



FOREVERWELL

DECEMBER 2025 | WHITE BEAR AREA YMCA

Welcome to your ForeverWell Wellness Journey at the WBA YMCA!

At the YMCA, we're committed to helping you live a healthier, more fulfilling life. Through a variety of specialized programs and activities, we're here to support your wellness journey every step of the way.

Programs Designed Just for You

Our offerings for individuals aged 55+ are thoughtfully crafted to promote physical health, mental well-being, and social connection—helping you stay active, engaged, and connected.

Group Exercise Classes

Stay strong and energized with our invigorating group workouts! Designed for all fitness levels, our certified instructors guide you through routines that help build strength, boost flexibility, and improve cardiovascular health.

Aquatic Exercise

Make a splash with our low-impact water workouts! These classes are ideal for enhancing joint mobility, increasing endurance, and enjoying a full-body workout in a fun, safe, and supportive environment.

Specialized Wellness Programs

Your health journey is unique—and so are our offerings. Participate in personalized fitness assessments, one-on-one coaching, and informative workshops focused on nutrition, mental health, and balanced living.

Engaging Social Events

Wellness goes beyond workouts. From themed gatherings to casual meet-ups, our community events are perfect for forming new friendships and sharing joyful moments.

Your YMCA Community

The YMCA is more than a place to exercise—it's a place to belong. Here, you'll find encouragement, support, and a community that celebrates your goals and achievements.



We look forward to being a part of your journey toward everlasting wellness!

BRANCH HOURS

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

WHITE BEAR AREA YMCA

2100 Orchard Lane
White Bear Lake, MN 55110

YMCA of the North | 1 | ymcnorth.org

AMERICAN RED CROSS
BLOOD DRIVE
December 12, 2025
9:00 am - 3:00 pm
Schedule today!
Visit: RedCrossBlood.ORG

Lucky 13

| | | | | | |
|---|---|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 |
| | | 13 | | | |
| 7 | 8 | 9 | 10 | 11 | 12 |

October 2025

FOREVERWELL Lucky 13 Game

Don't forget to stop by the Member Service Desk to pick up your

Lucky 13 card!

This fun activity is designed for our **ForeverWell community (ages 55+)**.

How it works:

Visit the **White Bear Area Y** 13 times in a month.

Get your card stamped at each visit. When your card is full, turn it in for a chance to **win a prize!**

Stay active, have fun, and connect with others while playing Lucky 13!

Stop by the lobby on

Tuesday, December 9, 2025

10:30-12:30 pm

**for a FREE, relaxing,
Chair Massage from**



Dr. Berg.

Parkview Chiropractic Clinic



Free Coffee and Great Conversation

**Tuesday at
11:30 am - 12:30 pm
and Thursday at
11:00 am - 12:00 pm**



**Coffee and Conversation
will be in the Commons!!!**



FOREVERWELL ORIENTATION

Join us for a 30-minute ForeverWell Orientation at the White Bear Lake Area 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 the YMCA's 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, strength training, water aerobics, and chair and regular yoga. Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals. Join us on Friday, Dec 5, 2025 at 10:30 am



FOR MORE INFORMATION:
ann.sellers@ymcamn.org | 952-897-5479

UGLY SWEATER DAY

DECEMBER 19, 2024

National
Ugly Christmas Sweater
Day



This is a day to whip out your ugliest Christmas sweater – think tinsel applications, bells, tacky designs, and lights – and wear it to the Y! We will take pictures and have a little competition to see who can wear the ugliest sweater.

HOT CHOCOLATE BAR!

THURSDAY, DECEMBER 11, 2024

11:00 AM-12:00 PM

HOT
CHOCOLATE
BAR



Let's warm up together with hot chocolate and conversation! Meet us in The Commons at **11:00 am**. Build your perfect cup with all the fixings and enjoy a warm, relaxing moment with friends.

Curious About Your Balance?

At the White Bear Area YMCA, our balance assessments will take a closer look at how your body keeps you steady. Through a series of simple tests, we check how well your vestibular system (that's your inner ear), somatosensory system (the pressure and flex sensors in your feet), and vision all work together to help you stay balanced. It's a great way to understand how these systems team up to keep you on your feet!

