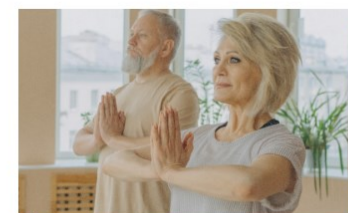


June 2023

APPLE CREEK | ymcafoxcities.org

MON	TUE	WED	THU	FRI
			1	2
5 Crochet and Knitting 11:30 AM: FL	6	7 Nature Walk 9:30AM-11AM	8	9 \$ Foot Care Clinic 9AM-4PM: WPR
12	13	14	15	16 \$ Chef Shelly 11AM -12:30 PM: WPR
19	20	21	22	23 <i>* 24th: See Info on back for Apothecary Workshop</i>
26	27	28	29	30



FOREVERWELL

As a leading voice on improving overall health, the Y accepts the responsibility to find ways to serve our aging population, not only for individual health and well-being, but for overall community health. The YMCA of the Fox Cities encourages all adults to develop behavior that is crucial to healthy aging, including healthy eating, physical activity and social interaction.



FITNESS KEY

\$ - Paid Classes

BOLD—Registration Required

ROOM KEY

WPR— White Pines Room

ROR— Red Oak Room

FL—Front Lobby

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.

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

Nature Walk and Plant Identification with Shane: Take a hike along Purdy trail with our Environmental Education Director and learn more about local plants. Make sure to dress accordingly and wear sturdy shoes. Meet in the Lobby. Sign up at front desk.

DON'T MISS OUT!

Apothecary Workshop: The plants in your yard can be more than beautiful (or more than weeds)! Learn how you can use many of the plants growing in your yard for fun and helpful purposes. Learn about several common plants and enjoy some samples of prepared recipes. Be prepared to walk on the trails. You can register online, or at any YMCA Member Service desk. COST: \$15

Saturday, June 24, 10:00 AM - NOON