

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!

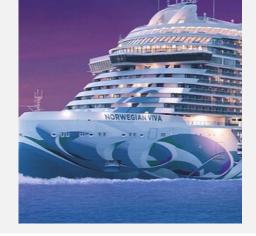
Greg Rogalinski will provide a live tribute to the great Frank Sinatra!

**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** 

<u>Christmas Bingo</u> - 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,

**<u>5 Handed Sheepshead (2026)</u>** - 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.

<u>Pabst Aquatic/Land Fitness Class Schedule</u> - Check out all opportunities to stay fit on land and by pool at the Y!

<u>Schultz Family YMCA Schedule</u> - 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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