



FOREVERWELL

DECEMBER 2025 | HASTINGS AREA YMCA

QUICK NEWS

FOREVERWELL ORIENTATION

Are you new to the Y? Learn about fitness offerings and classes, how to sign-up for activities, a YMCA tour. Register for a ForeverWell Orientation with Tracy Spinks at our Welcome Desk.

MACHINE ORIENTATION

Would you like to learn how to use the machines in the fitness center? **Tuesday, December 16, 1:00pm-2:00pm** is the next machine orientation with DeAnn Nicklay. Stop by our Welcome Desk to sign up for an appointment.



I AM HERE TO HELP!

If you would like more information on programs or classes, please reach out by phone or email to your **Foreverwell Coordinator: Tracy.Spinks@ymcamn.org**
Phone: 651-319-8009.

CELEBRATE THE SEASON

WAYS TO SHOW CARING DURING THE HOLIDAYS

- ❖ **Volunteer opportunities:** Salvation Army Bell Ringing, Gift Wrapping for others, Caroling at an Assisted Living or Memory Care facility, Toys for Tots donations.
- ❖ **Smile** at someone you don't know. It might be just what they need.
- ❖ **Holiday Cards/Supplies.** Mail cards to friends or family. Drop necessities off at facilities like the Veterans Home or Shelters.

FRIDAY PIE DAY

FRIDAY, DECEMBER 5

10:15AM-11:30AM

MULTI-PURPOSE ROOM

Join us for a slice of pie and a cup of coffee! Limited pie & coffee; first come first served! We would love to see you! **FREE!**

Please sign up to donate a pie if you can.



ARTS & CRAFTS

THURSDAY, DECEMBER 11

10:30AM-12:00PM

CONFERENCE ROOM

Join us to make Cross Stitch ornament or book marker with Katie Rowan. Assorted designs will be available to choose from. Bring cheaters or tabletop magnifier. **Maximum participants: 8.** Please sign up on the ForeverWell Bulletin Board by Tuesday, December 9 at noon. **FREE**



HASTINGS AREA YMCA

85 Pleasant Drive
Hastings, MN 55033
651-480-8887

BRANCH HOURS

Monday-Friday: 5:00am-9:00pm
Saturday & Sunday: 7:00am-5:00pm

HOLIDAY HOURS:

Wednesday, December 24, 7am-12:00pm
Thursday, December 25, CLOSED
Wednesday, December 31, 7am-5:00pm
Thursday, January 1, 7am-5:00pm

HOLIDAY COOKIES & CHEER

WEDNESDAY, DECEMBER 17

10:00AM-11:30AM

MULTI-PURPOSE ROOM

Join us as we celebrate the season together during Coffee & Chat. Wear a Fun Holiday Sweater and/or Socks and a smile! There will be Cookies, Hot Chocolate and Coffee.



CHRISTMAS CAROLING

THURSDAY, DECEMBER 18

10:15AM-11:00AM

BENEDICTINE SENIOR LIVING, MEET IN THE LOBBY

Join us as we celebrate the season together and sing traditional Christmas carols for the residents at Benedictine. Geraldine P, a member of the YMCA, will be leading our group this year—thank you! There will be song sheets with the words for you to sing to— a Capela, with Gerry leading. Please try to carpool to save parking spaces and come about 10 minutes early, meet in the lobby. Thank you for bringing holiday cheer to the residents this season! **Address: 1175 Nininger Road, Hastings. Sign up on the ForeverWell bulletin board to attend so we know who is attending.**

BRUNCH BUNCH

WEDNESDAY, DECEMBER 31

11:00AM-12:30PM

MISSI'S SIP & SAVOR

Enjoy celebrating the New Year and eating a delicious brunch with friends from the YMCA. Click here for [MENU](#). **Address: 200 2nd St W, Hastings. Cost at your own expense. Sign up on the ForeverWell Bulletin Board by noon on Dec 30, to attend. 14 MAX**



FOREVERWELL BALANCE CLASS

MONDAYS & WEDNESDAYS

1:00-1:30PM

STUDIO A

Improve your balance, mobility and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Conquer your fear of falling, supplement your weekly workouts, and improve your walking gait.

LINE DANCING

MONDAYS 10:15-11:45

WEDNESDAYS 10:15-11:00

You will learn a variety of line dances and western struts in this class. A fun and social way to exercise! All levels welcomed.

