



FOREVERWELL May 2024

NEENAH-MENASHA | ymcafoxcities.org

MON	TUE	WED	THU	FRI
		1	2	3
6 Coffee & Chat 8AM: Café	7 \$ Get Connected, Stay Connected 10-12:15AM: PVA	8	9	10
13 Coffee & Chat 8AM: Café	14 Group Tech 10 AM & 11AM: CR \$ Get Connected, Stay Connected 10-12:15AM: PVA	15	16 \$ Foot Care 1-4 PM: RS	17
20 Coffee & Chat 8AM: Café History Walk 8:30-9:30 AM	21 \$ Get Connected, Stay Connected 10-12:15AM: PVA	22	23 \$ Create a Photo Album with Shutterfly 1-3 PM: TL	24
27 CLOSED For Memorial Day	28	29 National Senior Health & Fitness Day!	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

RS - Riverside | Next to River, 1st Floor

KR - Keller Room | 2nd Floor

UG- Upper Gym | 2nd Floor

CR- Conference Room | 2nd Floor

TL - Tech Lab

***B = Back UG

*** FR = Front UG

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

Group Technology Class: This one-hour educational opportunity allows an introduction to a technology concept or resource you might be interested in. Topic this month is your camera and photo library.

\$ 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.

\$ Create a Photo Album Using Shutterfly: In this class, we will look at the Shutterfly website and setup an account. Then, we will create an album. By the end of the class, you will have an album that can be printed and then shared with family & friends. COST: \$10 for Y Members; \$20 for General Public

\$ Foot Care: Monthly podiatry care can be scheduled by calling Valley VNA directly at 920.727.5555.

Coffee & Conversations: Enjoy coffee on us, camaraderie, program updates and occasional special guests and treats!

History Walk: Walk with us as we explore historical downtown Neenah. Learn about a few key historical landmarks in the area. Meet at the Neenah-Menasha Y lobby