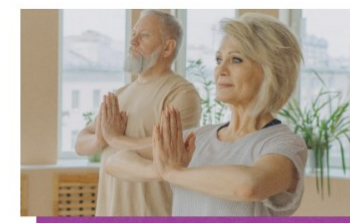


June 2023

APPLETON | ymcafoxcities.org

MON	TUE	WED	THU	FRI
			1 Book Club 9:15-10:30 AM: YSC	2 Women's Bible Study 11 AM: PLX
5 \$ Beginner Bridge 2-4 PM: COM	6 Coffee & Conversation 8:30AM: COM Craft Club 9:30-11 AM: YSC	7 Walking Club 8:30-9:30AM: FL	8	9
12 \$ Beginner Bridge 2-4 PM: COM	13 Coffee & Conversation 8:30AM: COM	14 Walking Club 8:30-9:30AM: FL	15 Dementia Education 9:30AM-10:30AM	16
19 \$ Beginner Bridge 2-4 PM: COM	20 Coffee & Conversation 8:30AM: COM Craft Club 9:30-11 AM: YSC Brunch and Learn 9:30-10:30AM: PLX	21 Walking Club 8:30-9:30AM: FL	22	23
26	27 Coffee & Conversation 8:30AM: COM	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

COM: Commons near Kitchen

PLX: Plexus Room

YSC: Y Service Club 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

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.

Women's Bible Friendship Group: Give your prayer life a spark with this monthly women's bible study group.

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.

Walking Club: Join this ongoing walking group for some outdoor exercise. Routes may change— Plan to walk for an hour.

\$ Beginner Bridge: Have you ever wanted to learn the card game bridge? Here is your chance! This 6-week course welcomes new and beginner skill levels. Registration required (Members free, non-members \$12).

Brunch and Learn Potluck: Time to meet new people, have lunch, and learn with our very own YMCA member RN, Leta. Leta will be discussing the importance of patient advocacy during doctor appointments. Please bring a dish to pass; main, side, or dessert and the recipe to share.

Dementia Education: Sarah Swant from Fox Valley Memory Project will join us to talk about dementia. Learn more about the signs, symptoms, how to help, resources and so much more. COST: FREE