



FOREVERWELL

DECEMBER 2025 | HUDSON YMCA



TABLE OF CONTENTS:

Page 2-3: ForeverWell Monthly Events

Page 4: Group Exercise Schedule

Page 5: ForeverWell Social Activities

Page 6: Book Club Information

Page 7: Guitar Group/Holiday BINGO

Page 8: Aging In Place Presentatin

Page 9: Holiday Craft Fair

Page 10 : Coffee & Conversations: Ted Blank Travels/ Tech Time @ the Y

Page 11: Holiday Potluck/ Holiday Get Together

Page 12: Balance and Mobility Demo/ Let's Dance, Line Dance Social

Page 13: Holiday Closures/Upcoming Events

Page 14: Crossword Puzzle

Page 15: Recipe

Page 16: Calendar

Celebrate the Season

December is a month that invites us to slow down, reflect, and celebrate the moments that matter most. As the days grow shorter and the air turns crisp, we're reminded that the heart of the season isn't found in the hustle and bustle, but in the connections we nurture and the joy we share.

At the Y, we see the magic of this time of year in countless ways—friends greeting each other with warmth after class, volunteers offering their time and talents to bring joy to others, and members encouraging each other to stay active and healthy during the colder months. These moments may seem small, but together, they create a community where everyone feels welcome and supported.

This season is also a perfect time to embrace both tradition and adventure. Maybe that means baking your family's favorite holiday cookies, trying a new winter activity, or attending one of our seasonal events. Perhaps it's simply pausing to enjoy a walk in the snow, a favorite holiday song, or a quiet cup of tea. However you celebrate, take time to savor the experiences that bring you peace and joy.

From all of us at the Y—thank you for making our community such a warm and vibrant place all year long. We wish you a joyful holiday season and a bright, hopeful start to the new year!

BRANCH HOURS

Monday-Friday 5 AM - 9 PM

Saturday-Sunday 7 AM - 5 PM

HUDSON YMCA

2211 Vine Street

Hudson, WI 54016-1899

www.YMCANORTH.org

FOREVERWELL

MONTHLY EVENTS

AGING IN PLACE WITH SENIOR HELPERS

DATE: WEDNESDAY, DECEMBER 3RD, 11:30 AM – 1:00 PM

Learn how to stay safe, independent, and comfortable at home with guidance from Senior Helpers. They'll share the key benefits of aging in place and the resources available to support you or a loved one. Register at the front desk. See page 8 for more information.

HOLIDAY CRAFT FAIR

DATE: SATURDAY, DECEMBER 6TH, 9:00 AM – 3:00 PM

Join fellow community members at the Hudson Middle School for the Holiday Craft Fair! See page 9 for more information.

MOVIE MONDAY: ELF

DATE: MONDAY, DECEMBER 8TH AT 10:30 AM

Join us for a laugh-out-loud holiday favorite as Buddy the Elf journeys from the North Pole to New York City to find his dad — and remind everyone what Christmas is really about! Bring your family, your holiday spirit, and your favorite cozy blanket. Let's kick off the season with joy, laughter, and a cup of hot cocoa! Hosted in the St. Croix room with popcorn provided.

COFFEE AND CONVERSATIONS WITH TED BLANK TRAVEL

DATE: WEDNESDAY, DECEMBER 10TH, 9:30 – 11:30 AM

Join us in the lobby for treats, coffee, and quality time spent with others in the community and learn more about travel ideas for active seniors. See page 10 for more information.

TECH TIME AT THE Y WITH JOSH

DATE: WEDNESDAY, DECEMBER 10TH, 12:00 – 2:00 PM

Need a little help with your devices? Join us for Free Tech Time, hosted by Josh from Computer Repair and Services! This is a casual, two-hour drop-in opportunity where you can bring your phone, tablet, laptop, or any tech-related questions. See page 10 for more information.

FOREVERWELL

MONTHLY EVENTS

HOLIDAY POTLUCK

DATE: THURSDAY, DECEMBER 11TH, 11:30 AM

Join us for the halfway date between Thanksgiving and Christmas for a ForeverWell Potluck. Bring a dish to share. Sign ups will be available at the ForeverWell Board. Potluck will start at 11:30 am and goes until the food runs out! See page 11 for more information.

BALANCE AND MOBILITY DEMO WITH PERSONAL TRAINER KYA

DATE: MONDAY, DECEMBER 15TH, 11:30 AM - 12:15 PM

Through a mix of balance drills, dynamic movements, and strength training. Designed for all fitness levels, it targets key muscles that support balance, helps prevent injury, improves posture, and enhances everyday movement. Drop in Studio 2, 27 seats available! See page 12 for more information.

