



FOREVERWELL May 2024

HEART OF THE VALLEY | ymcafoxcities.org

MON	TUE	WED	THU	FRI
		1 Book Club 1-3 PM: CNF Coffee Chats 10-11 AM: PVA	2 Tech Talk 1-2 PM: CR	3
6	7 Bible Study 11AM-NOON: CNF	8	9 \$ Craft of the Month: Paint, Pots and Plants! 1-2:30PM: PVA	10
13	14 Bible Study 11AM-NOON: CNF \$ Foot Care 1-4PM	15 Coffee Chats 10-11 AM: PVA	16	17
20	21 Bible Study 11AM-NOON: CNF	22 Aging & Long Term Care 1-2 PM: AS	23	24
27 CLOSED For Memorial Day	28 Bible Study 11AM-NOON: CNF	29 National Senior Health & Fitness Day! Poker Walk 7:30-10:30AM: TRK	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

AS- Aerobic Studio

MPR- Multi-Purpose Room

PVA - Pool Viewing Area

CR - Conference Room

TRK - Indoor Walking Track

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

Book Club: Join us for monthly book club. New books will be available the month prior. Meet up the first Wednesday of the month, to discuss last months book and grab the new one!

\$ Foot Care Clinics: A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. Call 920.727.5555 to schedule your 20-minute appointment.

Bible Study: Take a verse a week and apply its meaning to our everyday life. Enjoy an opportunity to reconnect with friends and faith.

\$ Craft of the Month: Paint, Pots and Pants!: Design and paint a terra-cotta pot and choose from a variety of houseplants, flowers and/or herbs to complete your project. Mix and match plants while enjoying time with our Master Gardner, Donna.

Coffee Chats: Enjoy coffee on us and chat about upcoming programming and community happenings

National Senior Health & Fitness Day Celebration: Poker Walk: Walk the indoor track and pick up a new card each lap. After 5 laps, play your hand against those walking with you. No prior knowledge of Poker needed and all walking levels welcome!

Ageing & Long Term Care Presentation: Connect with the Board on Aging and Long-Term Care for comprehensive support, resources, volunteer opportunities, and advocacy tailored to enhance your well-being and interdependence

Tech Talk: Do you have trouble navigating your smartphone? Would you like to ask questions regarding your phone's capabilities? Stop by the Conference Room the first Thursday of the month for our Tech Talk!