Sign up for your free Balance Assessments at the Member Service Desk
Balance Assessments will be held December 9, 2025

1:00-2:00 pm

Meet near Studio B Door



BOOK CLUB

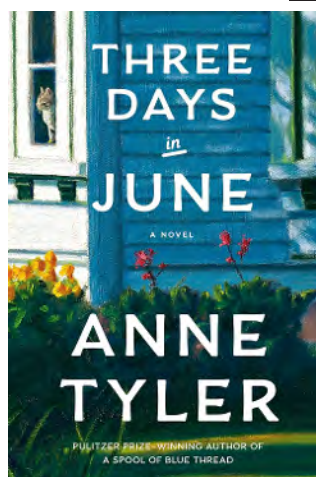
Join us on the 2nd Monday of the month.

Book club begins at 11:30 am.

and we will meet in The Commons.

Please come and share in our discussions. Everyone is welcome. Reach out to Sally with any questions at mnbigsal@aol.com

BOOK FOR DECEMBER THREE DAYS IN JUNE

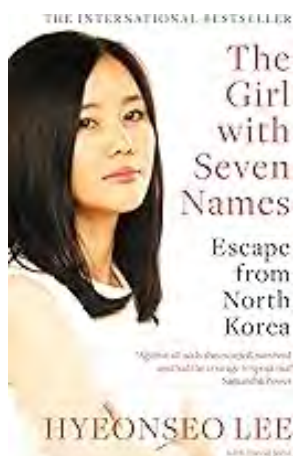


ANNE TYLER

Gail Baines is having a bad day. To start, she loses her job—or quits, depending on whom you ask. Tomorrow her daughter, Debbie, is getting married, and she hasn't even been invited to the spa day organized by the mother of the groom. Then, Gail's ex-husband, Max, arrives unannounced on her doorstep, carrying a cat, without a place to stay, and without even a

suit. But the true crisis lands when Debbie shares with her parents a secret she has just learned about her husband to be. It will not only throw the wedding into question but also stir up Gail and Max's past. Told with deep sensitivity and a tart sense of humor, full of the joys and heartbreaks of love and marriage and family life, *Three Days in June* is a triumph, and gives us the perennially bestselling, Pulitzer writer at the height of her powers.

BOOK FOR JANUARY THE GIRL WITH SEVEN NAMES



HYEONSEO LEE

An extraordinary insight into life under one of the world's most ruthless and secretive dictatorships – and the story of one woman's terrifying struggle to avoid capture/repatriation and guide her family to freedom. As a child growing up in North Korea, Hyeonseo Lee was one of millions trapped by a secretive and brutal communist regime. Her home on the

border with China gave her some exposure to the world beyond the confines of the Hermit Kingdom and, as the famine of the 1990s struck, she began to wonder, question and to realise that she had been brainwashed her entire life. Given the repression, poverty and starvation she witnessed surely her country could not be, as she had been told "the best on the planet"?

YMCA of the North | 3 | ymcanorth.org



At the White Bear Area YMCA, we believe everyone deserves the chance to grow stronger in spirit, mind, and body. This fall, we invite you to join us as a donor and support what moves you.

Our Y is a community woven together by close ties and caring neighbors. Yet in a community where everyone knows everyone, reaching out for help can feel overwhelming. That's why the Y matters—it's a trusted place where dignity meets compassion, where no one feels alone, and where kindness and support without judgment are always within reach. Your generosity ensures that no one is turned away and that every neighbor can find a sense of belonging.

Each dollar donated stays right here in our community—strengthening programs and services that change lives every day. Together, we can make sure our Y continues to be a place of belonging, support, and opportunity for every individual and family.

When you give, you're not just donating—you're fueling what matters most.

Scan Here



White Chocolate Pretzel Crockpot Christmas Candy

Sweet, salty, and oh-so-easy to make, this White Chocolate Pretzel Crockpot Christmas Candy is the perfect holiday treat! Made with crunchy peanuts, creamy white chocolate, and mini pretzels, this no-bake candy comes together effortlessly in the crockpot, creating delicious clusters that are perfect for gifting or enjoying at home.



*Add festive holiday M&Ms and sprinkles for that extra special Christmas magic!