NEW MEMBER ORIENTATION

DATE: WEDNESDAY, DECEMBER 17TH, 10-10:30 AM

Great for new or returning members looking to learn more about what the YMCA and ForeverWell has to offer our community. Register online or at the front desk!

HOLIDAY HAPPINESS GET TOGETHER

DATE: WEDNESDAY, DECEMBER 17TH, 11:30 AM - 1:30 PM

Join us for a lighthearted and inspiring holiday program filled with poems, stories, humor, and practical tips for staying well. Discover simple ways to navigate the holiday season with joy, balance, and a positive approach to aging. See page 11 for more information.

LINE DANCE SOCIAL

DATE: MONDAY, DECEMBER 29TH AT 1:30-4PM

Join us for an afternoon of music, movement, and fun! We will be playing all types music for line dancers at any experience level. Whether you're a seasoned dancer or just want to groove, this is the perfect place to let loose and have a great time. There will be instructors leading the event and teaching a handful of dances. See page 12 for more information.

FOREVERWELL EXERCISE CLASSES

MONDAY:

8:10 AM - FOREVERWELL WATER EXERCISE
8:00 AM - SILVERSNEAKERS YOGA
8:55 AM - SILVERSNEAKERS CLASSIC
9:45 AM - FOREVERWELL COMBO CLASS

TUESDAY:

7:30 AM - FOREVERWELL WATER EXERCISE
8:15 AM - FOREVERWELL STRENGTH
8:45 AM - FOREVERWELL CYCLE
9:10 AM - NORDIC WALKING
9:20 AM - SILVERSNEAKERS YOGA
10:15 AM - SILVERSNEAKERS CIRCUIT
11:15 AM - SILVERSNEAKERS ENERCHI

WEDNESDAY:

8:10 AM - FOREVERWELL WATER EXERCISE
8:15 AM - SILVERSNEAKERS CLASSIC
9:15 AM - SILVERSNEAKERS YOGA
10:15 AM - SILVERSNEAKERS CLASSIC
1:00 PM - LINE DANCING BEGINNING
2:00 PM - LINE DANCING ADVANCED

THURSDAY:

7:30 AM - FOREVERWELL WATER EXERCISE
8:15 AM - SILVERSNEAKERS YOGA
8:30 AM - FOREVERWELL CYCLE
9:15 AM - SILVERSNEAKERS CIRCUIT
10:15 AM - FOREVERWELL STRETCH AND BALANCE

FRIDAY:

8:10 AM - FOREVERWELL WATER EXERCISE
8:15 AM - SILVERSNEAKERS CIRCUIT

*CLASS OFFERINGS MAY BE SUBJECT TO CHANGE

"Wrinkles merely indicate where smiles have been"

-Anonymous



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 do to improve your balance. [Sign up at the Member Service Desk.](#)

FITNESS ASSESSMENT

Sign up at Member Services for a complimentary fitness assessment with one of our personal trainers. Available to ForeverWell Members who are new or returning. [Sign up at the Member Service desk.](#)

FOREVERWELL COORDINATOR



My name is Emma and I am your ForeverWell Coordinator. I have a great appreciation for holistic wellness and preventative

health and am overjoyed to be able to share my passion with you. I am looking forward to meeting you all and learning how I can best serve you in my role! My door is always open.

emma.holt@ymcanorth.org
651-435-6734

FOREVERWELL SOCIAL ACTIVITIES

MONDAY :

BOARD GAMES

10:15-12:15 PM

St. Croix Room

Every other Monday

This months dates: 12/1, 12/15, 12/29

BRING A GAME YOU LOVE

MOVIE MONDAY

10:30 AM - 12:30 PM

December 8th

Mallilieu Room

WOODCARVING

2:30 - 4:30 PM

St. Croix Room

BRING YOUR OWN SUPPLIES

THURSDAY:

PING PONG

11:15 - 1:00 PM

Studio 2

MAH JONGG- NEWCOMERS WELCOME

12:30 - 2:30 PM

St. Croix Room

FRIDAY :

PING PONG

10:45 - 1:00 PM

Studio 2

*Except the last Friday of the
Month

TUESDAY :

NORDIC WALKING

9:10 - 10:00 AM

Meet in the Lobby

POLES AVAILABLE

BOOK CLUB

Meet the 2nd Tuesday of the Month
10:15 AM

See Attached Flyer for the Book

St. Croix Room

GUITAR GROUP

12:00 - 1:00 PM

St. Croix Room

Every other Tuesday

See flyer for more info

PING PONG

12:15 - 3:00 PM

Studio 2



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CELEBRATE THE SEASON WITH A COOKIE & BOOK EXCHANGE!

