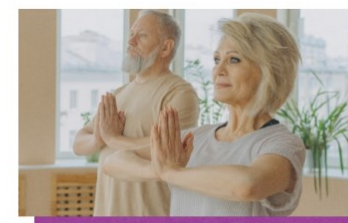


# December 2023

OGDEN | [ymcafoxcities.org](http://ymcafoxcities.org)

MON	TUE	WED	THU	FRI
				1
4	5 \$ Get Connected, Stay Connected 8:30AM-10AM: LOB	6	7 \$ Art of Aging 10:30-NOON:PTO	8
11	12	13	14	15
18	19	20	21 \$ Art of Aging 10:30-NOON:PTO	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

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

**Art of Aging:** Art and craft options will change each month. Join us to create a beautiful piece to enjoy at home.

-December 7: This craft is so cute that you will love having little Do It Yourself sock snowmen all around the house! All supplies included.

-December 21: Join us and make some delicious treats to enjoy or even to gift this holiday season. All supplies included.

**\$ 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.

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