



FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

December 2025 | SOUTHDALE

At a Glance...

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CELEBRATE THE SEASON

As we enter this special time of year, we invite you to **celebrate the season** with your Southdale YMCA community! December is filled with tradition, connection, and gratitude—and we have several wonderful events to help us share in the joy together.

Our **Annual Christmas Tree Sales** will take place during the first two weekends of December—a festive way to support the Southdale Y while finding the perfect tree for your home.

Come Shop for gifts at our **Annual holiday craft fair** on Dec. 6th

We invite you to attend **two holiday potluck gatherings** where we can come together with friends:

December 5 – Pickleball Community Potluck/Party

December 11 – ForeverWell Annual Holiday Party

We also thank you for helping us celebrate Southdale YMCA's **50th Anniversary Celebration**. Your support and generous financial gifts will continue to make a meaningful impact on our community in the future.

From our Southdale family to yours, we wish you **peace and joy in this season of celebration**.

With Gratitude,

Nick Hanks | Cathy Quinlivan -Branch Directors

HOURS

Monday - Friday: 5am - 9pm

Saturday & Sunday 7am - 5pm

Member Services: 952-835-2567

https://www.ymcanorth.org/locations/southdale_ymca

SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435

For info. about Foreverwell program contact:

Cathy Quinlivan, Senior Operations Director

Email: catherine.quinlivan@ymcamn.org

Ph: 651-292-4138

Nick Hanks, Executive Director

Email: Nick.Hanks@ymcamn.org

Ph: 952-230-6680

FOREVERWELL AT THE SOUTHDAL YMCA

WHAT IS FOREVERWELL AT THE YMCA?

Staying active mentally, physically, and spiritually is important for feeling your best. FOREVERWELL programming is geared toward all Y members 55+, developed to build healthy mind, body and spirit and is based on the **Five Dimensions of Health – Connect – Restore – Nourish – Move – Reflect**. FOREVERWELL programming includes group fitness classes, as well as life-long learning, volunteer opportunities, social events, and a wide range of on-going clubs and activities.

NEW TO THE Y OR COMING BACK AFTER TIME AWAY...

- *Foreverwell Orientations* are held each Thursday at 9:30 am. You get a tour of the entire facility and learn about the things you have available to you with your YMCA membership. Visit the welcome desk to sign up.
- *Let's Connect Orientation* is a monthly meet-up with Associate Executive Director, Catherine Quinlivan. "Let's Connect" Orientations held this month on Tuesday, December 9th from 10:00 – 11:00 am. This is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

WHAT MOVES YOU?



Cathy doing WHAT MOVES HER!



Nick doing WHAT MOVES HIM!

WHAT MOVES YOU?

We are all inspired by different things. And progress takes many forms. At the Y, we don't define your idea of wellbeing – we provide a path to help you achieve it.

We want to hear from you! Sharing your Y experience and **WHAT MOVES YOU** helps us understand what makes our community special and reminds us of the difference we are all making together. It is through your stories that we continue to build a stronger, more connected place where everyone can thrive.

Nick and Cathy are eager to hear from you about **WHAT MOVES YOU** in and outside of the Southdale YMCA. Please reach out to schedule a time to meet with us to share what moves you over a cup of coffee. Our contact information is below. We are excited to hear your story!

Catherine Quinlivan, Senior Operations Director:
Catherine.quinlivan@ymcamn.org 651-292-4138

Nick Hanks, Executive Director:
Nick.hanks@ymcamn.org 952-230-6680

HAPPENING IN DECEMBER

FIND YOUR PERFECT CHRISTMAS TREE AT THE SOUTHDAL YMCA!

Weekends of November 29-30 and December 6-7; 11:00am-3:00pm

Join us for a beloved decades-long Southdale YMCA tradition and bring home the magic of the season! Our annual Christmas tree sale supports community programs that help strengthen local families — so every tree you purchase truly makes a difference. We'll have a festive selection of fresh trees ready for you to choose from. Once you've found your favorite, simply pay at Member Services. Celebrate the holidays, support your community, and start a tradition of your own. We can't wait to see you there!



MEDICARE ADVANTAGE OPEN ENROLLMENT ENDS DECEMBER 7TH

We encourage you to contact your individual health insurance provider to confirm that your specific plan will continue to include your Y membership as a 2026 benefit. For 2026 the YMCA of the North will accept gym memberships from Allina Health/Aetna, Health Partners, Humana, Medica, and United Healthcare. Scan the QR code to learn more or visit YMCA of The North landing page: <https://www.ymcanorth.org/> for more information.