Ingredients

- 24 ounces almond bark
- 2 cups (11 oz bag) white chocolate chips
- 16 ounces dry roasted peanuts (salted)
- 16 ounces dry roasted peanuts (unsalted)
- 3 ½ cups mini pretzel twists (whole or broken)
- 1 ½ cups holiday M&Ms
- Holiday sprinkles (optional, for garnish)

Instructions

• **Layer Ingredients in the Crockpot:** In a medium to large crockpot, layer the almond bark, salted peanuts, unsalted peanuts, and white chocolate chips in that order. Do not stir.

• **Melt Slowly:** Set the crockpot to low and let the ingredients cook undisturbed for 1 hour. Avoid stirring.

• **Stir and Add Pretzels:** After an hour, turn off the heat and give everything a good stir until well mixed. Add the mini pretzels (break some if desired) and stir to coat them with the melted chocolate.

• **Scoop onto Baking Sheets:** Line a few baking sheets with parchment paper. Use a cookie scoop or spoon to create clusters, dropping them onto the parchment.

• **Decorate and Cool:** While the candy is still warm, top each cluster with holiday M&Ms and a sprinkle of holiday sprinkles (optional). Let them cool completely at room temperature until set, about 15 minutes.

* Using a smaller scoop or spoon will yield more individual candies, making this perfect for large holiday gatherings or gifts.

*You can mix the M&Ms into the crockpot directly if you prefer them coated with chocolate, but topping each cluster after scooping creates a brighter holiday look.

m EXPLORE MINNESOTA™
Unique things to do in Minnesota



Bring the entire family and make lifelong memories at Downtown White Bear Lake's Winter Fest. This long-standing holiday attraction takes place the first three *Saturdays in December*. Enjoy live carolers who will be strolling through the downtown, visit with Santa who will be strolling around and is happy to snap a selfie with the kids, find unique gifts at our specialty shops, and enjoy a hearty meal or cocktail at any of our outstanding eateries/pubs, check out the ice sculptures throughout town and don't leave without a merry ride on a horse-drawn trolley (free with food donation).

[Individual Business Hours May Vary.]

Event Details:

Santa- 11am-2pm - Find him downtown, bring your cameras!

Horse Drawn Trolley Rides - (Dec. 3rd & 10th Only) - 11am-3pm, Board the trolley at 4th and Cook, Free with Cash/Food Donation, for WB Area Food Shelf.

Little Dicken Carolers- 2pm-4pm, Strolling Downtown



FOREVERWELL CLASSES

Here is a list of ForeverWell classes at the White Bear Area YMCA. You are not limited to just these classes. Check the online schedules for all classes at all the YMCA of the North locations at www.ymcanorth.org

Mondays:

| | | |
|---------------|----------------------|-----------|
| 8:45-9:30 am | ForeverWell Combo | Studio A |
| 9:00-9:45 am | Water Exercise | Blue Pool |
| 9:45-10:30 am | ForeverWell Strength | Gym |

Tuesdays:

| | | |
|----------------|---------------------|-------------|
| 8:45-9:45 am * | ForeverWell Combo | Studio A |
| 9:00-9:45 am | Deep Water Exercise | Orange Pool |
| 10:00-10:45am | Water Exercise | Blue Pool |
| 10:30-11:15am | Chair Yoga | Gym |
| 12:30 - 1:30pm | Sound Bath | Studio B |
| 7:00-7:45 pm | Water Exercise | Blue Pool |

Wednesdays:

| | | |
|----------------|------------------------|-----------|
| 8:45-9:30 am | ForeverWell Combo | Studio A |
| 9:45-10:30 am | SilverSneakers Classic | Gym |
| 10:00-10:30 am | ForeverWell Cycle | Studio C |
| 11:00-11:45am | SilverSneakers Circuit | Gym |
| 10:00-10:45am | Water Exercise Power | Blue Pool |

Thursdays:

| | | |
|----------------|----------------------|-----------|
| 8:00-9:00 am | Sound Bath | Studio B |
| 10:00-10:45am | Water Exercise Power | Blue Pool |
| 10:30-11:15am | Chair Yoga | Gym |
| 11:30-12:15 pm | FOREVERWELL Yoga | Studio B |
| 1:15-2:15 pm | Line Dancing | Studio A |

