

FOREVERWELL

YMCA OF THE CHIPPEWA VALLEY FOREVERWELL NEWSLETTER

WHAT IS FOREVERWELL?

The ForeverWell program serves active older adults by keeping them engaged physically, educationally, spiritually, and socially.

Programming is offered in many areas to engage our members and improve their quality of life. We look forward to creating new opportunities to keep you engaged and create new relationships with fellow members.

We look forward to seeing you at the Y soon!

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful!

QUESTIONS, COMMENTS, IDEAS?

Contact: April Peterson

Eau Claire Downtown YMCA
ForeverWELL Coordinator

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715-839-4608

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HOLIDAY FUNNIES:

- Why are Christmas trees bad at knitting? They always drop their needles.
- What did Frosty's girlfriend give him when she was mad at him? The cold shoulder.
- Why does Scrooge love Rudolph the Red-Nosed Reindeer? Because every buck is dear to him!

FOREVERWELL EMPHASIZING HOLISTIC WELLBEING:

Body

- Try a new class: Engage in eye and hand coordination games such as Pickleball, Racquetball, and Ping Pong.

Mind

- Learn something new: Enroll in a workshop or seminar this week! Consider signing up to give a talk or lead an activity at the Y this month.

Spirit

- Mind your sleep: Ensure you get a restful night's sleep. Experience relaxation through a Tai Chi or Yoga class at the Y.

Community

- Meet new people: Introduce yourself to a fellow Y member you haven't met yet. Discover a new game together!

Environment

- Connect with nature: Take a moment to enjoy a brief walk or breathing break outdoors. Soak in some sunshine, even on cooler days.

If you're interested in leading a Book Club, Nature/Hiking Club, or Volunteer Opportunity, please contact April.

BOOK OF THE MONTH:



The extraordinary novel that asks: Can a name change the course of a life?

In the wake of a catastrophic storm, Cora sets off with her nine-year-old daughter, Maia, to register the birth of her son. Her husband, Gordon, respected in the community but a controlling presence at home, intends for her to follow a long-standing family tradition and name the baby after him. But when faced with the decision, Cora hesitates....

Spanning thirty-five years, what follows are three alternate and alternating versions of their lives, shaped by Cora's last-minute choice of name. In richly layered prose, *The Names* explores the painful ripple effects of domestic abuse, the messy ties of family, and the possibilities for autonomy and healing.

Through a prism of what-ifs, Florence Knapp invites us to consider the "one ... precious life" we are given. Full of hope, this is the story of three names, three versions of a life, and the infinite possibilities that a single decision can spark. It is the story of one family and love's endless capacity to endure, no matter what fate has in store.

RECIPE: CHRISTMAS SALAD W/ POMEGRANATES & ORANGES



Recipe By: Lori Yates

<https://foxeslovelemons.com/christmas-salad/>

Elevate your holiday feast with a Christmas Salad with crisp greens, juicy oranges, pom seeds, cheese and nuts. The zesty homemade orange dressing is what sets this one apart!

Yield: 6 servings

Prep: 25minutes minutes

Total: 25minutes minutes

For the Orange Dressing:

- ¼ cup mayonnaise
- ¼ cup olive oil
- 2 tablespoons fresh orange juice
- 1 tablespoon honey
- 1 tablespoon white wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

For the Salad:

- ½ head radicchio thinly sliced
- 1 box baby arugula 5 ounces
- 2 navel oranges peeled and segmented
- 4 ounces crumbled goat cheese or feta
- ½ cup cinnamon roasted almonds roughly chopped, or sliced almonds
- ½ cup pomegranate seeds

Make the Orange Dressing:

- Add mayonnaise, oil, orange juice, honey, vinegar, mustard, salt and pepper to medium bowl and whisk until smooth.

Make the Salad:

- In large bowl, toss radicchio and arugula until well combined.
- Arrange arugula mixture on large circular platter with a small bowl in the middle reserved for dressing.
- Top salad with oranges, cheese, almonds and pomegranate seeds.
- Pour dressing into bowl in center of salad and serve immediately.

Notes:

- When you get to the part where you are cutting the orange segments out of their peel, be sure you do this over a bowl, so that the juice drips into the bowl and you can save it for the dressing!
- Taste the dressing before serving and make sure it's to your liking. Adjust the flavor with additional honey, salt and/or pepper if needed.

