



FOREVERWELL April 2024

NEENAH-MENASHA | ymcafoxcities.org

MON	TUE	WED	THU	FRI
1 Coffee & Chat 8AM: Café	2 \$ Get Connected, Stay Connected 10-12:15AM: PVA	3	4	5
8 Coffee & Chat 8AM: Café	9 Group Tech 10 AM & 11AM: CR	10	11	12
15 Coffee & Chat 8AM: Café	16 \$ Get Connected, Stay Connected 10-12:15AM: PVA	17 Film Series 1-3 PM: KR	18 \$ Set Up a Virtual Assistant 1-3 PM: TL \$ Foot Care 1-4 PM: RS	19
22 Coffee & Chat 8AM: Café	23	24 \$ Simply Art 10-11:30 AM: RS	25	26
29 Coffee & Chat 8AM: Café	30 \$ Get Connected, Stay Connected 10-12:15AM: PVA			

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. Topics this month is Artificial Intelligence

\$ 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.

\$ Set Up a Virtual Assistant: In this class, we will start by finding the virtual assistant on your cell phone. If needed, we will load an application. Then, review the settings for your virtual assistant and ensure they are appropriate for your needs. Practice using the assistant to help us answer questions, make phone calls, navigate us to an address, etc.
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!

\$ Simply Art: Feather Painting- This colorful class will use various painting techniques to develop unique creations.

Film Series: This film series will feature Hollywood Director and former Neenah resident, Howards Hawks. This month's movie is "Rio Bravo," starring John Wayne and Dean Martin