if you've become a victim

BRANCH HOURS

Monday-Friday:

5:00am-9:00pm

Saturday & Sunday:

7:00am-5:00pm

Burnsville YMCA

13850 Portland Ave. S.

Burnsville, MN 55337

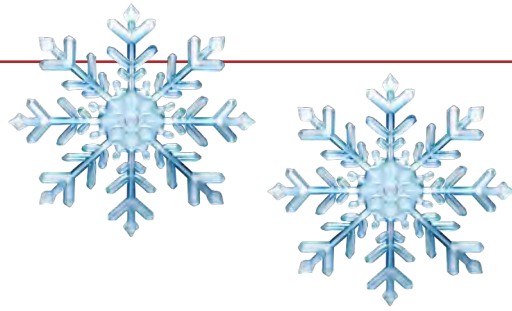
952-898-9622

ONGOING ACTIVITIES

KNIT & CROCHET GROUP

Mondays 1:30–2:30pm

Work on projects while socializing.



Book Group

December 3rd –12:30pm–1:30pm

1st Tuesday each Month

Contact Gabe for details



COFFEE TIME WEDNESDAYS

9:30 – 11:00am

Enjoy a cup of coffee while you connect with friends!



MAHJONG

Wednesdays 12:30–3pm

Join the fun and challenge your skills. You will need to bring your own card. New players are encouraged to join and learn as they go!

COLORING & COFFEE

Tuesdays December 10th & Monday December 23
11:30am – 12:30pm (Date Changed for Holiday)

Join us for a chance to relax, socialize and practice mindfulness. Bring your own supplies or use ours!



Reel Justice Series

Miracle on 34th Street

Monday December 16th 3:00 pm

Details on Attached Flier



HAND AND FOOT

Thursdays 1:00 – 3:30pm

Come play cards with friends. Easy to learn and a fun way to make new friends too. Bring a snack to share if you'd like.



FOREVERWELL GROUP EXERCISE CLASSES

MONDAY		
8:00 – 8:45am	Water Exercise	Pool – Jan
9:00 – 10:00am	Functional Fitness	Gym – Jane
10:00 – 10:45am	MS Water Exercise	Pool- Becky
10:15 – 11:00am	SilverSneakers® Circuit	Gym – Jane
10:45 – 11:30am	ForeverWell Cycle	Warehouse – Becky
11:15am – 12:15pm	ForeverWell Yoga	Studio A – Jane
5:30 – 6:30pm	Yoga	Studio B – David

TUESDAY		
6:15 – 7:00am	Water Exercise	Pool – Michele
8:00 – 8:45am	Water Exercise	Pool – Mary
8:15 – 9:00am	SilverSneakers® Classic	Studio A – Gabe
9:15 – 10:00am	ForeverWell Balance	Studio A – Gabe
10:30 – 11:30am	Gentle Yoga	Studio A – Gabe

WEDNESDAY		
6:00 – 7:00am	Yoga	Studio B – Nergis
9:00 – 10:00am	Functional Fitness	Gym – Jane
9:00 – 9:45am	Water Exercise	Pool – Mary
10:15 – 11:00am	SilverSneakers® Circuit	Gym – Jane
10:45 – 11:30am	ForeverWell Cycle	Warehouse – Becky
11:15am – 12:15pm	ForeverWell Yoga	Studio A – Jane
12:45 – 1:45pm	Tai Chi 1	Studio A – Stephanie
6:20 – 7:20pm	Yoga	Studio B – David
7:30 – 7:50pm	Meditation	Studio B – David

FOREVERWELL GROUP EXERCISE CLASSES

THURSDAY		
6:15 – 7:15am	Water Tabata	Pool – Gayle
8:00 – 8:45am	Water Exercise	Pool – Mary
8:15 – 9:00am	SilverSneakers® Classic	Studio A – Gayle
10:30 – 11:00am	MS Water Exercise	Pool – Mary
11:05 – 11:50am	Salsa Splash	Pool – Mary
11:30am – 12:15pm	ForeverWell Cardio Dance	Studio A – Blanka

FRIDAY		
8:00 – 8:45am	SilverSneakers® Classic	Studio A – Nicole
9:00 – 9:45am	SilverSneakers® Circuit	Studio A – Nicole
10:00 – 10:45am	Water Exercise	Pool – Mary
11:30am – 12:15pm	SilverSneakers® Yoga	Studio B – Gabe
12:30 – 1:30pm	OiGong	Studio A – Karen
5:30 – 6:30pm	Yoga	Studio B – David

SATURDAY		
8:00 – 8:45am	Water Exercise	Pool – Michele
10:05 – 11:20am	Yoga	Studio B – Susan

SUNDAY		
9:15 – 10:15am	Yoga	Studio A – Dawn

ForeverWell

Celebrate the Season

Words can be found in eight different directions

I R I S H C R E A M R C C T X R W K N W
E G G N O G X V L K K R Y G N I V I G B
L R R E T N I W S I A T I T R J N S H K
P S M W Q H G I D N G N M Y M X A G E G
C D Y T C G F N B Y G H A G G M I N T R
D R N K F E R E I E N D T T T E Z C A F
S A M Z T C R I R L S N R S L Y C L R R
E C G U R R X B N T O A I S C D P T B K
K Y L H I J R P H C D R T K K E O L E S
A A D E A E N G R I H T A F R C I G L E
L D S L A K I G T C L V K C Q O N T E E
F I Q D O R K I F K Z R K K C R S L C R
W L M T N C O U F K W A N Z A A E F R T
O O B A N N B Z N A N B J C T T T E L E
N H M L S Z T E X A M D P Y E I T A Q N
S U T V M W T D L R H I R L L O I S R I
H N M J P V Z D W L L Y L N V N A T L P
W R E A T H S Y V Q S H N Y E S S N P F
C D T T T F E X C H A N G E S V K F K R
M H X M L H N H K L L E D S I A L B R K

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Created for Blaisdell YMCA

Bells
Blaisdell
Caroling
Celebrate
Christmas
Cold
Cranberries
Decorations
Egg Nog
Elves

Exchanges
Family
Feast
Gingerbread
Giving
Grinch
Hanukkah
Holiday Cards
Human Rights Day
Irish Cream

Kwanzaa
Lights
Lutefisk
Pine Trees
Poinsettias
Sleigh
Snowflakes
Traditions
Winter
Wreaths