MEDICARE OPEN ENROLLMENT PRESENTATION

Wednesday, Tuesday December 2nd, 6:00pm | Rotary Room

Learn about upcoming changes in Medicare for 2025 and what is new with AllinaHealth Aetna's Medicare Advantage plans. Hosted by Lee Ziesmer of Gold Leaf Insurance.

From Lee, "I enjoy helping put people's minds at ease, knowing I've done the due diligence to ensure they have the best health plan for their specific needs."



Lee Ziesmer

PICKLEBALL PLAYERS COMMUNITY POTLUCK

Friday, December 5th, 1:00pm-3:00pm | Rotary Room | No RSVP required.

Come meet fellow pickleball players, connect with the community, and learn more about how pickleball works at the Southdale Y. Whether you're a regular player or curious about how it works, everyone is welcome!

Bring a dish to share—beverages will be provided. We'd love to see you there!



SOUTHDAL YMCA PICKLEBALL CREW INVITE YOU TO JOIN THEM!

HAPPENING IN DECEMBER

SOUTHDALE YMCA'S ANNUAL HOLIDAY CRAFT FAIR

Get into the holiday spirit at the Southdale YMCA on **Saturday, December 6th from 9 AM to 2 PM!** Discover unique handmade crafts, one-of-a-kind gifts, and festive decorations created by local artisans. Whether you're shopping for yourself or looking for the perfect gift for loved ones, you're sure to find something special! Bring your friends and family to celebrate the season while supporting local craftspeople. Don't miss out on the holiday fun—mark your calendars and spread the word! We can't wait to see you there!



HOLIDAY POTLUCK

Thursday, December 11th, 11:30am-12:45pm | Lower-Level Multi-purpose room | No RSVP required. Gather with friends, share good food, and enjoy the warmth of the season at our **Foreverwell Holiday Potluck!** This special event brings our community together to celebrate connection, gratitude, and festive cheer.

Bring a favorite dish to share and don't forget to wear your **most joyful holiday attire** — whether that's cozy, sparkly, or delightfully spirited! As we dine and celebrate, we'll be **serenaded with live music**, adding a magical soundtrack to an afternoon of friendship and fun.

Join us as we celebrate the season in style and create new memories together. All are welcome — we can't wait to share the holiday spirit with you



BLOOMINGTON PUBLIC HEALTH COMMUNITY RESOURCE TABLE

Wednesday, December 17th, 10:00am-12:00pm | Lobby

Public health staff from the City of Bloomington will be available in the lobby to provide resources for wellbeing.



HOW CAN YOU STAY SAFE FROM SCAMS? CYBERSECURITY PREVENTION PRESENTATION

Wednesday, December 17th, 11:30-12:30pm | Rotary Room

The internet is a goldmine for criminals and their scams. According to the Federal Trade Commission, Minnesotans reported losses totaling \$144.6 million in 2024. In today's fast-paced online environment, protecting your personal information is more crucial than ever. This session is designed to empower you with the knowledge and tools to navigate the digital works safely

We'll explore: The top types of cyber scams Tactics scammers use How to stay safe online and when using social media What to do if you or a loved one encounter fraud Resources to help protect yourself and your family. **Hosted by AARP**



ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

FOREVERWELL ORIENTATION – THURSDAYS AT 9:30

Join us for a 30-minute Foreverwell Orientation at the Southdale YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to: tour the facility: explore our state-of-the-art amenities, including our fitness center, pool, and more. Learn about our variety of group fitness classes designed for all levels, including cardio and strength classes, water exercise and chair and regular yoga. **Get Expert Guidance:** Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals. Whether you're new to fitness or looking to get back on track, this orientation will set you up for success in your wellness journey at the Southdale YMCA.



NEW MEMBER BINGO

Everyone better watch out for the new kid on the block... YOU! Challenge yourself to get connected by completing at least five bingo squares from the "New Member Bingo!" card within your first 30 days of membership. After completion, turn your bingo card into member services for a chance to win 50 Y Bucks towards YMCA programs. It's time to show us what you're made of – you got this! Pick up your Bingo card at member services.