Fridays:

| | | |
|---------------|-------------------------|-------------|
| 8:45-9:30 am | ForeverWell Combo | Studio A |
| 9:00-9:45 am | Deep Water Exercise | Orange Pool |
| 9:45-10:30am | Silver Sneakers Classic | Gym |
| 10:00-10:45am | Water Exercise | Blue Pool |
| 11:00-11:45am | Silver Sneakers Circuit | Gym |

Saturday:

| | | |
|--------------|----------------|-----------|
| 2:00-2:45 pm | Water Exercise | Blue Pool |
|--------------|----------------|-----------|

Sunday

| | | |
|-----------------|------------|----------|
| 11:35 -12:05 pm | Sound Bath | Studio B |
|-----------------|------------|----------|

ForeverWell Combo

Enjoy a blend of cardio, strength and stretching in this low impact class. Your endurance, muscle tone and flexibility will improve with this energetic class. All levels.

Water Exercise

This class provides a light to moderate aerobic workout that increases endurance, core strength and flexibility. There is limited use of equipment. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

ForeverWell Strength

This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles. Level: All. Free drop-in class for Members.

Deep Water Exercise

This low to moderate intensity water workout offers exercises for every body part with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture. Level: All. Free drop-in class for Members. Limited supply of buoyancy belts available, members encourage to bring their own.

Chair Yoga

Chair Yoga – A gentle form of yoga practiced sitting in a chair and/or using the chair for support. Enjoy the benefits of traditional yoga including flexibility, strength, concentration and deep breathing.

SilverSneakers™ Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Level: All. Free drop-in class for Members.

Water Exercise Power

This class provides a high-intensity workout to increase strength and endurance for the upper and lower body and core. Equipment may be used. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

Sound Bath

Embark on a relaxing and meditative experience that will leave you feeling refreshed, recharged, and deeply connected. Also known as sound healing, our sound baths use crystal singing bowls to create unique, soothing sound vibrations with numerous health benefits. These vibrations have been shown to reduce stress, improve sleep, and enhance overall wellbeing. They are also a great starting point for those newer to meditation.

Personalized Medicare Guidance — From Start to Finish

No matter where you are in the process of choosing a Medicare policy, Pat is here to help every step of the way.

Pat takes the time to understand your health needs, lifestyle, and budget, then helps you compare Medicare Supplement and Advantage policies—reviewing prices and benefits side by side to find the plan that fits you best.

Because Pat works with all major carriers, you can make your choice freely and without pressure, feeling confident about your coverage.

Once you've selected a plan, Pat will guide you through the enrollment process and continue to provide support with ongoing resources, timely updates, and an annual policy review to ensure your coverage continues to meet your needs.

Pat will be at the White Bear YMCA

Watch for Dates and signages

11:30 am - 2:00 pm

Meeting starts at 12:00 pm



Pat Markfort
Insurance Advisor



DID YOU KNOW VIRTUAL Y IS **FREE** WITH YOUR MEMBERSHIP!

Your Membership Goes Wherever You Go!

Take the Y With You — Anytime, Anywhere.

Virtual Y is the online fitness and wellness platform from the YMCA of the North. Whether you're at home, on the road, or just looking for a convenient way to stay active, Virtual Y gives you full access to:

- A large catalog of on-demand fitness and wellness videos
- New live-streamed classes added daily
- Workouts, yoga, meditation, nutrition tips, and more. The best part is that it is Included with your membership — no extra cost!

Want to learn more? Sign up at the Member Service Desk. Come to our class in the Commons!



Intro to Virtual Y



Thursday

December 11

12:30-1:30 pm

The Commons





FULL MOON SOUND BATH

Relax. Restore. Reconnect.

White Bear YMCA Commons

Thursday, December 4th – 6:00 PM

Open to the public

Find calm and comfort during the holiday season with this gentle, restorative yoga class. "Blue Christmas" honors that the holidays can bring both light and shadow, joy and reflection, celebration and stillness. This softly-lit practice uses soothing postures, soft music, and mindful breathing to help release tension and invite rest. Whether you're navigating stress, grief, or simply need to slow down, this class offers a space to restore body, mind, and heart.

