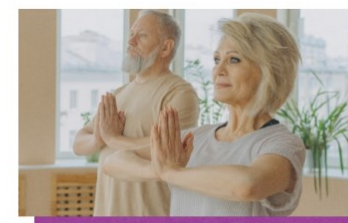


December 2023

NEENAH-MENASHA | ymcafoxcities.org

MON	TUE	WED	THU	FRI
				1
4 Coffee & Chat 8AM: Café	5 A Journey Back in Time 10-11AM: KR	6	7	8
11 Coffee & Chat 8AM: Café	12 Group Tech 10 AM & 11AM: CR	13	14	15
18 Coffee & Chat 8AM: Café	19 Investment Planning 1-2PM: KR	20	21 \$ Foot Care 1-4 PM: Sol	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

Sol- Solarium | Next to River

KR - Keller Room | 2nd Floor

UG- Upper Gym | 2nd Floor

CR- Conference Room | 2nd Floor

***B = Back UG

*** FR = Front UG

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

Group Technology Class: This one-hour educational opportunity allows an introduction to a technology concept or resource you might be interested in. Topics change every month. (Previous examples include, Facebook, QR Codes, saving to “the cloud,” and online shopping).

\$ Foot Care: Monthly podiatry care can be scheduled by calling Valley VNA directly at 920.727.5555.

A Journey Back in Time: Take part in celebrating Neenah’s 150th anniversary with a presentation from the Neenah Historical Society.

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

Coffee & Conversations: Enjoy coffee on us, camaraderie, program updates and occasional special guests and treats!

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