



FOREVERWELL

Active Older Adult Newsletter • 2025-2026 Winter

Winter is just around the Corner!

Get ready for a season filled with fun, engaging events and workshops to keep you moving and connected. Discover all the ways you can enjoy a healthy and vibrant lifestyle with the Y this winter!

Click on the underlined text for more information.

FOREVER BELONGING



Ol' Blue Eyes Christmas: ForeverWell Christmas Party

Monday, December 8th, 12:00pm
YMCA at Pabst Farms

Join us this holiday season for an afternoon filled with delicious food, festive spirit, and unforgettable entertainment!

Greg Rogalinski will provide a live tribute to the great Frank Sinatra!

[Learn more here](#)

YMCA at Pabst Farms Spring Break Cruise

March 28th-April 4th, 2026

The Y is partnering up with Norwegian Cruise Lines and offering our first ever YMCA at Pabst Farms Spring



Break Cruise!

Spend your spring break in a balcony cabin on the Norwegian Viva Cruise Line as you make a 7-day round trip to the Caribbean, including stops in Mexico, Belize and Honduras! Check out the cruise ship [here](#).

A portion of the proceeds from every cabin sold will benefit the YMCA at Pabst Farms. **Reservation deadline is November 25th.**

[Learn more here](#)



Community Connection Meal

November 21st, 12:00pm

YMCA at Pabst Farms

This is a time to gather with friends, neighbors, and fellow Y members to share good food and great conversation. Enjoy a free warm meal in a welcoming space that celebrates fellowship and belonging.

Registration required to reserve your spot! In addition to the meal, there will be a short activity or program designed to spark connection and build community—whether it's a fun icebreaker, a thoughtful discussion, or a creative group activity.

[Learn more](#)

Adult Trips

[Milwaukee Bucks Game](#) - February 22nd, 2026

[New Orleans and Graceland in Tennessee](#) - March 14th-21st, 2026 (Join the Waitlist)

[Chicago Tribute Anthology](#) - April 18th, 2026

Special Events

PABST FARMS

[Bingo at Pabst Farms](#) - Select Friday afternoons at 1:00pm

[Mended Hearts Cardiac Support Group](#) - Second Wednesday of select months

SCHULTZ FAMILY YMCA

[Christmas Bingo](#) - December 19th, 11:00am

[Click here to register for all our events!](#)

FOREVER LEARNING

**Conquering the Epidemic of
Loneliness**



Friday, January 16th, 11:00am
YMCA at Pabst Farms

Join us for lunch and a presentation by psychiatrist, mom, and grandma, Dr. Krishna DasGupta. She will offer psychological and spiritual strategies and recommendations for loneliness.

[Learn more here](#)

PABST FARMS

[Advance Directives Drop in Clinics](#) - Select Wednesdays, 9:30-11:00am

[Beginner Sign Language Class](#) - Tuesdays or Saturdays starting January 6th

[5 Handed Sheepshead \(2025\)](#) - November 21st and December 19th, 10:30am-12:00pm,

[5 Handed Sheepshead \(2026\)](#) - Second and Fourth Fridays of every month, 10:00am-12:00pm

WATERTOWN- EHLINGER CENTER

[Fermentation Basics: Making Sauerkraut](#) - November 21st, 1:00pm

[Canning Basics](#) - January 16th, 11:00am

[Intro to Sign Language](#) - February 20th, 11:00am

FOREVER MOVING

PABST FARMS

Osteoporosis Options Workshop - If you suffer from low bone density, this 30-minute workshop is a must! Learn contraindicated moves for those who have osteopenia/osteoporosis and also learn what other movements can be readily substituted when taking classes.

We also have an AOA Osteo Yoga Xpress class offered weekly on Mondays at 12:30pm in the Aerobic Studio.

[Check the Group Ex schedule for class days/times](#)

Group Ex Policy Update at Pabst Farms - Starting on January 1, 2026, ALL CLASSES, including AQUA and AOA formats, will be available for registration no more than 2 days in advance (versus 1-week). We hope to alleviate "no shows" to allow as many members as possible to participate in classes. Please also note some changes to the class schedule due to the holidays.

SCHULTZ FAMILY YMCA

MX4: Try it Free Through November 14th - MX4 Complete Conditioning is a Specialty Fitness Class powered by MX4. It combines best in class functional training tools and exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that is right for your body. Taught by a personal trainer, you will get personalized tips to help you execute the exercises for your best results.

[Check the Group Ex schedule for class days/times](#)

STAY IN THE KNOW

We want to keep you in the loop on all the happenings at the Y. Please see the below information for resources and schedules.

[Pabst Aquatic/Land Fitness Class Schedule](#) - Check out all opportunities to stay fit on land and by pool at the Y!

[Schultz Family YMCA Schedule](#) - See options for active older adults, including Silver Sneakers chair-based classes and group exercise classes.

Holiday Hours & Closures:

YMCA AT PABST FARMS:

Thursday, November 27th - Closed for Thanksgiving
Wednesday, December 24th - Christmas Eve 5:00 am - 2:00 pm
Thursday, December 25th - Closed for Christmas Day
Wednesday, December 31st - New Years Eve 5:00 am - 2:00 pm
Thursday, January 1st - New Years Day 10:00 am - 2:00 pm

SCHULTZ FAMILY YMCA:

Thursday, November 27th - Closed for Thanksgiving
Wednesday, December 24th - Closed for Christmas Eve
Thursday, December 25th - Closed for Christmas Day
Wednesday, December 31st - Close at Noon for New Years Eve
Thursday, January 1st - Closed for New Years Day

GLACIAL COMMUNITY YMCA | GLCYMCA.ORG



Glacial Community YMCA | 1750 E. Valley Road | Oconomowoc, WI 53066 US

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