



FOREVER CONNECTED

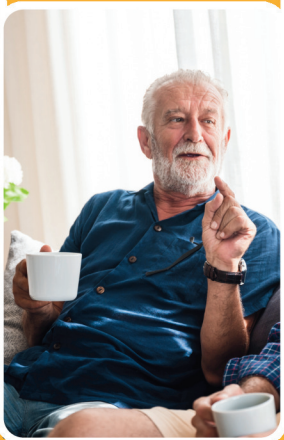
DECEMBER 2025

FOREVERWELL®

**SPECIALIZED
WELLNESS
PROGRAMS**

FOR AGES 55+

SPONSORED
BY:  **network
health**



FOND DU LAC FAMILY YMCA

Make friends and build community through social events, group outings, and casual meet-ups that bring people together.

OUT TO LUNCH:

DECEMBER 9 | 11:30 am | ROLLING MEADOWS

Join other FOREVERWELL members for food, fun and fellowship. Sign up at the Welcome Center desk.

FOREVERWELL BOOK CLUB:

DECEMBER 30 | 11:30 am | Y Healthy Living Center

Meets the last Tuesday of each month. Books are provided.

HOLIDAY SOCIAL & WHITE ELEPHANT GIFT EXCHANGE

DECEMBER 16 | 11:30 am-1:30 pm | YMCA BOARD ROOM

Join us for a festive gathering open to all members 55+; guests are welcome! We'll have a variety of mixed snacks available, and you're welcome to bring an optional treat to share. Don't forget your White Elephant gift if you would like to participate and your holiday cheer!

SIGN UP AT THE WELCOME CENTER DESK

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**