LET'S CONNECT ORIENTATION

Tuesday, December 9th; 10:00 – 11:00 am. The "Let's Connect" Orientation with Associate Executive Director, Catherine Quinlivan is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

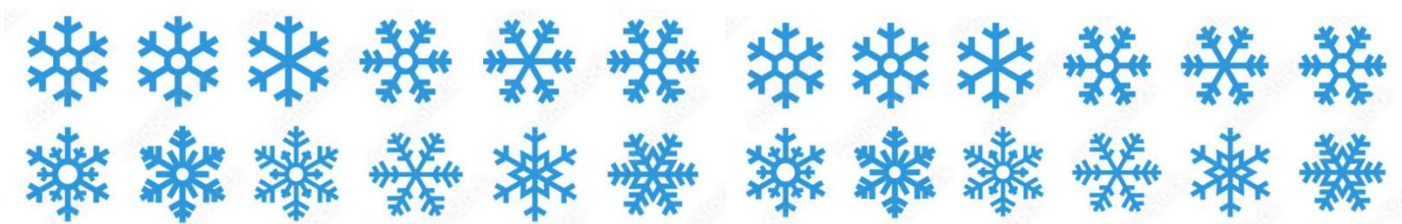
- Group exercise
- Pickleball
- EGYM strength circuit
- How to navigate the YMCA app to find classes and wellness programs
- Personal Training
- Pilates Reformer classes



Perfect for new or returning members, you will enjoy coffee and conversation with Cathy and other members like yourself.

Cathy has over 30 years' experience in the health and wellness industry and is passionate about helping people navigate their wellness journey. Cathy looks forward to connecting with you about how to make your experience at the Southdale Y the best it can be. To register for the orientation, contact Cathy at

catherine.quinlivan@ymcamn.org or 651-292-4138.



OPEN PING PONG PLAYING TIME:

Playing ping pong on a regular basis can improve attention, movement, mood, and social connection among people striving to outpace a progressive disease, which affects one in every one hundred people aged 60 and older. When people with Parkinson's disease are playing the game, areas of the brain that handle tasks like planning and problem-solving — usually impacted by the disease — are activated.

Come give Ping Pong a try! **Open time is available Monday, Tuesday, Thursday from 1-4pm and Wednesdays and Fridays from 11:30-4pm in the Rotary Room unless scheduled events are taking place. Consult calendar near Rotary room door. Note: If there are others waiting to play, score 11 points and allow others to rotate in to play.**

PICKLEBALL

OPEN COURT TIME

Monday 11:30 am – 2:30 pm; Wednesday 11:30 – 3:00 pm; Tuesday & Thursday: 11:00 am – 12:45 pm; Friday: 10:30 am–3 pm. ADDITIONAL COURT TIME: SUNDAYS 9:30am–11:30am. NOTE: HALF COURT IS AVAILABLE FOR PICKLEBALL ON SUNDAYS. Skill and athletic ability should not limit participation. Prerequisites, however, do include knowledge of the game such as scoring, court etiquette, etc., as well as minimum ability to play (serving over the net and returning balls in play).

BEGINNER/INEXPERIENCED PLAYERS OPEN COURT TIME

Monday 2:30 pm – 3:30 pm; Wednesday 3:00 pm – 4:00 pm; Friday 3:00 – 4:00pm.

This time is reserved for new players who are learning the game or who have never played before, or those who just simply want to practice their skills. All three courts will be open and reserved for those members just learning the game. Seasoned players are typically on hand most days and can help new participants get settled and learn the game. Limited equipment is available for checkout at the Welcome Desk at no cost to members. Once the beginners have started play, if there are remaining open courts, experienced players are welcome to stay.

RESTORE AND RECOVER WEDNESDAYS

Every second Wednesday of the month, 9-10am (*December 10th*) Chiropractor, Dr. Rassacin (Russ) Ly, will be available in the lobby from 9am-10am to provide general soft tissue therapy such as massage, trigger point therapy, and/or myofascial release. He will also be available to discuss any general health, and wellness concerns you may have. These sessions do not include or constitute an exam, diagnosis, or treatment of specific conditions. To reserve your 10-minute session, a sign-up sheet will be available on the coffee counter in the lobby starting at 8:45am the day of appointments.



Dr. Rassacin (Russ) Ly – Chiropractor

SIP HAPPENS... COFFEE IN THE LOBBY

Thursdays at 8:30 am until the pot is empty in the Lobby. Each Thursday coffee will be available in the lobby. Come hang out with your friends and make new friends.