BRING A BOOK AND SOME COOKIES TO SHARE AT OUR FESTIVE HOLIDAY CELEBRATION. ENJOY SWAPPING STORIES, TREATS, AND CHEER WITH FRIENDS!

FOREVERWELL BOOK CLUB



December 9th

**The Hundred-Year-Old Man
Who Climbed Out the
Window and Disappeared**

By Jonas Jonasson

January 13th

**The Night Watchman
By Loius Erdrich**

Meets the 2nd Tuesday of Every Month 10:15 AM in the Community Room, No Registration Needed. Books subject to change

COME JAM OUT!



Grab your guitar and join us

UPCOMING DATES:

12p - 1p

Tuesday, December 9th in the St. Croix Room

Open to all skill levels!

Tuesday, December 23rd in the St. Croix Room

Try something new
Learn more about music
Play with other musicians



Take the Challenge!



12 DAYS OF FITNESS FOREVERWELL BINGO



TO PLAY:

Select a BINGO Card from the ForeverWell board and fill out the back

The game is open December 8th until the 24th. Cards must be turned in by Christmas Eve.

Completed cards can be turned in anytime at the front desk. A BINGO (5 in a row) puts you in the running for a small prize

A BLACKOUT (whole sheet) enters you to win the grand prize
Winners will be announced 12/31

Questions? Contact Emma at emma.holt@ymcanorth.org or 651-435-6734



Aging In Place

"Aging in place is about choice, preparation, and enjoying life on your own terms."



The presentation topics cover the benefits of aging in place, and key considerations to enable aging in place.

Pat Reardon
Owner, Client and
Community
Relations

Wednesday, December 3rd
11:30 am - 12:30 pm
St. Croix Room
Register at the front desk to reserve
your spot



Youth Action Hudson's 15th Annual Fundraiser

HOLIDAY CRAFT FAIR

**Saturday, December 6th
9:00am to 3:00pm
Hudson Middle School
1300 Carmichael Road, Hudson**

- Handmade Gifts and Crafts
- Direct Market Items
- 150+ Vendors
- Concessions
- \$1 Goodwill Donation at the door to support YAH's Scholarship Program



**FOR A VENDOR APPLICATION CONTACT:
YOUTHACTIONHUDSON@YMCAMN.ORG**



COFFEE & CONVERSATIONS

WEDNESDAY, DECEMBER 10TH

9:30 - 11:30 AM

LOBBY

TED BLANK
Luxury Travel & Adventure

COME FOR COFFEE, TREATS,
CONVERSATIONS AND LEARN ABOUT TRAVEL
IDEAS FOR SENIORS

"Get Out and Go: Ten Travel Ideas for Active Seniors" — ready to turn your travel dreams into reality? Join Hudson travel advisor Ted Blank at the YMCA for a lively and inspiring session where you'll discover ten exciting ways to see the world while staying active, engaged, and energized. From scenic cruises and walking tours to cultural adventures and even expedition cruises, Ted will share ideas that fit your pace and your passions. Come for the inspiration, leave with practical tips and a sense of adventure—your next great journey is waiting!

TECH TIME @ THE Y



computer REPAIR & SERVICES
HARDWARE • SOFTWARE • NETWORKS • INSTALLATIONS

Wednesday, December 10th

YMCA Lobby

12 - 2p

Drop in any time



Need a little help with your devices?

Join us for Free Tech Time, hosted by Josh from Computer Repair and Services! This is a casual, two-hour drop-in opportunity where you can bring your phone, tablet, laptop, or any tech-related questions.

Whether you're trying to set up an email, connect to Wi-Fi, or just figure out how to use a new app, Josh is here to help with friendly, easy-to-understand support. This event is free and open to all skill levels — come as you are and leave a little more tech-savvy!

Join us for a **HOLIDAY PARTY POTLUCK**

Details:

Thursday, December 11th

11:30a

Lobby

Sign up at the ForeverWell board
if you are planning to attend and
what you are bringing to share



Hosted by Gary Weston



Holiday Happiness Get Together: Celebrating the Season & Yourself

Join us for a lighthearted and inspiring holiday program filled with poems, stories, humor, and practical tips for staying well. Discover simple ways to navigate the holiday season with joy, balance, and a positive approach to aging.

