



# FOREVERWELL April 2024

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

MON	TUE	WED	THU	FRI
1	2 Coffee & Chat 8:30AM: COM Craft Club 9:30-11 AM: COM	3	4 Book Club 9:15-10:30 AM: PLX	5 Women's Bible Club 11AM-NOON: YSC
8	9 Coffee & Chat 8:30AM: COM	10	11	12
15	16 Coffee & Chat 8:30AM: COM Craft Club 9:30-11 AM: COM	17	18 \$ All Things Art 9:30-11:30AM: COM	19
22	23 Coffee & Chat 8:30AM: COM	24	25 Walking Group 9:15-10:45 AM: LOB	26
29	30 Coffee & Chat 8:30AM: COM			

**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: Lavender Canvas Painting** - Lavendar is a beautiful flower, and is so simple to paint. You will learn step by step how to paint this colorful lavender canvas using unique application tools! All supplies included. No experience necessary. COST: \$15 for Y Members; \$25 for General Public

**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 a trail and end our walk at Lawless coffee shop. Coffee on your dime. Meet at front lobby of YMCA to start our walk. A \$3 program pass fee for the general public, will be collected the day of the class.