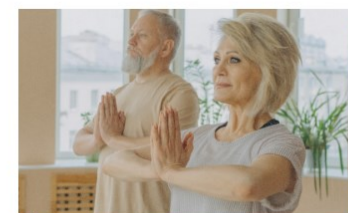


June 2023

HEART OF THE VALLEY | ymcafoxcities.org

MON	TUE	WED	THU	FRI
			1 \$ Balance Training 9 -9:30AM:	2
5	6 \$ Balance Training 9 -9:30AM:	7 Book Club 1-3 PM: CNF	8 Memory Café 1:30-3 PM: AS \$ Balance Training 9 -9:30AM:	9 Chef Shelly 11AM- 12:30 PM: AS
12 \$ Wellness Through Art 1-3PM	13 \$ Foot Care 1-4 PM	14 Walk with a Physical Therapist 8 -8:45AM Funeral Planning 11:15AM-12:15PM	15	16
19	20	21	22	23
26	27	28 Walk with a Physical Therapist 8 -8:45AM	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

AS- Aerobic Studio

PVA - Pool Viewing Area

DS- Dance Studio

PVN—Pavilion (outdoors)

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

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. This takes place the first Wednesday of every month.

\$ Chef Shelly: Join us for fun and easy brunch dishes. Registration required.

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.

Balance Training: Join a certified Personal Trainer in the Wellness Center to improve your balance and build strength with exercises that will help lower the risk of falls, secure your independence and boost confidence when walking and standing.

Wellness Through Art: Former Art Teacher, Kim Jochman, knows about the healing powers of art. Beginners welcomed and encouraged! Projects change each month.

Walk with a Physical Therapist: Join Dr. Will Hartman, PT, DPT, OSC, CSCS every other Wednesday morning, for a casual walk with a question-and-answer session, along CE Trail. (We will move to the wellness track in the case of inclement weather).

Funeral Planning: Join Lisa Brennan, Advanced Funeral Planner to learn about the benefits of pre-planning.