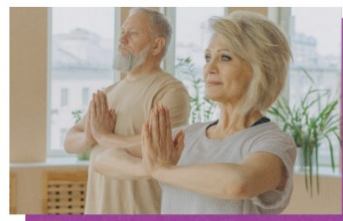


December 2023

APPLE CREEK | ymcafoxcities.org

MON	TUE	WED	THU	FRI
				1
4 Crochet and Knitting 11:30 AM: FL	5	6 Cookies and Carols 8:30-9:30AM: WPR	7	8 \$ Foot Care Clinic 9AM-4PM: WPR
11	12	13	14	15 \$ Chef Shelly 11AM -12:30 PM: WPR
18	19	20	21	22
25 Merry Christmas!	26	27	28	29



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. This month we are learning about Healthy-ish Christmas Treats!

Cookies & Carols: Celebrate the holidays with a Cookie Swap! We'll listen to holiday music, exchange cookies, and share our favorite holiday traditions. Please bring your favorite cookies to share!

The YMCA will be closed on Monday, December 25th in observance of Christmas.