OUTDOOR WINTER HIKING, SNOWSHOEING AND CROSS-COUNTRY SKIING IN THE CHIPPEWA VALLEY

Beaver Creek Reserve

(51 County Rd. K, Fall Creek, WI 54742)
715-877-2212

Snowshoe and Cross-Country Ski Rental. Snowshoe or ski on our trails or take them to your cabin or another local park as they can now be taken off BCR property - see daily rates below. We stop renting out at 2:30 p.m. each day, and rentals must be returned by 3:30 p.m.

Snowshoes

- Members: \$3
- Non-members: \$10

Cross-Country Skis

- Members: \$3
- Non-members: \$10

• *For cross-country skiing, boots, skis, and poles are included in the rental

Tower Ridge

(1230 S. 82nd Ave., Eau Claire, WI 54703)
715-839-4783

The largest cross-country ski trail complex in both Eau Claire County and in west central Wisconsin. It is located on Eau Claire County forestland in the town of Seymour off CTH L. It has approximately 12 miles of trail with terrain of varying degrees of difficulty offering something for all levels of skiers. The ski trails include wooded, rolling terrain, and are groomed and tracked on the highest priority basis of the four ski trails offered by the county. The recreation area includes a Chalet with flush toilets, additional pit toilets, approximately 3 km of lighted trails and a snowshoe trail adjacent to but separate from the lighted ski trails. Tower Ridge requires a winter vehicle entrance pass. Fees are \$60 for an annual pass and \$6 for a daily pass and are required January thru March and December of each year. Both daily and annual vehicle passes can be purchased on a self-served basis at the trailhead. Annual winter passes can also be purchased from the County Parks and Forest office in the Agriculture and Resource Center, 227 1ST STREET WEST, ALTOONA.

Lowes Creek County Park

(5238 S. Lowes Creek Rd., Eau Claire, WI 54701)
715-839-4783

A 250-acre park located just a couple of miles south of Eau Claire off S. Lowes Creek Road in the town of Washington. Lowes Creek, a trout stream which flows through the park, is spanned with a bridge giving hiking and skiing access to both sides of the creek. In addition to fishing, the park has approximately 5 miles of fitness/hiking and ski trails which are also open for mountain biking. Winter snowshoe/pet walking trails are groomed to separate these recreation uses from ski trails. A picnic shelter and pit toilets are located adjacent to the parking lot. Daily/annual vehicle entrance passes are required.

L.E. Phillips Memorial Public Library

(400 Eau Claire St., Eau Claire, WI 54701)
715-839-1648

Snowshoes available to check out for free in the "Library of Things" area.

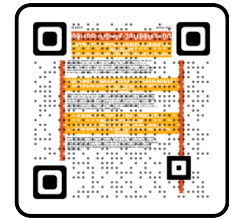
KNOWLEDGE IS POWER – DECEMBER ARTICLES

28 TIPS TO COPE WITH GRIEF DURING THE HOLIDAYS

(WWW.CHOOSINGTHERAPY.COM/GRIEF-DURING-THE-HOLIDAYS/)

The holiday season, often associated with joy and togetherness, can be an especially painful time for those navigating the loss of a loved one. As celebrations unfold around you, feelings of grief during the holidays may intensify. While there's no easy fix, there are some things you can do to honor your emotions and gently support yourself through this difficult period, like attending a grief support group or opting out of the holidays altogether.

SCAN the QR Code with your mobile device or, if you are reading online, click the QR Code to see the tips!



COLD WEATHER SAFETY FOR OLDER ADULTS

(WWW.NIA.NIH.GOV/HEALTH/SAFETY/COLD-WEATHER-SAFETY-OLDER-ADULTS)

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly. Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

SCAN the QR Code with your mobile device or, if you are reading online, click the QR Code to see the tips!

