



# FOREVERWELL

DECEMBER 2024 | EAGAN

## HAPPY DECEMBER!!



### SAVE THE DATE!

#### CHRISTMAS COOKIE MAKING!

**Friday December 13th @  
10AM**

Join us in the MPR to  
prep Christmas Cookies  
for our Community! All  
you need is your creative  
expression :)

#### NEW WATER EXERCISE CLASSES!

Check the class schedule for  
new water exercise classes!

Registration NO LONGER  
required for WEX starting  
Sept. 3



## MORE SELF-CARE TIPS FOR THE HOLIDAYS!

- 1. Safety:** Keep floors clear of clutter and decorations, avoid using ladders or step-stools, and use battery-powered candles instead of real ones. Ensure there's enough lighting inside and outside the home, and arrange furniture to allow for easy movement.
- 2. Exercise:** Maintain an active exercise schedule, even if it's just a walk around the block...better yet a group fitness class!!! :)
- 3. Decorating:** Decorate their room as a family, and listen to the stories associated with their decorations.
- 4. Baking:** Bake holiday treats like cookies, pies, cakes, casseroles, or hot chocolate. Come join us on the 13th for cookie making!!!!
- 5. Sharing memories:** Share memories around the fireplace, go to a movie, or venture out with family to see Christmas lights!

#### BRANCH HOURS

Weekdays: 5am - 9pm  
Saturday: 7am - 5pm  
Sunday 7am - 5pm

#### EAGAN YMCA

Coordinator: Tommy Smith  
651-319-8020  
tommy.smith@ymcamn.org





## COFFEE TIME

**DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR**

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

## GAME GROUPS

**DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET**

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

## MOVIE MATINEE | FREE

**MONDAY, DECEMBER 9TH @ 11AM |  
LOCATION: MPR**

Join us for a showing of the film Elf! "Even though this hilarious but heartwarming movie, about a human man raised by Santa's elves in the North Pole, was released less than 20 years ago, it's quickly become a holiday classic.



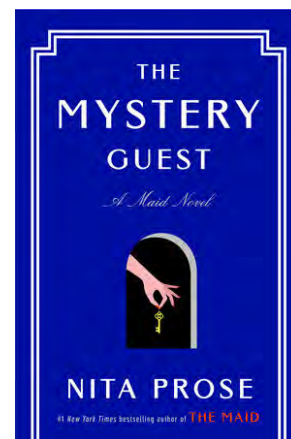
## BOOK CLUB

Book Club will be taking November off for the holidays. The next day Book Club will meet will be December 11th.

There will be 2 books being discussed. "The Mystery Guest", and "The Mistletoe Mystery". Both by Nita Prose

## UPCOMING BOOKS

December 11th: The Mystery Guest.



# FOREVERWELL GROUP EXERCISE CLASSES

<b>Monday</b>			
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B
10:00am - 10:45am	Salsa Splash	Bethany	Pool
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
6:00pm-6:45pm	Water Exercise	Rotating Lori/Deb	Pool
<b>Tuesday</b>			
8:00am-8:55am	Shallow Water	Erin	Pool
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:10am-9:55am	Water Tabata	Gayle	Pool
1:30pm-3:00pm	Line Dancing	Wanda	Studio A
<b>Wednesday</b>			
9:00am-9:45am	Water Exercise	Susan	Pool
11:50am-12:35pm	ForeverWell Combo	Mary	Studio A
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
5:10pm-5:55pm	Arthritis Water	Mara	Leisure Pool
<b>Thursday</b>			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Shallow Water	Erin	Pool
10:00am-10:45am	Deep Water Aerobics	Erin	Pool
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A
7:15pm-8:00pm	Water Exercise	Kristi	Pool
<b>Friday</b>			
9:00am-9:45am	Water Exercise	Ginny	Pool
10:00am-10:45am	Arthritis Water	Mara	Leisure Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
<b>Saturday</b>			
8:00am-8:45am	Salsa Splash	Mary	Pool

Reservations  
for Water  
Exercise NO  
LONGER  
Required!!!

\*Updated  
9/27/24



# DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 COFFEE HOUR 9:30 AM	4 GAME TIME 10 AM COFFEE HOUR	5 COFFEE HOUR 9:30 AM	6	7
8	9 MOVIE MATINEE 11 AM	10 COFFEE HOUR 9:30 AM	11 GAME TIME 10 AM COFFEE HOUR	12 COFFEE HOUR 9:30 AM	13 CHRISTMAS COOKIE MAKING! 10AM	14
15	16	17 COFFEE HOUR 9:30 AM	18 GAME TIME 10 AM COFFEE HOUR	19 COFFEE HOUR 9:30 AM	20	21
22	23	24 COFFEE HOUR 9:30 AM BRANCH HOURS 7AM - 12PM	25 CLOSED FOR CHRISTMAS! 	26 COFFEE HOUR 9:30 AM	27	28
29	30	31 COFFEE HOUR 9:30 AM				