CHINESE MAHJONG

Fridays 9:30 – 11:45 am: Open Play | Previous experience required | Rotary Room
Mahjong is a tile-based game that originated in the early 20th century in China. Over the years various versions of the game have developed, including American Mahjong.



BEGINNING BRIDGE

Mondays 9:30 – 11:00 am | Rotary Room
No previous experience required.



BOOK CLUB

Join fellow book lovers on the 2nd Wednesday of each month from 11:30 am – 12:30 pm (*December 10th*) to visit and discuss the monthly reading selection. New faces always welcome! If you haven't had the opportunity to read the book, come anyway to enjoy the discussion. *No registration required.*

Upcoming Book Club Selections:

December 10th, "Tattoos on the Heart: The Power of Boundless Compassion", Greg Boyle

January 14th, "The Woman All Spies Fear", Amy Butler Greenfield

February 11th, "Fluke", Brian Klaas



COFFEE CONCERT SERIES

Classical Guitarist, Charlie Pydych | Thursday, December 18th, 10:30-11:30am | Lobby

We are still looking for *volunteer musicians*, whether soloists, duos, or small groups—to provide calming, relaxing music that enhances the atmosphere for our members. Whether you're a seasoned performer or an emerging artist, this is a wonderful opportunity to share your gift with an appreciative audience. If you're interested or know someone who would be, please reach out to Cathy Quinlivan, for more information or to sign up. We look forward to hearing from you! Catherine.quinlivan@ymcamn.org (651) 292-4138.

SAFETY AT THE YMCA –DECEMBER

YMCA OF THE NORTH CORE VALUES

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:

**A CULTURE OF SAFETY HELPS US AVOID INCIDENTS AND INJURIES:
AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE!**



				
CARING	EQUITY	HONESTY	RESPECT	RESPONSIBILITY
<ul style="list-style-type: none">• To be sensitive to the needs of others and go the extra mile.• To show we care by keeping ourselves and others safe.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE...

VOLUNTEER SPOTLIGHT – MEREDITH CLIFFORD

SHINING HER LIGHT AND CREATING BEAUTY FOR ALL!

Can you tell us a little about yourself?

I retired in 2014 and thought I would be bored as I moved to Edina to be with my family. I joined the Y at Southdale and my days are so busy with all the wonderful people I meet there.

What do you do at the Y?

I do the flowerpots at the front entrance, plus the Christmas tree inside and the decorations. I also help at the Tree Lot selling the Christmas trees and help organize the Holiday Craft Fair.

Why do you volunteer? *I volunteer to meet people and enjoy doing things that people enjoy seeing.*

What have you learned about yourself by volunteering? *I've learned that a simple "hello" to somebody not only makes my day but puts a smile on someone else.*

What advice do you have for members that are considering becoming volunteers?

Becoming a volunteer is so rewarding, as you expand a list of friendships.

Final thoughts?

A special thank you to Bob and Nancy Richardson for donating extra greenery for our planters!



Join Us in Making a Difference at the Southdale YMCA by volunteering!

We're inviting our dedicated members to share your experience, warmth, and community spirit by volunteering with us. Whether it's making friendly calls to inactive members, lending a hand at events, or supporting important fundraising efforts, your involvement helps keep our Y strong and connected. If you have a little time and a big heart, we'd love to have you on our volunteer team. Together, we can inspire belonging and support the community we care about. **For more information contact Cathy Quinlivan @ catherine.quinlivan@ymcamn.org or 651-292-4138.**

CELEBRATING 50 YEARS AND INSPIRING THE NEXT 50!



THANK YOU TO ALL OF YOU WHO HELPED CELEBRATE SOUTHDALE YMCA'S 50TH ANNIVERSARY!

Because of you and an amazing crew of caring supporters—we've raised over **\$55,000** from more than **100** donors this past month. Your generosity helps fuel **\$460,000+** in annual financial assistance, opening doors for families to belong, grow and shine with us. You're a part of why Southdale is 50 years strong –and why the next 50 look even brighter!

There is still time to donate your financial gift for 2025. Scan the QR code below to donate and designate the Southdale YMCA for your gift. We are grateful for your generosity!

SCAN ME




MORE...

Member celebration event on Wednesday, November 5th that took place in the lobby.