INTERMEDIATE/ADVANCED

WEDNESDAYS 11:15-12:15

For the experienced line dancers a chance to practice more complicated dances. **FREE!**



COFFEE & CHAT

MONDAY & WEDNESDAY

9:00AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy connecting with friends and planning activities to attend. Coffee must be consumed in the community room—no take outs! **FREE!**

GAMES GROUP

MONDAY & WEDNESDAY

10:30AM-11:30AM

MULTI-PURPOSE ROOM

Enjoy playing board games or cards with other ForeverWell members or bring a favorite from home. No registration required, just show up. **FREE!**

FOREVERWELL GROUP EXERCISE CLASSES

MONDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 10:15am - SilverSneakers® Classic with DeAnn, Gymnasium
- 10:15am - ForeverWell Water X with Tracy, Pool
- 10:15am - Line dancing with Deena, Studio B
- 10:30am - Gentle Yoga with Corrie, Studio A
- 1:00pm - ForeverWell Balance with Tracy, Studio A
- 5:45pm - Water Exercise, Yvonne, Pool

TUESDAY:

- 8:00am - Gentle Yoga with Theresa, Studio B
- 8:00am - ForeverWell Cardio with Kelly, Gymnasium
- 9:00am - ForeverWell Stretch with Tracy, Studio A
- 9:30am - SilverSneakers® Yoga with Theresa, Gymnasium
- 10:30am - Group Active with Ashley, Studio B

WEDNESDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 10:15am - SilverSneakers® Classic with Kelly, Gymnasium
- 10:15am - ForeverWell Water X with Jennifer, Pool
- 10:15am - Line Dancing with Deena, Studio A
- 11:15am - Line Dancing Intermediate with Deena, Studio B
- 1:00pm - ForeverWell Balance with Tracy, Studio A

THURSDAY:

- 8:00am - Gentle Yoga with Tracy, Studio B
- 9:15am - ForeverWell Cardio with Kelly, Gym
- 10:15am - SilverSneakers® Yoga with DeAnn, Gymnasium
- 10:30am - Group Active with Ashley, Studio B
- 5:45pm - Water Exercise, Yvonne, Pool

FRIDAY:

- 8:00am - Water Exercise with Tracy, Pool
- 9:15am - SilverSneakers® Circuit with Tracy, Gymnasium
- 10:15am - SilverSneakers® Classic with DeAnn, Gymnasium
- 10:15am - ForeverWell Water X with Tracy, Pool

*Class registration needed for pool exercise classes.

DECEMBER – YMCA CORE VALUES SUPPORT A CULTURE OF SAFETY

As we celebrate winter holidays and reflect on the year as it comes to a close, we take a moment to remember how our YMCA of the North Core Values help us build strong relationships that keep us safer together:

***CARING *EQUITY *HONESTY *RESPECT *RESPONSIBILITY**

A CULTURE OF SAFETY HELPS US AVOID INCIDENTS AND INJURIES:

An ounce of prevention is worth a pound of cure!



CARING

- To be sensitive to the needs of others and go the extra mile.
- To show we care by keeping ourselves and others safe.



EQUITY

- To ensure that everyone has equal access to opportunities free from bias or favoritism.
- To understand that safety may look different for each of us, depending on ability and access.



HONESTY

- To tell the truth, have integrity, and build trust.
- To be honest with ourselves and others regarding our needs and limitations; to trust and be trustworthy.



RESPECT

- To value the worth of others, their property, and our shared spaces.
- To allow every person dignity and to share what safety might look like for them.



RESPONSIBILITY

- To do what is right and be accountable for behavior and obligations.
- To help eliminate a hazard, even if you didn't help create it.

DECEMBER AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	2	3 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am ForeverWell Orientation 2:00-3:00pm Registration Required	4	5 FOREVERWELL PIE & COFFEE SOCIAL 10:15-11:30am Multi-Purpose Room	6
7	8 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	9	10 COFFEE & CHAT 9:00-10:30am GAMES GROUP 10:30-11:30am	11 ARTS & CRAFTS Cross Stitch Craft 10:30am-12:00pm Conference Room <i>Sign-up required</i>	12	13
14	15 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	16 Machine Orientation 1:00-2:00pm <i>Registration required</i>	17 HOLIDAY SWEATERS, SOCKS, COOKIES & CHEER 10:00-11:30am	18 Christmas Caroling at Benedictine Senior Living 10:15-11:00am <i>Sign up required</i>	19	20
21	22 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	23	24 CHRISTMAS EVE Modified Hours 7:00am-Noon *No Coffee & Chat *No Games Group	25 YMCA CLOSED CHRISTMAS DAY	26 *Modified Class Schedules Check online	27
28	29 COFFEE & CHAT 9:00-11:30am GAMES GROUP 10:30-11:30am	30	31 HOLIDAY BRUNCH BUNCH Missi's Sip & Savor: Confluence Hotel 11:00am-12:30pm <i>Sign-up required</i> New Year's Eve Day 7:00am-5:00pm	JANUARY 1st New Year's Day 7:00am-5:00pm	JANUARY 2nd FOREVERWELL PIE & COFFEE SOCIAL 10:15-11:30am Multi-Purpose Room	*Reservations are required for Water Exercise Classes.