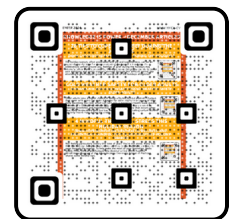


4 MINDFUL TIPS TO DE-STRESS THIS HOLIDAY SEASON

(WWW.HOPKINSMEDICINE.ORG/HEALTH/WELLNESS-AND-PREVENTION/4-MINDFUL-TIPS-TO-DESTRESS-THIS-HOLIDAY-SEASON)

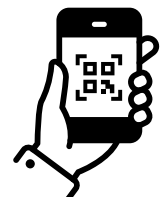
Not feeling particularly cheery this time of year? You're not alone. Many find that the holidays bring as much stress as they do joy. But there are ways to ease through the season. To help make the most of your festivities, Neda Gould, Ph.D., clinical psychologist and director of the Johns Hopkins Mindfulness Program at the Johns Hopkins University School of Medicine, shares some mindful tips.

SCAN the QR Code with your mobile device or, if you are reading online, click the QR Code to see the tips!



HOW TO SCAN A QR CODE

1. Open the built-in camera on your phone or tablet.
2. Point the camera at the QR code.
3. Tap the banner that appears on your phone or tablet.
 - a. That banner will take you to the website for the article!



Viewing this newsletter your phone, computer, or tablet? Just click on the QR Code to read the article.

Christmas Word Search

E K G D T Z M E F I G A R L A N D N A S H Q R N
 N Y A D W O N S O J M A H U I R E I N D E E R L
 E J X C F T H R K T N F D G R O M Q E T B C S C
 C X S F H J Q O P G E L O I A U I U J M F R L E
 S O I S W R B N E P O L K H T L B X E E D B U V
 Y H N L E C I L J C S G T T S V B C Y C H S L O
 T O G E K G H S S N G T X S Z J E A F A O T N L
 I H I I A I V R T C O N O F I D O J A L S N E N
 V O N G L V S K I M R R I C C M H Y T P N E E M
 I H G H F I S O F S A E T D K A X E L E O M R A
 T L E P W N Y A P Y T S D H D I N Z D R W A G C
 A M O L O G Q S U L R M T R P E N D G I M N T N
 N S C K N V E D S I T R A R N O L G Y F A R A A
 I B T R S V Q S P M Q Z E S E U L S S C N O U U
 D W J F L I E J A A G V O B O E A E E M A Y U G
 X O U E I N E W R F H F H T N U R E D I C N O H
 C N B D I G D E G V E T Q C S A X K J N F X E T
 Y S L P N E Y Q W L T K G G R A R Q T U U H H Y
 Q Y P D L R V C C H I M N E Y U E C D W V M T L
 E A Z S N I C E L I S T E O S L H F P D L A A I
 H T J E S U S P H Q S W E A T E R C A M Q N E S
 S U G A R C O O K I E S A T N A S L L A M G R T
 U E T I R P S T H G I L S A M T S I R H C E W D
 K H O T C H O C O L A T E P A T N A S H S R O R

CANDY CANE
 CHIMNEY
 CHRISTMAS
 CHRISTMAS LIGHTS
 CHRISTMAS TREE
 SNOW DAY
 GIVING
 DECEMBER
 SINGING
 ANGEL

FAMILY
 FEAST
 FIREPLACE
 GARLAND
 GIFTS
 CHURCH
 CIDER
 COLD
 CRANBERRY
 ELVES

RED
 REINDEER
 SANTA
 SLED
 SLEDDING
 NATIVITY SCENE
 NAUGHTY LIST
 NICE LIST
 NORTH POLE
 ORNAMENT

STAR
 STOCKINGS
 SUGAR COOKIES
 SWEATER
 WREATH
 SLEIGH
 SNOW
 SNOWFLAKE
 SNOWMAN
 SPRITE

JOY
 LOVE
 MALL SANTA
 MANGER
 MISTLETOE
 GREEN
 HAPPINESS
 HOHOHO
 HOT CHOCOLATE
 JESUS

UPCOMING EVENTS

LET'S PLAY BINGO!



BINGO CHIPPEWA FALLS YMCA

Join us for BINGO at the Chippewa Falls YMCA! Bring your friends, family, and your lucky charm for some free fun.

- Where: Chippewa Falls YMCA – Community Room
- Dates: Dec 9, Dec 16, Dec 30, Jan 13, Jan 27, Feb 10 & Feb 24
- Time: 11:30 AM – 1 PM
- Cost: Free for YMCA Members and their guests. Just show up!

PRIZES | BINGO | FUN



WWW.YMCA-CV.ORG/WELLNESS

PEDALING FOR PARKINSON'S

HEALTH IMPROVEMENT PROGRAM YMCA OF THE CHIPPEWA VALLEY

Pedaling for Parkinson's helps Parkinson Disease patients develop healthy lifestyles through fitness, education, and wellness activities in a group setting. Sessions will run for 8 weeks at a time.