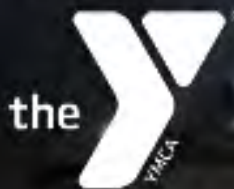
Perfect for all levels. Come as you are, and leave feeling grounded, supported, and renewed.

Admission: By donation to the White Bear Area Food Shelf (bring nonperishables or give monetarily)

What to bring: Yoga mat or blanket, pillow, comfy socks, anything that helps you get cozy

Arrive 10 minutes early to settle in. Invite a friend! Community energy makes the sound bath even better

ymcanorth.org/wellbeing



DECEMBER DEMOS

KIDS STUFF HOURS AVAILABLE FOR ALL OFFERINGS

PILATES DEMOS

Monday 12/1 at 1:20pm (30 min)

Tuesday 12/2 at 5:30pm (30 min)

Friday 12/5 at 1:20pm (30 min)

STRENGTH AND CYCLE

Monday 12/1 5:15pm (45 min)

Tuesday 12/2 10:45am (45 min)

Tuesday 12/2 6:15pm (45 min)

Thursday 12/4 10:45am (45 min)

STRENGTH TRAIN FOR SENIORS DEMOS

Tuesday 12/9 at 10:30am (45 min)

Tuesday 12/16 at 10:30am (45 min)

Tuesday 12/23 at 10:30am (45 min)

Tuesday 12/30 at 10:30am (45 min)

****SIGN UP AVAILABLE ON THE YMCA OF THE NORTH APP 97 HOURS BEFORE CLASS START TIME**

22-0001

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Christmas Treats

Word Search

BUCHE DE NOEL

CANDY CANE

CHOCOLATE

CLOVES

COOKIES

CRANBERRIES

EGGNOG

FRUITCAKE

| | | | | | | | | | | | | | | | | | | |
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| I | R | D | Y | Q | Y | X | N | Y | B | Z | P | O | A | A | N | Z | P | G |
| R | U | V | G | X | K | S | T | U | F | F | I | N | G | L | R | F | Q | N |
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FUDGE

ORANGES

GINGERBREAD

PUMPKIN PIE

GOOSE

SCRUMPTIOUS

GRAVY

STUFFING

HAM

SUGARPLUMS

MINCEMEAT

SWEET POTATOES

NUTS

TURKEY

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December



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>1</p> <p>Lucky 13</p> <p>December 2025</p> <p>Don't Forget To Pick-up Your Lucky 13 Card!</p> | <p>2</p> <p>Have you scheduled your FREE Fitness Assessment</p> | <p>3</p> | <p>4</p> <p>Coffee and Conversation 11:00 am-12:00pm The Commons</p> <p>Kick Up Your Heels with a Line Dance Class 1:15-2:15pm</p> | <p>5</p> <p>FOREVERWELL ORIENTATION 10:30 AM</p> |
| <p>8</p> <p>Book Club 11:30 am</p> | <p>9</p> <p>Free Chair Massage 10:30 - 12:30 pm</p> <p>Coffee and Conversation 11:30 am -12:30 pm</p> | <p>10</p> <p>ForeverWell Cycle 10:00-10:30 am</p> | <p>11</p> <p>11:00-12:00 pm</p> <p>Intro to Virtual Y 12:30-1:30 pm</p> <p>Free Balance Assessments 1:00-2:00 pm Sign up required</p> | <p>12</p> <p>American Red Cross Donate Today!</p> |
| <p>15</p> | <p>16</p> <p>Coffee and Conversation 11:30 am -12:30 pm</p> | <p>17</p> <p>Call a friend with Holiday Greetings</p> | <p>18</p> <p>Coffee and Conversation 11:30 am -12:30 pm</p> | <p>19</p> <p>Wear Your Ugly Christmas Sweater</p> |
| <p>22</p> | <p>23</p> <p>Coffee and Conversation 11:30 am -12:30 pm</p> | <p>24</p> <p>Christmas Eve Day 7:00 am to 12:00</p> | <p>25</p> <p>YMCA CLOSED Christmas Day YMCA Closed</p> | <p>26</p> |
| <p>29</p> | <p>30</p> | <p>31</p> | | |

