



FOREVERWELL March 2024

NEENAH-MENASHA | ymcafoxcities.org

MON	TUE	WED	THU	FRI
				1
4 Coffee & Chat 8AM: Café	5 Game On 1-3 PM: RS \$ Get Connected, Stay Connected 10-12:15 PM: PVA	6	7	8
11 Coffee & Chat 8AM: Café	12 Game On 1-3 PM: RS Group Tech 10 AM & 11 AM: CR	13	14	15
18 Coffee & Chat 8AM: Café	19 Game On 1-3 PM: RS	20 Film Series 1-3 PM: KR	21 \$ Create a Google Doc 1-3 PM: TL	22
25 Coffee & Chat 8AM: Café	26 Game On 1-3 PM: RS \$ Get Connected, Stay Connected 10-12:15 PM: PVA	27 \$ Simply Art 10-11:30 AM: RS	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.

Janice O'Connell | 920.702.2319 | joconnell@ymcafoxcities.org

FITNESS KEY

\$ - Paid Classes

BOLD—Registration Required

ROOM KEY

RS - Riverside | Next to River, 1st Floor

KR - Keller Room | 2nd Floor

UG- Upper Gym | 2nd Floor

CR- Conference Room | 2nd Floor

TL - Tech Lab

***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 this month is Google Applications

\$ Get Connected, Stay Connected: Not sure how to set up your voicemail? Are you having trouble linking your personal email to your phone? Now is your chance to meet one on one with an instructor.

\$ Create a Google Doc: Create a Gmail account, then use that account to create a new Google Document. Review all of the features that can be used including formatting text, adding tables, creating links, and sharing the document with others. (If you already have a Gmail account, bring your username and password). COST: \$10 for Y Members; \$20 for General Public

\$ Simply Art: "Hello Spring," Wood Porch Sign- Create your own 4-foot-tall porch sign to welcome Spring.

Game On! Bring your favorite game or come learn a new one. Cards and a variety of games will be provided.

Film Series: This film series will feature Hollywood Director and former Neenah resident, Howards Hawks. This month's movie is "Sergeant York," starring Gary Cooper

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

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