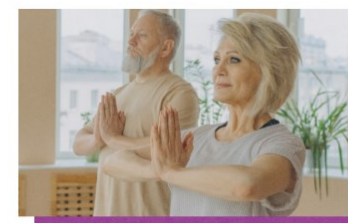


December 2023

HEART OF THE VALLEY | ymcafoxcities.org



MON	TUE	WED	THU	FRI
				1
4	5	6 Book Club 1-3 PM: CNF	7	8 \$ Chef Shelly 11AM-12:30 PM: AS
11	12 \$ Foot Care 1-4 PM	13 Investment Planning: 1-2PM:	14 Memory Café 1:30- 3 PM: AS	15
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

AS- Aerobic Studio

PVA - Pool Viewing Area

DS- Dance Studio

PVN—Pavilion (outdoors)

CNF: Conference Room

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.

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.

Investment Planning: Our Investment Planning 101 seminar is perfect for individuals who are new to investing or who want to enhance their investment knowledge.

\$ Chef Shelly: Join Chef Shelly for a fun and tasty class of holiday appetizers and a no bake sweet treat that take just a bit of guilt out of entertaining. With these easy recipes, adding a few fruits and veggies to some familiar flavors is a gift to your health.

- Chocolate Cherry Pistachio Balls
- Lighter Lemony Spinach Artichoke Dip
- Loaded Baby Yukon Potato Bites
- Sparkling Pomegranate Orange Mocktails

The YMCA is closed on December 25 in observance of Christmas