



FOREVERWELL April 2024

FOX WEST | ymcafoxcities.org

MON	TUE	WED	THU	FRI
1 Walking Group 10-11AM: LB	2	3 Memory Café 1:30-3 PM: AS	4 Intro to Pickleball NOON-2 PM: KGB	5
8 Walking Group 10-11AM: LB	9 \$ Get Connected, Stay Connected NOON-1:30pm: PVA	10 Mah Jongg 11:15AM-12:15 PM: PVA	11 Intro to Pickleball NOON-2 PM: KGB	12
15 Walking Group 10-11AM: LB Sign Language Seminar 8-9 AM: CR	16	17 \$ Foot Clinic 1-4 PM	18 Intro to Pickleball NOON-2 PM: KGB	19
22 Earth Day Clean-Up Event 9 AM-NOON: FL	23 \$ Get Connected, Stay Connected NOON-1:30pm: PVA	24 \$ Art Commotion NOON-1:30 PM: MPR Mah Jongg 11:15AM-12:15 PM: PVA	25 Intro to Pickleball NOON-2 PM: KGB	26
29 Walking Group 10-11AM: LB	30			

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.

FITNESS KEY

\$ - Paid Classes

BOLD—Registration Required

ROOM KEY

AS- Aerobic Studio

MPR- Multi-Purpose Room

PVA - Pool Viewing Area

CR - Conference 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

\$ 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.

Walking Group: Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist Jenn.

Sign Language Seminar: American Sign Language (ASL) is a complete, natural language. ASL is expressed through the use of motions of the hands and face. This educational class on ASL will help you to understand the importance of such a language and will even teach you how to sign a few phrases. Come celebrate American Sign Language Awareness Day with us to learn more!

Join us for a morning of camaraderie and environmental stewardship at Fox West YMCA and along Highway 76 for an Earth Day Clean-Up Event! Let's unite for a cleaner, greener environment!