



# FOREVERWELL May 2024

APPLETON YMCA | [ymcafoxcities.org](http://ymcafoxcities.org)

MON	TUE	WED	THU	FRI
		1	2 Book Club 9:15-10:30 AM: PLX	3 Women's Bible Club 11AM-NOON: YSC
6	7 Coffee & Chat 8:30AM: COM Craft Club 9:30-11AM: COM	8	9	10
13	14 Coffee & Chat 8:30AM: COM	15	16 \$ All Things Art 9:15-11:15AM: COM	17
20	21 Coffee & Chat 8:30AM: COM Craft Club 9:30-11AM: COM	22	23 Walking Group: Hearthstone House 9:30-11:30 AM: LOB	24
27 CLOSED For Memorial Day	28 Coffee & Chat 8:30AM: COM	29 National Senior Health & Fitness Day! (Schedule of activities on back)	30	31

**FOREVERWELL** is an ever-expanding set of Y programs and activities designed exclusively for adults ages 55+. In addition to physical health, we aim to deepen social engagement between the Y and our community.

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## FITNESS KEY

\$ - Paid Classes

**BOLD**—Registration Required

## ROOM KEY

COM: Commons near Kitchen

PLX: Plexus Room

YSC: Y Service Club Room

FL: Front Lobby

MBS: Mind, Body, Spirit Studio

## CLASS REGISTRATION

Any class with a '\$' indication, means a cost and registration is required. Registration can be completed online, or at any YMCA of the Fox Cities membership services desk.

## CLASS DESCRIPTIONS

**Coffee and Conversations:** Join us every Tuesday at 8:30 AM and enjoy coffee on us, comradery, program updates and occasional special guests.

**Book Club:** Join us the first Thursday of each month for book club. Books will be available for pick up one month prior. Title for May: Heads You Win

**Craft Club:** BYOC– Bring Your Own Craft. Have fun and socialize while doing what you enjoy. A chance to connect with others and share your DIY passion.

**Women's Bible Friendship Group:** Give your prayer life a spark with this monthly women's bible study group.

**\$ All Things Art:** Clothes pin wreath - This fun and easy décor item is sure to draw lots of attention. Make your wreath to fit your color and style of choice. All supplies included.

**Walking Group:** Enjoy the signs of spring, get some exercise, and meet new people. Each month we will walk to a new location. This month we will walk to the Hearthstone House and take the tour. Cost is \$9 for those ages 65+ and \$12 for those under the age of 65 (to be paid to the Hearthstone House). Meet at front lobby of the YMCA to start our walk.

**National Senior Health & Fitness Day Celebrations:**

10:30 AM-11:00AM: Balance Demo: Learn some basic balance exercises to keep you strong. Location: MBS

11:15AM-12:15PM: Join Hometown Pharmacy to learn more about supplements and the importance of Blood Pressure screenings. Location: PLX

10:00AM-NOON: Join Kaci from Chiropractic Health for a FREE muscle tension scan. Location: PVA

10:00AM-NOON: Test out our Compression Therapy with FREE mini sessions. Location: PVA