The Pedaling for Parkinson's™ program is based on research indicating that exercise on a bicycle can reduce symptoms of Parkinson's. Participants that attend this program have shown up to a 35% improvement in their Parkinson's related symptoms.

COST:

- Free for all Parkinson's patients and their caregivers. All participants will receive a 1-year Family membership to the YMCA of the Chippewa Valley once the program begins.
- To register, visit www.ymca-cv.org/hip

REQUIREMENTS:

- Medical clearance form signed by your doctor.
- Ability to sit upright on a bicycle for 30-60 minutes
- Ability to attend 80% of the classes

WHEN & WHERE:

- Eau Claire Downtown YMCA: Jan 5-Feb 25, 2026
 - Mondays & Wednesdays from 1:00-2:00 PM
- Chippewa Falls YMCA:
 - WINTER 1: Jan 5-Feb 25, 2026
 - WINTER 2: March 2-April 22, 2026
 - Mondays & Wednesdays from 10:30 AM-11:30 AM



YMCA-CV.ORG/HIP



STAY STRONG SHARP & CONNECTED TOGETHER

BRAIN & BODY FITNESS YMCA OF THE CHIPPEWA VALLEY

Join our Brain & Body Program, a unique experience designed specifically for people living with mild to moderate memory loss—and the care partners who support them. This program blends gentle physical activity, brain health exercises, and meaningful social connection to enhance quality of life for both participants.

Led by specially trained YMCA staff, the program is safe, supportive, and proven to boost mood, physical fitness, and overall well-being. Whether you're looking to stay active, lift your spirits, or build community, the Brain & Body program offers a fun and welcoming environment where you and your loved one can thrive—side by side.

To participate, individuals must be able to follow simple instructions, engage in conversation, and complete basic exercises. Come move with us, laugh with us, and take part in something truly uplifting.

Eau Claire Downtown YMCA

- WHEN: Mondays & Wednesdays, January 5-March 25, 2026
- TIME: 10:00-11:30 AM
- LOCATION: United Methodist Church, 337 Lake Street, Eau Claire

Chippewa Falls YMCA:

- WHEN: Tuesdays & Thursdays, January 6-March 26, 2026
- TIME: 10:00-11:30 AM
- LOCATION: Chippewa Falls YMCA – Group Exercise Studio

For more information or to register, contact April Peterson, at apeterson@ymca-cv.org or (715) 833-4843

YMCA-CV.ORG/WELLNESS



EMBRACING LIFE AFTER CANCER

LIVESTRONG® at the YMCA EAU CLAIRE DOWNTOWN YMCA CHIPPEWA FALLS YMCA

LIVESTRONG® at the YMCA is a no-cost, 12-week initiative tailored for adult cancer survivors who want to improve their quality of life throughout their treatment journey. We offer small group sessions to help participants connect with others facing similar challenges, empowering them in their journey to reclaim their lives. Our certified instructors and personal trainers are well-trained in cancer, rehabilitative exercise, and supportive care.

- CHIPPEWA FALLS YMCA – Tuesdays & Thursdays, January 6-March 26, 2026
 - 7:30-8:45 AM or 1:00-2:15 PM
 - To register, contact Joy Lancour at jlancour@ymca-cv.org
- EC DOWNTOWN YMCA – Mondays & Wednesdays, January 5-March 25, 2026
 - 10:00-11:15 AM or 4:30-5:45 PM
 - To register, contact April Peterson at apeterson@ymca-cv.org

CRITERIA FOR PARTICIPATION:

- Referral from your oncologist or patient navigator
- A strong personal desire and commitment to participate in the program
- Ability to attend sessions on scheduled days
- Must be at least 18



United Way of the
Greater Chippewa Valley
Community Partner



YMCA-CV.ORG/HIP



UPCOMING EVENTS

GAIN MORE STRENGTH & INDEPENDENCE

Enhance@Fitness EAU CLAIRE DOWNTOWN YMCA

This program is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized — physically, mentally and socially — and be surrounded by people who care about your success.