Wednesday, December 17th
St. Croix Room
11:30 am - 1:00 pm
Refreshments provided



BALANCE MOBILITY DEMO

***WITH PERSONAL
TRAINER, KYA***

**Boost your
stability, strength
and confidence**

JOIN US

**DECEMBER 15TH
11:30 AM – 12:15 PM
STUDIO 2**

Through a mix of balance drills, dynamic movements, and strength training. Designed for all fitness levels, it targets key muscles that support balance, helps prevent injury, improves posture, and enhances everyday movement.

**Join the YMCA ForeverWell Program & the Hudson
Area Senior Center for a**

LET'S DANCE, LINE DANCE

SOCIAL



Monday, December 29th Studio 1 1:30 – 4pm

Grab your dancing shoes for an afternoon of music, movement, and fun! We will be mostly line dancing, but some will couple dance: polka swing, and ballroom. All levels of experience welcome! A short lesson will start at 1:30p, followed by open social dancing with split floor dances!

January

Upcoming Events:

January 7th Learn more about Essential Oils

January 14th Tech Time with Josh

January 21st The Gratitude Group's first meeting

January 28th Understanding Grief

More details coming soon!

*merry
christmas*

We will be open 7:00 am - 12:00 pm Christmas Eve

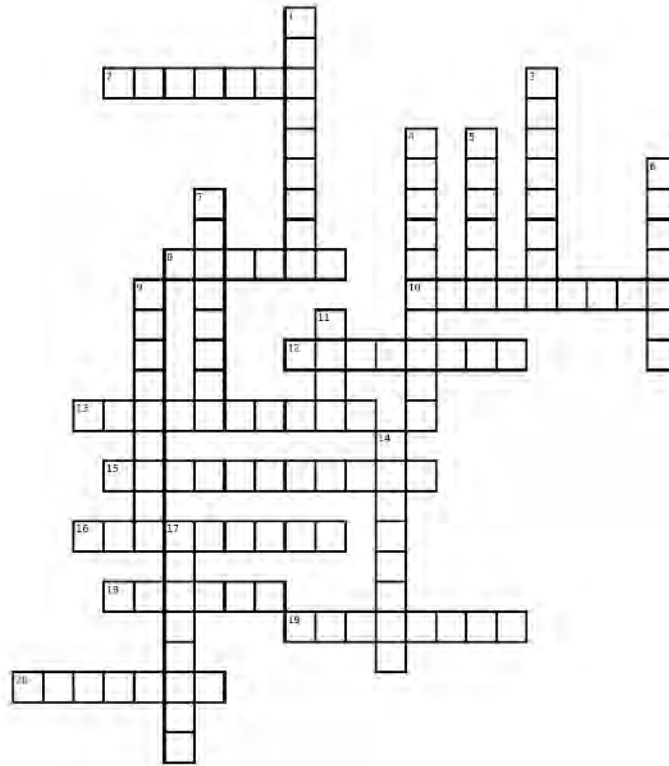
There will be no SilverSneakers fitness classes on
Christmas Eve

We will be closed on Christmas Day

*Happy
New Year*

We will be open 7:00 am -
5:00 pm New Year's Eve
and New Year's Day

Holiday Crossword Puzzle



Down:

1. "Hung above doorways to encourage a holiday smooch."
3. "Singing festive songs door-to-door."
4. "Bright red plant often seen at Christmastime."
5. "Frozen spikes hanging from eaves after a snowstorm."
6. "'Good ___ of comfort and joy'."
7. "Pull Santa's sleigh through the night sky."
9. "A cold-weather hazard to fingers and toes."
11. "Old English term for the winter festival."
14. "Festival of Lights celebrated for eight days."
17. "Gliding down snowy hills for fun."

Across:

2. "Folklore figure who punishes naughty children in Europe."
8. "Sparkly decoration that drapes over trees."
10. "Tree that stays green throughout winter."
12. "Another term for the Christmas season."
13. "Wooden soldier often displayed during the holidays."
15. "Spiced sweet treat baked into houses or cookies."
16. "Roasted over an open fire, as the song says."
18. "Santa's mode of transportation."
19. "Hangs on a tree and comes in many shapes and sizes."
20. "A warm, spiced drink traditionally shared during caroling."

