



FOREVERWELL March 2024

APPLETON YMCA | ymcafoxcities.org

MON	TUE	WED	THU	FRI
				1 Women's Bible Club 11AM-NOON: YSC
4	5 Coffee & Chat 8:30AM: COM Craft Club 9:30-11AM: COM	6	7 Book Club 9:15-10:30AM: PLX \$ Self Defense 11:00AM-NOON: TBD	8
11	12 Coffee & Chat 8:30AM: COM \$ All Things Art 9:30-11:30AM: COM	13 Game Day 1-3PM: COM	14 \$ Self Defense 11:00AM-NOON: TBD	15
18	19 Coffee & Chat 8:30AM: COM Craft Club 9:30-11AM: COM	20	21 \$ Self Defense 11:00AM-NOON: TBD	22
25	26 Coffee & Chat 8:30AM: COM	27 Game Day 1-3PM: COM	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

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.

Game Day: Escape the winter blues, and come play games with other like-minded people. There will be many different games/cards available to choose from. Meets the second and fourth Wednesday of each month.

\$ All Things Art: Bunny Block Trio - This set of three solid wood bunnies hop into your home to provide the perfect springtime décor. Come make this simple, but fun craft. All supplies included, and will be instructor led. COST: \$17 for Y Members; \$27 for General Public

\$ Self Defense: Don't let danger catch you off-guard. Learn how to defend yourself against real-world threats. Come join Debbie from Karate America to learn very important self-defense techniques in this 3week class. The class will be a combination of discussion and active practice. Wear comfortable clothes and tennis shoes. COST: \$30 for Y Members; \$40 for General Public