THE FACTS TELL THE STORY:

Research has shown that among older adults who participate in Enhance@Fitness, health costs were lowered by close to \$1,000 and 9 out of 10 people stay with the program. In addition, 99% say they would recommend the program to a friend.

The exercises are dynamic but can always be done at your pace:

- Up to 25 people in each class: we provide chairs and soft weights
- Class meets 3 times per week and focuses on flexibility, balance, strength & movement
- Fitness assessment at beginning and every 4 months, continue weekly in on-going 16 week sessions
- WHEN: Mondays, Wednesdays, Fridays, January 5-April 24, 2026
- TIME: 10:00-11:00 AM
- COST: Members: FREE | Non-Members: First 16-Week Session FREE then a YMCA membership will be required to continue additional sessions.
- REGISTRATION: Required - For more information and registration details, please contact:
 - April Peterson (715) 833-4843 or at apeterson@ymca-cv.org or complete this online form



YMCA-CV.ORG/HIP



FOOD, FRIENDS, AND FESTIVITIES

FOREVERWELL HOLIDAY POTLUCK AND WHITE ELEPHANT GIFT EXCHANGE EAU CLAIRE DOWNTOWN YMCA

You are warmly invited to participate in our ForeverWell Holiday Potluck and White Elephant Gift Exchange! Please bring a dish to share, and if you'd like, your most whimsical white elephant gift, valued at no more than \$15. It's a wonderful opportunity to celebrate the season, enjoy delicious food, and have some fun with friends and fellow members. Don't forget to wear your festive attire! We look forward to sharing laughter and joy with all of you.

WHEN: Friday, December 12, 2025

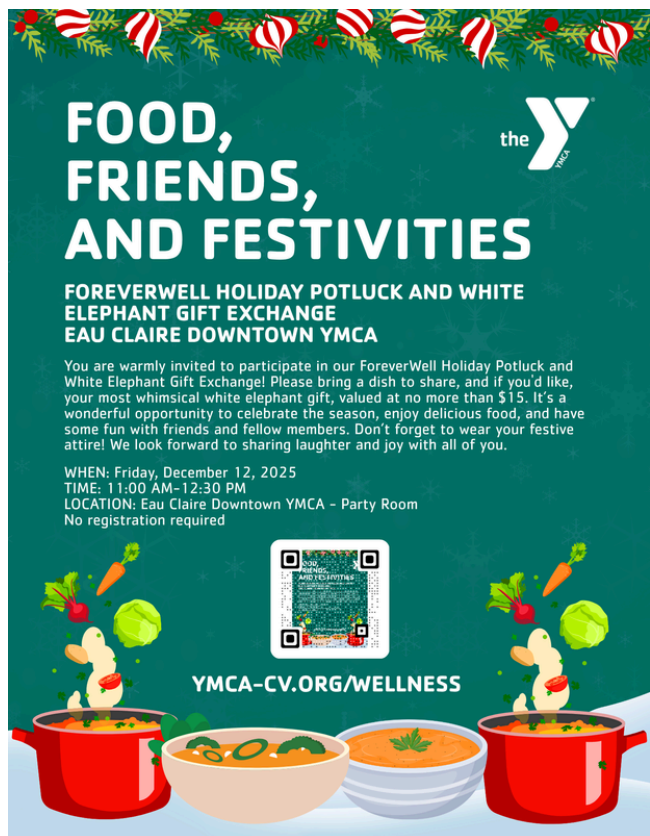
TIME: 11:00 AM-12:30 PM

LOCATION: Eau Claire Downtown YMCA - Party Room

No registration required



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SIDE BY SIDE, PADDLE TO PADDLE!

LIVESTRONG ALUMNI OPEN PICKLEBALL EAU CLAIRE DOWNTOWN YMCA

As part of the Livestrong program the Eau Claire Downtown YMCA offers open pickleball play every Monday. This weekly event provides a wonderful opportunity for current and past participants, as well as their families, to stay active, socialize, and enjoy the fast-paced fun of pickleball. It's more than just a game; it's a chance to connect with others, share stories, and support each other in a welcoming and energetic environment. Whether you're a seasoned player or trying pickleball for the first time, everyone is encouraged to join in the excitement and camaraderie.

WHEN: Mondays, 10 AM-Noon

LOCATION: Eau Claire Downtown YMCA - Hobbs Gym

WHO: Current and past Livestrong participants and family

No registration required



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