



FOREVERWELL March 2024

HEART OF THE VALLEY | ymcafoxcities.org

MON	TUE	WED	THU	FRI
				1
4	5 Bible Study 11AM-NOON: CNF	6 Book Club 1-3 PM: CNF Coffee Chats 10-11 AM: PVA	7 Intro to Pickleball 10-11 AM: EG	8
11	12 Bible Study 11AM-NOON: CNF \$ Foot Care 1-4 PM	13	14 \$ Craft of the Month 1-2:30PM: PVA	15
18	19 Bible Study 11AM-NOON: CNF	20 Coffee Chats 10-11 AM: PVA	21	22 \$ Chef Shelly 11 AM-12:30 PM: AS
25	26 Bible Study 11AM-NOON: CNF	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

AS- Aerobic Studio

MPR- Multi-Purpose Room

PVA - Pool Viewing Area

CR - 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

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.

Bible Study: Take a verse a week and apply its meaning to our everyday life. Enjoy an opportunity to reconnect with friends and faith. **COST: FREE**

\$ Craft of the Month: Art and craft topics will change each month. Tap into your artistic side with these fun projects. **COST:** Prices will vary

\$ Chef Shelly: Put your cooking hats on! Join Chef Shelly in her series of cooking classes, expand your palate and cook something new.

Coffee Chats: Enjoy coffee on us and chat about upcoming programming and community happenings

Intro to Pickleball: New to the game? Come learn the rules, give it a try and get your questions answered. If you're feeling up for it, stay for Beginner-Open Pickleball from 11:00 M – 2:00 PM.