



# FOREVERWELL April 2024

HEART OF THE VALLEY | [ymcafoxcities.org](http://ymcafoxcities.org)

MON	TUE	WED	THU	FRI
1	2 Bible Study 11AM-NOON: CNF	3 Book Club 1-3 PM: CNF Coffee Chats 10-11 AM: PVA	4 Intro to Pickleball 10-11 AM: EG	5
8	9 Bible Study 11AM-NOON: CNF \$ Foot Care 1-4PM	10	11 \$ Craft of the Month 1-2:30PM: PVA	12
15	16 Bible Study 11AM-NOON: CNF	17 Coffee Chats 10-11 AM: PVA	18	19
22	23 Bible Study 11AM-NOON: CNF	24	25	26
29	30 Bible Study 11AM-NOON: CNF			

**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

## 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

**Book Club:** Join us for monthly book club. New books will be available the month prior. Meet up the first Wednesday of the month, to discuss last months book and grab the new one!

**\$ 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.

**Bible Study:** Take a verse a week and apply its meaning to our everyday life. Enjoy an opportunity to reconnect with friends and faith.

**\$ Craft of the Month:** Art and craft topics will change each month. Tap into your artistic side with these fun projects. This month enjoy candle making! Put your own personal touches on a beautiful home made candle

**Coffee Chats:** Enjoy coffee on us and chat about upcoming programming and community happenings

**Intro to Pickleball:** New to the game? Come learn the rules, give it a try and get your questions answered. If you're feeling up for it, stay for Beginner-Open Pickleball from 11:00 M – 2:00 PM.