



FOREVERWELL April 2024

APPLE CREEK | ymcafoxcities.org

MON	TUE	WED	THU	FRI
1	2	3	4 Spring Stroll 10:30-11:30AM: FL	5
8 Crochet & Knitting 11AM-NOON: FL	9	10	11	12 \$ Foot Care Clinic 9AM-4PM: WPR
15	16	17	18	19 \$ Chef Shelly 11AM-12:30PM: WPR
22	23	24	25	26 Urban Pole Walking 10-11 AM Lunch & Learn: Ice Age Trail NOON-1 PM: WPR
29	30 Hydroponic Growing 10:30-11:30 AM: NSR			

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

WPR: White Pine Room

ROR: Red Oak Room

FL: Front Lobby

NSR: Nature Study Room

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

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

Crochet and Knitting: Join in on social time with others who share your same interest. Bring your own supplies.

Spring Stroll: Fill your travel mug with your favorite hot beverage and join us for a loop or two around the pond. Meet in the Front Lobby, dress for the weather! **COST: FREE**

\$ Chef Shelly: Put your cooking hats on! Join Chef Shelly in her series of cooking classes, expand your palate and cook something new.

Lunch & Learn: Ice Age Trail Presentation: The Ice Age National Scenic Trail winds nearly 1,200 miles through Wisconsin from St Croix Falls to Sturgeon Bay. The trail showcases diverse terrain, from rolling hills and dense woodlands to picturesque lakes and streams, providing a rich tapestry of natural beauty for outdoor adventurers to explore. Guiding our discussion will be Bill Ryno, a passionate lifelong outdoor enthusiast who successfully completed the trail in July 2023. Eager to share his experience, he looks forward to fostering lively conversations and exchanging insights about the trail.

Environmental Education: Flex Farm Hydroponic Growing System: This program will include a demonstration of the Flex Farm hydroponic growing system followed by a hands-on activity! Meet in the Nature Study Room.

Urban Pole Walking Class: Certified Urban Pole & Nordic Walking Instructor will lead an introduction to Urban Pole Walking class, with options for Beginners to Intermediate. Meet in the Front Lobby.