



# FOREVERWELL May 2024

FOX WEST | [ymcafoxcities.org](http://ymcafoxcities.org)

MON	TUE	WED	THU	FRI
		<b>1</b> <b>Memory Café</b> 1:30-3 PM: AS <b>Mah Jongg</b> 11:15AM-12:15 PM: PVA	<b>2</b> <b>Intro to Pickleball</b> NOON-2 PM: KGB	<b>3</b>
<b>6</b> <b>Walking Group</b> 10-11AM: LB <b>Meet Samaria: Comfort Dog</b> 11:30 AM-12:30 PM: MPR	<b>7</b> <b>\$ Get Connected, Stay Connected</b> NOON-1:30 PM: PVA	<b>8</b> <b>Mah Jongg</b> 11:15AM-12:15 PM: PVA	<b>9</b> <b>Intro to Pickleball</b> NOON-2 PM: KGB	<b>10</b>
<b>13</b> <b>Walking Group</b> 10-11AM: LB	<b>14</b>	<b>15</b> <b>\$ Foot Clinic</b> 1-4 PM <b>Mah Jongg</b> 11:15AM-12:15 PM: PVA	<b>16</b> <b>Intro to Pickleball</b> NOON-2 PM: KGB	<b>17</b>
<b>20</b> <b>Walking Group</b> 10-11AM: LB	<b>21</b> <b>\$ Get Connected, Stay Connected</b> NOON-1:30 PM: PVA	<b>22</b> <b>\$ Art Commotion</b> NOON-1:30 PM: MPR <b>Mah Jongg</b> 11:15AM-12:15 PM: PVA	<b>23</b> <b>Open Pickleball</b> NOON-2 PM: KGB	<b>24</b>
<b>27</b> <b>CLOSED For Memorial Day</b>	<b>28</b>	<b>29 National Senior Health &amp; Fitness Day!</b> <b>Mah Jongg</b> 11:15AM-12:15 PM: PVA	<b>30</b> <b>Intro to Pickleball</b> NOON-2 PM: KGB	<b>31</b>

**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

LB - Front Lobby

KGB - Kippenhan Gymnasium (Back Half)

## 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

**Walking Group:** Meet in the lobby, near the front desk to enjoy a social walk outside with ForeverWell Specialist Jenn.

**Samaria the Comfort Dog:** Samaria is a comfort dog that brings a calming influence, allowing people to open their hearts and receive help in their time of need. Come learn more about Samaria and experience her gift.

**\$ Art Commotion:** Each month we will introduce a new artist. You will have the opportunity to learn about their life, their inspiration(s), and their artwork. You will also be able to complete your very own project inspired by their work. Each month will be new and exciting!

**\$ Get Connected, Stay Connected:** Not sure how to set up your voicemail? Are you having trouble linking your personal email to your phone? Now is your chance to meet one on one with an instructor.

**Intro to Pickleball:** For the very beginner- Learn the fundamentals of the game and practice your skills.

**Mah Jongg:** A multiplayer tile game of skill and strategy that is similar to Rummy.

**Memory Café:** An opportunity for those experiencing memory loss and their loved ones/ care givers, to participate in a class together. General low impact fitness class with rotating themed discussions.

**\$ 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.