BACK BY POPULAR DEMAND: 12 DAYS OF FITNESS

The fun begins on December 1st. Pick up your tracker form at member services and get active with checking off the boxes!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



12 Days of Fitness

**SOMEONE CALL SANTA CLAUS
BECAUSE YOU ARE ABOUT TO
SLEIGH THIS WORKOUT!**

FITNESS ASSESSMENT OR FITNESS ASSESSMENT CHECKPOINT	ATTEND A WATER AEROBICS CLASS	ATTEND A SOCIAL ACTIVITY	PLAY PICKLEBALL OR PING PONG
GIVE TO OUR ANNUAL SUPPORT FUND	DONATE TO ONE OF OUR GIFT DRIVES	ATTEND THE FOREVERWELL OR GET CONNECTED ORIENTATION	PURCHASE A TREE FROM OUR YMCA TREE LOT
MIND/BODY CLASS -ANY YOGA CLASS -ANY PILATES CLASS -CENTURY -TAI CHI	CARDIO CLASS -SS CLASSIC -SS CIRCUIT -FW COMBO -ACTIVE TOGETHER -ANY CYCLE CLASS	STRENGTH CLASS -SS CLASSIC -SS CIRCUIT -FW STRENGTH -BODY PUMP	TAKE A SOUND BATH CLASS

Complete at least FIVE boxes on the tracking sheet and turn into the desk by Dec. 20th for the chance to win a prize!

GRAND PRIZE
Personal Training Intro Pack (\$240 value) x1 winner

ADDITIONAL PRIZES
\$50 Personal Training Voucher x4 winners



FOREVERWELL

CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- SilverSneakers® Classic
- SilverSneakers® Yoga
- Shallow Water Exercise
- ForeverWell Tai Chi
- Sound Bath
- Foreverwell Balance

ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga/Gentle Yoga
- ForeverWell Cardio Dance
- ForeverWell Combo
- ForeverWell Strength
- Water Exercise
- Line Dancing
- Sound Bath
- Foreverwell Balance

EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga/ Gentle Yoga
- ForeverWell Cardio
- ForeverWell Combo
- ForeverWell Strength
- Deep Water Exercise
- Line Dancing
- Sound Bath
- Foreverwell Balance
- Classes on the Regular Group Fitness Schedule

GROUP EXERCISE CLASSES – DECEMBER

MONDAY

Water Exercise	7:45–8:30am	Lap Pool	Lindsay M.
Foreverwell Yoga	8:15 – 9:15am	Studio B	Diane A.
Foreverwell Combo	8:30 –9:15am	Studio A	JoJo G.
SilverSneakers Classic	9:30–10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30–11:15am	GYM	Roxy K.
SilverSneakers Yoga	11:30–12:15pm	Studio B	Mel
Foreverwell Balance	12:30– 1:00pm	Studio B	Mel
Foreverwell Strength	1:15 – 2:00pm	Studio A	Anne H.

TUESDAY

Water Exercise	7:45–8:30am	Lap Pool	Lindsay M.
Foreverwell Yoga	8:15–9:15am	Studio B	Anne H.
Foreverwell Cardio Dance	9:45–10:45am	Studio A	Kitty W.
Silver Sneakers Yoga	10:30–11:15am	Studio B	Linda D.
Sound Bath	11:30–12:30pm	Studio B	Priscilla
Water X Bootcamp	12:15–1:00pm	Lap Pool	Deb C
Line Dance	1:00–2:00pm	Studio A	Colette I
SilverSneakers Classic	1:15–2:00pm	Studio B	Kelly D
Tai Chi for Health Practice	2:15–3:15pm	Studio A	Tom E.

WEDNESDAY

Water Exercise	7:45–8:30am	Leisure Pool	Kelly/Deb
Foreverwell Combo	8:30–9:15am	Studio A	Mel
SilverSneakers Classic	9:30–10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30–11:15am	GYM	Roxy K.
Parkinson's Cycle	11:00am–12:00pm	Cycle Studio	Katy E.
Foreverwell Strength	1:15 – 2:00pm	Studio A	Staff
SilverSneakers Yoga	1:15–2:00pm	Studio B	Kelly

THURSDAY

Water Exercise	7:45–8:30am	Leisure Pool	Kelly D.
Foreverwell Yoga	8:15–9:15am	Studio B	Michelle L.
Foreverwell Cardio Dance	8:30–9:15am	Studio A	Kitty W.
SilverSneakers Yoga	10:30–11:15am	Studio A	Anne H.
Sound Bath	12:00–1:00pm	Studio B	Hayley
Water Exercise	12:15–1:00pm	Leisure Pool	Kitty W.
SilverSneakers Classic	1:15–2:00pm	Studio B	Kelly
Tai Chi for Health Practice	2:15–3:15pm	Studio A	Tom E.

