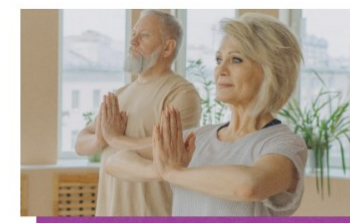


June 2023

OGDEN | ymcafoxcities.org

MON	TUE	WED	THU	FRI
			1	2
5 Walking Club 9:30-10:30 AM: TRK	6	7 Coffee & Conversations 10:30-11:30AM: LOB	8	9
12 Walking Club 9:30-10:30 AM: TRK	13 \$ Get Connected, Stay Connected 8:30AM-10AM: LOB	14	15 Beg. Pickleball NOON-2PM \$ Art of Aging 10:30-11:30AM	16
19 Walking Club 9:30-10:30 AM: TRK	20 Intro to Geocaching 11AM-NOON:	21 Coffee & Conversations 10:30-11:30AM: LOB	22 Beg. Pickleball NOON-2PM	23
26 Walking Club 9:30-10:30 AM: TRK	27	28	29 Beg. Pickleball NOON-2PM \$ Art of Aging 10:30-11:30AM	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

LOB- Lobby Area

TRK- Walking Track

PTO- PT Office

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

Walking Group: Together we will walk different routes from the Ogden YMCA around fox crossing. This will be hosted on the track until our weather cooperates. Each step and each mile go towards completing a new adventure all throughout the world. First stop: New York! Although we may not see the Statue of Liberty or the Brooklyn bridge, It will still be an adventure!

Beginner Pickleball: New to the game and wanting to learn? Join us to learn the basics! (The courts will not be available for open play- Only beginner instruction).

Coffee and Conversation: Join us for free coffee, comradery and the occasional special guest.

Intro to Geocaching: Learn about the healthy brain and body benefits of geocaching. Ashley will share her passion and past experiences. Learn what it is, how to participate, local and worldwide events as well as different apps to use.

Art of Aging: Art and craft options will change each month. Join us to create a beautiful piece to enjoy at home. COST: \$5 Member; \$7 General Public.

June 15: Rock Art

June 29: Welcome Sign

\$ Get Connected, Stay Connected: Not sure how to set up your voicemail? Are you having trouble linking your personal email to your phone? Would you like the ability to problem solve through some issues involving your smart phone? Now is your chance to meet one on one with an instructor.