

Kewaunee County Calendar of Events

April 2016

- April 7, 9:** **After School Bellin Run Practice in Algoma.** The first practice for the Bellin Run will take place after school on April 7th in Algoma. This practice will continue on Tuesday's and Thursday's unless noted. Participation in this activity may make you eligible for a discount for the Bellin Run. Registration is required and a permission slip must be completed. For more information call 920-255-0410.
- April 7, 21st:** **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.
- April 7, 14, 21, 28:** **Gentle Plus Exercise Class by Diane Dorner.** Gentle Plus Exercise is for anyone, Especially for those over the age of 50. Exercises can be done sitting or standing. Participants enjoy great music, balance, strength and coordination exercises. Thursdays In April from 9-10 AM at St. John's Lutheran Church in Rankin. Also from 2-3 PM at the Brussel's Town Hall. No Set fees but donations are accepted. Call Diane at (920) 609-2765 to register.
- April 11, 13, 18: 20,25, and 27** **Gentle Plus Exercise Class by Diane Dorner.** Gentle Plus Exercise is for anyone, Especially for those over the age of 50. Exercises can be done sitting or standing. Participants enjoy great music, balance, strength and coordination exercises. Thursdays In April from 9-10 AM at St. John's Lutheran Church in Luxemburg. No Set fees but donations are accepted. Call Diane at (920) 609-2765 to register.
- April 14th:** **Home Health and Safety Event.** Deadline is April 8th. Must register by calling (920) 676-2061. This event takes place at 5:30 PM at the LC Middle School Home Economics Room. A light supper is provided. Six fun and interactive stations will provide you with the knowledge on a wide range of home health and safety topics. It is as exciting for children as it is for adults.
- April:** **Community Garden Program: Grow Your Own Garden-** If you would like to grow your own garden, but just don't have the ideal location or space, join the Kewaunee community Garden! For \$25 you would rent a plot that is aprox 400 sq ft. The fee Covers water, annual tillage, and a toilet facility. Register by calling 388-7141.

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.