

Kewaunee County Calendar of Events

March 2016

- March 1,8,15, 29:** **9-11 AM Stepping On/Falls Prevention Program** at St. John's Lutheran church in Luxemburg. Tuesdays- starting March 1- April 12 hosted by the ADRC of the Lakeshore. Fee: \$10. To register call 1-877-416-7083.
- March 2, 4,9,11,16: 18,23,25** **9-10 AM Strength Training Class.** Located at 1012 Wisconsin St. in Kewaunee. Cost \$10. Exercise program for all ages, men and women. Each class includes progressive weight training, flexibility, and balance activities. Call to sign up with instructor Renee Koenig, UW-Extension 920-388-7137.
- March 2:** **1-6:00 PM Casco Blood Drive** will take place at the LC- Middle School. For an appointment, contact Rita at (920) 837-2836 or email ritajullman@hotmail.com
- March 3, 10, 17:** **9-10 AM Zumba Gold with Gentle Yoga class.** Cost \$5 per person per class. Classes are held at St. John's Lutheran Church in Rankin (E5221 Church Road, Algoma). Classes are perfect for active older adults and anyone with limited mobility. For questions or to register, please call Shannon Cole at (920) 737-2734.
- March 3, 24:** **9:30- 10:30 AM Little Sprouts Playgroup.** Play time, Bible stories, and gym time for you and your Little Sprout ages 0-5 years. Located at St. Paul's Lutheran School 1115 Division St., Algoma.
- March 26:** **9:00 AM Easter Egg Hunt** located at the Luxemburg Community Center- 206 Maple Street in Luxemburg. Registration, games, and pictures with the bunny, begin at 9 AM. The hunt begins at 9:30 AM. Events include games, face painting, pictures with the Easter Bunny, and an Easter Egg Hunt. *Hosted by the Bank of Luxemburg.*
- Monday's:** **6:00 PM The Algoma Pacemakers** walking group gets together for a group walk. Everyone interested meets at the Algoma Community Wellness Center.
- Remember:** There are many trails throughout Kewaunee County. They are perfect for hiking! Try the Ahnapee State Trail or the Ice Age National Scenic Trail.

Wednesdays's

10:00 AM- Low-Impact Exercise Class at Lakeside Church in Algoma.

<http://lakeside-church.com/groups/wednesday-exercise-class?>

1:45 PM- First Place For Health- at Lakeside Church in Algoma. A Biblically based wellness program that addresses The whole person: physical, mental, emotional, and spiritual. <http://lakeside-church.com/groups/first-place>

Thursday's:

6:30 PM Daniel Plan Essentials- located at Lakeside Church in Algoma. A book Study on optimizing health in faith, food, fitness, focus, and friends.

<http://lakeside-church.com/groups/the-daniel-plan>

Mon- Saturday:

Algoma Community Wellness Center offers a Fitness Center, Programs and

Services. Located at the Algoma High School- 1715 Division Street. You do not have To live in Algoma to become a member of the fitness center. \$5 daily passes offered, or Affordable membership rates. Contact: (920) 487-7001 ext: 4000 for more information.

Shannon's Yoga and Fitness: Located at 400 Second Street in Algoma, WI...offers Yoga- improves mood, increases flexibility, strength and energy...Zumba provides a total body workout, providing cardio, muscle conditioning, balance, and flexibility. Zumba Gold focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. It is lower impact and easier choreography- ages 12+. There is a cost associated with classes. If interested call Shannon at (920) 737-2734.

Stick to It Fitness: Located at 417 Steele St. in Algoma, offers fitness bootcamp class, X-fit class, and Spin Class. Cost associated with membership. Go to www.sticktaitfitness.com for more information or Email: sticktoitfitness@gmail.com Phone: 9920) 255-2334.

Kewaunee Fitness Center: Located at 160 Terraqua Drive off Hwy 42 in Kewaunee, offers the fitness center equipment (membership required) and also offers a variety of classes. For more information, please call (920) 388-4961.

Events to

Watch For:

In March, a walking initiative will begin in Algoma. It is encouraging community members to track mileage and cover a distance traveling "virtually" to another city. Walking maps will be available at the Algoma Chamber of Commerce and the Algoma Public Library.

Live Well Algoma will be focusing on Nutrition. A publication "Wolf Review" will be published, which outlines activities and events.