RECIPE

SWEET POTATO & BLACK BEAN CHILI

Recipe by Katie Webster

Active Time: 25 minutes Additional Time: 15 minutes Total Time: 40 minutes Servings: 4

INGREDIENTS

- 1 TBS PLUS 2 TSP EXTRA-VIRGIN OLIVE OIL
- 1 MEDIUM-LARGE SWEET POTATO, PEELED & DICED
- 1 LARGE ONION, DICED
- 4 CLOVES GARLIC, MINCED
- 2 TBS CHILI POWDER
- 4 TSP GROUND CUMIN
- 1/2 TSP GROUND CHIPOLTE CHILE
- 1/4 TSP SALT
- 2 1/2 CUPS WATER
- 2 15OZ CANS OF BLACK BEANS, RINSED
- 1 14OZ CAN DICED TOMATOES
- 4 TSP LIME JUICE
- 1/2 CUP CHOPPED FRESH CILANTRO

DIRECTIONS

1. Heat oil in Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion has begun to soften, about 4 minutes. Add garlic and spices, stirring constantly for 30 seconds.

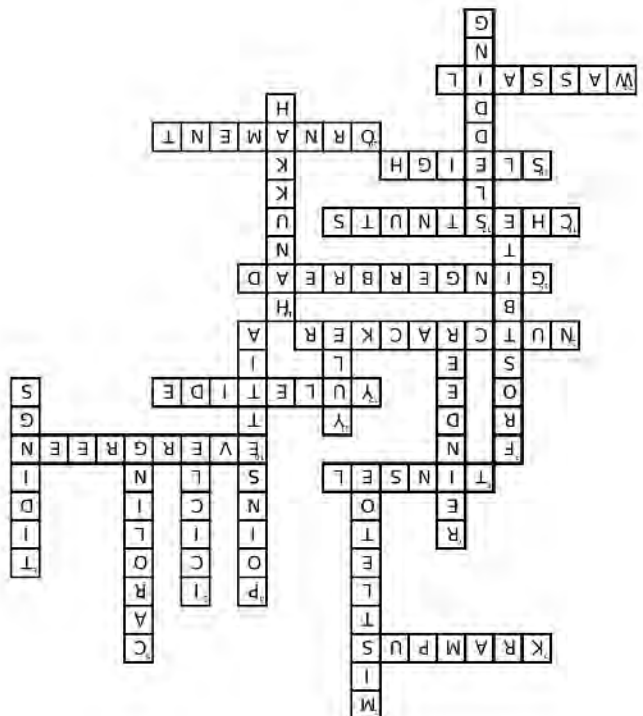
2. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, about 10-12 minutes.

3. Add beans, tomatoes, and lime juice. Increase the heat to high and return to a summer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.



MEDICARE ADVANTAGE OPEN ENROLLMENT SEASON ENDS DECEMBER 7!

PLEASE DOUBLE-CHECK WITH YOUR INDIVIDUAL HEALTH INSURANCE PROVIDER THAT YOUR SPECIFIC PLAN WILL CONTINUE TO INCLUDE YOUR Y MEMBERSHIP AS A 2026 BENEFIT.



DECEMBER

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Board Games @10:15a St. Croix Room Wood working @2:30p St. Croix Room	2 Nordic Walking @9:10a Lobby Ping Pong @12:15p Studio 2	3 Senior Helpers @11:30a St. Croix Room	4 Ping Pong @11:15a Studio 2 Mah Jongg @12:30p St. Croix Room	5 Ping Pong @10:45a Studio 2	6
7	8 Movie Monday @10:30 St. Croix Room Wood working @2:30p St. Croix Room	9 Nordic Walking @9:10a Lobby Book Club @10:15a St. Croix Room Ping Pong @12:15p Studio 2	10 Coffee & Conversation @9:30a Lobby Tech Time @12p Lobby	11 Ping Pong @11:15a Studio 2 Holiday Potluck @11:30a Lobby Mah Jongg @12:30p St. Croix Room	12 Ping Pong @10:45a Studio 2	13
14	15 Board Games @10:15a St. Croix Room Mobility Demo @11:30a Studio 2 Wood working @2:30p St. Croix Room	16 Nordic Walking @9:10a Lobby Ping Pong @12:15p Studio 2	17 New Member Orientation @10a Lobby Holiday Get Together @11:30a St. Croix Room	18 Ping Pong @11:15a Studio 2 Mah Jongg @12:30p St. Croix Room	19 Ping Pong @10:45a Studio 2	20
21	22 Wood working @2:30p St. Croix Room	23 Nordic Walking @9:10a Lobby Ping Pong @12:15p Studio 2	24 No SilverSneaker Classes	25 Closed	26 Blood Drive @11a Studio 2	27
28	29 Board Games @10:15a St. Croix Room Line Dance Social @1:30p Studio 1 Wood working @2:30p St. Croix Room	30 Nordic Walking @9:10a Lobby Ping Pong @12:15p Studio 2	31			