



FOREVERWELL March 2024

APPLE CREEK | ymcafoxcities.org

MON	TUE	WED	THU	FRI
				1
4 Crochet & Knitting 11AM-NOON: FL	5	6	7	8 \$ Foot Care Clinic 9AM-4PM: WPR
11	12	13	14 3.14 Pie Day, Game Day! 1-2:30PM: WPR	15 \$ Chef Shelly 11AM-12:30PM: WPR
18	19	20 Lunch & Learn Fox River Locks NOON-1PM: WPR	21	22
25	26	27	28	29

FOREVERWELL is an ever-expanding set of Y programs and activities designed exclusively for adults ages 55+. In addition to physical health, we aim to deepen social engagement between the Y and our community.

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FITNESS KEY

\$ - Paid Classes

BOLD—Registration Required

ROOM KEY

WPR: White Pine 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 the theme is, healthier sauces, condiments and dips.

3.14 Pie Day, Game Day!: Come celebrate 3.14 Pie Day with an assortment of games! Gnome Games will join us for an hour + of fun, leading us through some exciting new games. Registration required. COST: FREE for Y Members; \$3 for General Public

Lunch & Learn: Fox River Locks: Christine Williams of the Appleton Historical Society will give a presentation on the history of the Fox River locks system. Learn how the hand-operated lock works, the lives of the lockmaster who lived with their family in government owned houses adjacent to the locks, and the fight to preserve the system which led to the transfer of the locks from the U.S. Army Corps of Engineers to the State of Wisconsin in 2005. Registration required. COST: FREE for Y Members; \$3 for General Public