



# FOREVERWELL

December 2025 Ridgedale YMCA



## NEW TO THE YMCA ?

Contact

[Molly.skoro@ymcamn.org](mailto:Molly.skoro@ymcamn.org)

to schedule an orientation.

## SAVE THE DATE

Lets celebrate the end of 2025 and beginning of 2026. Monday, December 29 @ 12:15 with a bowl of **CHICKEN WILD RICE SOUP**

Christmas Eve 7am-Noon  
Christmas Day Closed  
New Years Ever 7am-5pm  
New Years Day 7am-5pm



## HAPPY HOLIDAYS

I would like to wish happy and safe holidays to you and your families. This time of year, can be so many things to many people in our community. For most of us we are so incredibly blessed in a lot of areas of our life. But for others, for a lot of different reasons they might need help or support. Especially this time of year. So the YMCA is stepping up to help the community however we can, and we ask you if its within your abilities to help too.

In our lobby, we have several programs to donate to. We have a giving tree with pictures of children who have requested gifts that live at our neighborhood sites that the YMCA does programming at. Some of the residents at these sites are new immigrants from many countries that have not had the opportunity to celebrate holidays like this. Some are families that have landed on hard times and struggling to provide what the family needs on a daily basis.

We also have a Big Blue Barrel for Gifts For Seniors, this organization gives these donations to Seniors that do not have families to visit them, check in with them, provide any kind of gifts or celebration. This will be around until the First of the year.

## BRANCH HOURS

Monday-Friday: 5am-9pm  
Saturdays: 7am-5pm  
Sundays: 7am-5pm

## Ridgedale YMCA

12301 Ridgedale YMCA  
Minnetonka, MN 55305  
Coordinator: Molly Skoro  
[Molly.skoro@ymcamn.org](mailto:Molly.skoro@ymcamn.org)  
952-582-8264

## DECEMBER ACTIVITIES

MINNESOTA ARBORETUM AT THE RIDGEDALE YMCA @ 1PM.  
MUST BE SIGNED UP, LIMITED SPACE. CHECK OUT FLYER ON THE  
HLC BOARD



GRATITUDE CIRCLE WEDNESDAY,  
DECEMBER 17 @ 11:15



The topics we will be sharing is, "When is the smallest gesture of kindness made all the difference to me in going forward?" and "What small kindness can I offer to others today?"

You can share and listen or just listen. It is a great group of people that have amazing insight and journey of what can be the simplest things we all can have gratitude. Please consider participating in Gratitude circle in December. This time of year, we have so many things to be grateful for. Especially what is going on in the world right now. And if this time of year for some reason brings you down, maybe it will help to listen and share if you want about the positive things in your life. Questions? contact molly through email.

### DAILY MAHJONG/DOMINOS 9-4PM MONDAY-FRIDAY

Stop by the front desk for the tiles. Play in the HLC when there is not an event scheduled in the room. Member lead, please make sure you have everything and bring back to the front desk. If you know nonmembers who play, they are invited to participate. Just make sure they have a picture ID and they can be your guest. Make sure they are with you and they check in.



FRIDAY, DECEMBER  
19 @9:30AM HLC  
dime a card, 3 for  
quarter each game.  
Treats too. Winner(S)  
GETS pot. prizes too.  
cover all double the  
COST OF game

MONDAY DEC. 29  
@12:15 CHICKEN WILD  
RICE SOUP IN HLC  
PLEASE SIGN UP ON HLC  
BOARD FRIDAY,  
DECEMBER 26.



### BALANCE ASSESMENTS

If you would like to test your balance, contact Molly through email and put balance assessment in the subject line to set a time up. It takes about 15-20 minutes to take. and after will give you a sheet on how to practice and improve your balance.

SUGGESTIONS  
FOR A GIFT FOR

## THE HOLIDAYS FOR YOU

Ask them for a Personal Training package at the YMCA. What a Great to start the new year off. There is so many benefits, it can help you with balance, good nutrition, strengthening, and easier daily activities to name a few. It is the whole MIND, BODY and Spirit

### FEELING BLUE THIS TIME OF YEAR? THERE ARE RESOURCES OUT THERE TO HELP. JUST SO YOU KNOW YOU ARE NOT ALONE.

The first step in finding a support group near you is often to talk to your primary care physician or mental health professional. They are often the best place to start when looking for a local support group. You can also search for a local meeting via the websites of the various support groups.



## CALLING ALL KNITTERS AND CROCHETERS



Keep your cognition and dexterity in shape by joining us for Fiber Friends Time Tuesdays from 12:30-2:30 Info contact Kim Cramer [tokimcramer@gmail.com](mailto:tokimcramer@gmail.com)

## CALLING FOR VOLUNTEERS FOR READING PALS

Check out flyer at the front desk. For more information email [Sandra.walton@ymcamn.org](mailto:Sandra.walton@ymcamn.org).

## THE GEORGE WILLIAMS BOOK CLUB SATURDAY FEBRUARY 7, 2026 7AM.

CHECK OUT FLYER ON HLC BOARD. EVERYONE IS WELCOMED. QUESTIONS? EMAIL TERRY : [tstephens@plbc.org](mailto:tstephens@plbc.org)

## MEDICARE ADVANTAGE OPEN ENROLLMENT ENDS DECEMBER 7. IF YOU ARE LOSING YOUR YMCA BENEFIT THERE WILL BE SPECIAL PRICING AVAILABLE FOR THOSE THAT ARE AFFECTED. MORE INFO TO COME.

## SUGGESTIONS FOR A GIFT FOR THE HOLIDAYS FOR YOU

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