

# the **Y** **FOREVERWELL**

A MONTHLY NEWSLETTER FOR ALL MEMBERS 55+

DAYTON AT GAVIIDAE YMCA | DECEMBER 2025

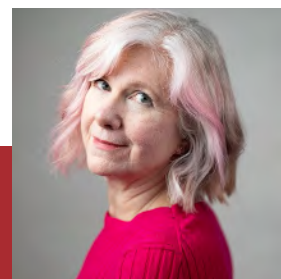
## HAPPENINGS AT THE DAYTON Y



November ForeverWell Happy Hour



WaterX Group Potluck




**DAYTON AT GAVIIDAE YMCA**  
651 Nicollet Mall, Suite 300  
Minneapolis, MN 55402  
Phone: 612-371-9622

**BRANCH HOURS**  
Mon - Thu 5:30a.m. - 8:00p.m.  
Fridays 5:30a.m. - 7:00p.m.  
Sat - Sun 7:00a.m. - 3:00p.m.

**CONNECT WITH ME**  
Maureen Bowen  
Health & Wellness Director  
[maureen.bowen@ymcamn.org](mailto:maureen.bowen@ymcamn.org)

# FOREVERWELL COMMUNITY GATHERINGS

Expand your horizons and get to know others within our YMCA community through group gatherings.



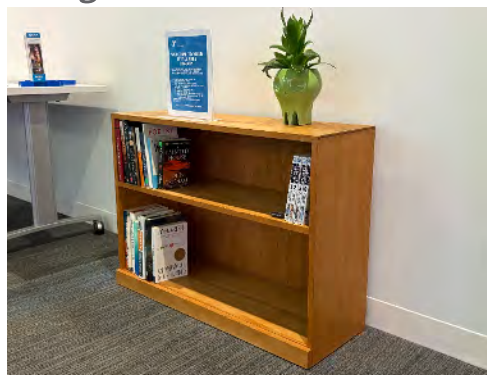
## WEDNESDAY, DECEMBER 17TH HAPPY HOUR AT UMBRA 4:00-6:00 PM

Inside the Canopy Hotel  
708 S. 3rd Street  
Minneapolis, MN 55415

Sign up at the Welcome Desk.

## THURSDAY, DECEMBER 11TH GET CONNECTED 9:30-11:30 AM IN THE LOBBY

Stop by for coffee in the lobby. It's a great chance to check out our new Free Little Library!



Do you have a social activity you would like to have at the Dayton YMCA? Share your ideas by sending an email to [maureen.bowen@ymcamn.org](mailto:maureen.bowen@ymcamn.org).



**SUPPORT  
WHAT  
MOVES  
YOU**



## **YOUR GIFT TO THE DAYTON YMCA WILL MAKE A DIRECT IMPACT:**

**Because of you, a child learned to swim safely this summer. A senior found connection and friendship. A family received food and shelter support. Your gift makes this possible.**

- **963 scholarship memberships** were given at the Dayton Y, 206 of those were youth memberships.
- **49,673 total ForeverWell members** visited the Dayton Y in 2024
- **16.8k Water Safety Participants** learned skills through donor and grant-funded programs.
- **8.9K Outreach Clients** received **essential resources** like food, shelter referrals and navigation services from the Y's Homeless Outreach program.

## **HELP US SUSTAIN AND STRENGTHEN OUR Y!**

Help us reach our goal of \$37,500- every gift, no matter the size, brings us closer to changing more lives. Scan to give today!

Find out more and donate online: [ymcanorth.org/fallcampaign](https://ymcanorth.org/fallcampaign)



**SCAN HERE**





# Specially Priced **SENIOR MEMBERSHIPS** are coming for 2026!\*

\*for those impacted by the recent Medicare-related insurance changes. Exclusions and eligibility factors may apply. Please talk to a Member Services team member for additional details. Prices are per month.

**\$49\***  
**Single Sr.**

PER MONTH

**\$79\***  
**Dual Sr.**

PER MONTH

## **MEDICARE OPEN ENROLLMENT**

**Ends December 7th**

Learn more about the recent Medicare-related insurance changes and their potential impact on YMCA memberships for those 65+ here



at [ymcanorth.org](https://ymcanorth.org)

### BAKED SWEET POTATO SOUP WITH CAULIFLOWER CRUMBLES

#### Ingredients:

##### Sweet Potato Soup:

- 1 red onion, cut into large chunks or slices
- 3 sweet potatoes, cut into chunks (about 6 cups)
- 2 tablespoons avocado oil or olive oil
- 1 teaspoon coarse kosher salt
- 6 cups vegetable broth (see notes)
- 1/2 inch knob of fresh ginger
- 1/2 cup macadamia nuts or cashews

##### Toppings:

- 4-6 cups cauliflower florets
- a small bundle of chives, chopped
- lemon wedges
- a drizzle of infused oil (I like a spicy chili oil)



*Recipe from Pinchofyum.com*

#### Directions:

1. Preheat Oven: Preheat the oven to 425 degrees.
2. Roast Soup Vegetables: Place sweet potatoes and onions on a sheet pan; drizzle with oil, sprinkle with salt. Roast in the oven for 30-45 minutes, until golden brown and softened.
3. Roast Cauliflower: At the same time, place the cauliflower florets on a second sheet pan, toss with 1 tablespoon oil and 1 teaspoon salt. Roast in the oven for 30 minutes (I just tuck it underneath the sweet potatoes and onions).
4. Crumble Cauliflower: Break up the cauliflower into smaller bits using the back of a wooden spoon or spatula. Return to the oven for 10-15 minutes to get extra browned.
5. Blend Soup: Allow the sweet potatoes and onions to cool slightly. Working in two batches, transfer the sweet potatoes and onions to a blender. Add broth, ginger, and macadamia nuts; puree until very smooth. Serve: Taste and adjust for salt. Serve the soup topped with the roasted cauliflower bits, a sprinkle of chives, a drizzle of oil, and a squeeze of lemon juice.

# JUST FOR FUN

HEALTHY ACTIVITIES  
FOR BODY & MIND

## A NUMBERS GAME: SUDOKU – December Puzzle

Aim for numbers 1-9 in each box, each column, and each row!

### Easy

		5	7	4				2
	3			1	2	5		8
	1				8	7	6	4
	6			9	3			
3		2			7		1	
			5					3
8		1	2		6			
	2	6	4					
4	7	3	9	8	1	2	5	

### Medium

							3	
			8	1	3	2	4	7
	8	3					1	
8			3	5		4	9	
		1	7		4			3
3					6			
9		7		4	2			
4						9		1
			6		9		2	4

----- Fold Here to Hide / Reveal -----

### Easy

6	8	5	7	4	9	1	3	2
7	3	4	6	1	2	5	9	8
2	1	9	3	5	8	7	6	4
5	6	8	1	9	3	4	2	7
3	4	2	8	6	7	9	1	5
1	9	7	5	2	4	6	8	3
8	5	1	2	7	6	3	4	9
9	2	6	4	3	5	8	7	1
4	7	3	9	8	1	2	5	6

### Medium

7	1	4	9	2	5	8	3	6
6	9	5	8	1	3	2	4	7
2	8	3	4	6	7	5	1	9
8	7	6	3	5	1	4	9	2
5	2	1	7	9	4	6	8	3
3	4	9	2	8	6	1	7	5
9	6	7	1	4	2	3	5	8
4	3	2	5	7	8	9	6	1
1	5	8	6	3	9	7	2	4

ANSWER KEY