FRIDAY

Water X Bootcamp	7:45 –8:30am	Leisure Pool	Gayle
Foreverwell Combo	8:45–9:30am	Studio A	Gayle
SilverSneakers Classic	9:30–10:15am	GYM	JoJo G.
Parkinson's Cycle	10:30–11:30am	Cycle Studio	Katy E.
Water Exercise	12:15–1:00pm	Lap Pool	Mel

SATURDAY

SilverSneakers Classic	12:15–1:00pm	Studio B	Anne/Mary
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DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/30 <i>-Tree Lot Open</i> <i>*Open ping pong</i> <i>1-4pm M T, TH</i> <i>11:30-4pm W,F</i>	1 <i>-Beginning Bridge 9:30-11am</i> <i>-Pickleball 11:30a -3:30p</i>	2 <i>-Pickleball 11am-12:45 pm</i> <i>-Medicare Open Enrollment Presentation 6:00pm</i>	3	4 <i>-Foreverwell Orientation 9:30 am</i> <i>-Pickleball 11am -12:45 pm</i>	5 <i>-Open Mahjong 9:30 -11:45am</i> <i>-Pickleball 10:30 am – 4pm</i> <i>-Pickleball Potluck 1pm-3pm</i>	6 <i>-Holiday Craft Fair 9am-2pm</i> <i>-Tree Lot Open</i>
7 <i>Pickleball 9-11:30 am (HALF GYM)</i> <i>-Tree Lot Open</i>	8 <i>-Beginning Bridge 9:30-11am</i> <i>-Pickleball 11:30a -3:30p</i>	9 <i>-Let's Connect Orientation 10am-11am</i> <i>-Pickleball 11am-12:45 pm</i>	10 <i>-Restore and Recover 9-10am</i> <i>-Book Club 11:30 – 12:30</i> <i>-Pickleball 11:30-4:00 pm</i>	11 <i>-Foreverwell Orientation 9:30 am</i> <i>-Pickleball 11am -12:45 pm</i> <i>-Holiday Potluck 11:30am-12:45pm</i>	12 <i>-Open Mahjong 9:30 -11:45am</i> <i>-Pickleball 10:30 am – 4pm</i>	13
14 <i>Pickleball 9-11:30 am (HALF GYM)</i>	15 <i>-Beginning Bridge 9:30-11am</i> <i>-Pickleball 11:30a -3:30p</i>	16 <i>-Pickleball 11am-12:45 pm</i>	17 <i>-Pickleball 11:30-4:00 pm</i> <i>-Cybersecurity Workshop 11:30am-12:30pm</i> <i>-Bloomington Public Health Resource Table 10am-noon</i>	18 <i>-Foreverwell Orientation 9:30 am</i> <i>-Pickleball 11am -12:45 pm</i> <i>-Coffee Concert in the lobby 10:30-11:30</i>	19 <i>-Open Mahjong 9:30 -11:45am</i> <i>-Pickleball 10:30 am -4:00pm</i>	20
21 <i>Pickleball 9-11:30 am (HALF GYM)</i>	22 <i>-Beginning Bridge 9:30-11am</i> <i>-Pickleball 11:30a -3:30p</i>	23 <i>-Let's Connect 10-11am</i> <i>-Pickleball 11am -12:45 pm</i>	24 <i>-Christmas Eve Branch Hours: 7am-Noon</i> <i>-Pickleball 11:30-4:00 pm</i>	25 <i>-Christmas Day Closed</i> 	26 <i>-Open Mahjong 9:30 -11:45am</i> <i>-Pickleball 10:30 am -4:00pm</i>	27
28 <i>Pickleball 9-11:30 am (HALF GYM)</i>	29 <i>-Beginning Bridge 9:30-11am</i> <i>-Pickleball 11:30a -3:30p</i>	30 <i>-Pickleball 11am -12:45 pm</i>	31 <i>-New Years Eve Branch Hours: 7am-5pm</i> <i>Pickleball 11:30-4:00 pm</i>	1/1 <i>-New Years Day Branch Hours: 7am-5pm</i> 	1/2 <i>-Open Mahjong 9:30 -11:45am</i> <i>-Pickleball 10:30 am -4:00pm</i>	1/3