
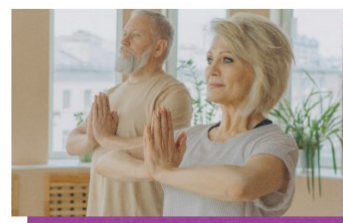


December 2023

APPLETON | ymcafoxcities.org

MON	TUE	WED	THU	FRI
				1 Women's Bible Club 11AM-NOON: PLX
4	5 Coffee & Chat 8:30AM: COM Craft Club 9:30-11 AM: YSC	6	7 Book Club 9:15-10:30 AM: YSC	8
11	12 Coffee & Chat 8:30AM: COM	13	14 Cookie Swap 9:15-10:15AM: COM Holiday Card Making 10:30-11:30AM: YSR	15
18	19 Coffee & Chat 8:30AM: COM Craft Club 9:30-11 AM: YSC	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

COM: Commons near Kitchen

PLX: Plexus Room

YSC: Y Service Club Room

FL: Front Lobby

MBS: Mind, Body, Spirit Studio

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.

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.

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

Cookie Swap & Tasting: We will be doing a cookie swap and a taste competition. Please bring a homemade cookie or candy to share! Prizes will be awarded to the person chosen who has the best tasting cookie/candy as well as the best looking cookie/candy.

Holiday Card Making: Sponsored by the Appleton Library— Join us in making holiday cards for yourself or others.

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