



Kewaunee County Calendar of Nutrition and Physical Activity Events May 2016



- May 5, 19th:** **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.
- May 5, 12, 19, 26th** **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 May from 9-10 AM at St. John's Lutheran Church in Rankin- E5221 Church Road in Algoma. Also from 2-3 PM at the Brussel's Town Hall-1366 Junction Rd. No Set fees but donations are accepted. Call Diane at (920) 609-2765 to register.
- May 2, 9, 11, 18: and 23rd** **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. Monday's and Wednesdays in May from 9-10 AM at St. John Lutheran Church in Luxemburg. No Set fees but donations are accepted. Call Diane at (920) 609-2765 to register. **NEW:** After each exercise class, in May at 10 AM there will be a speaker that will talk about their profession. The following are the speakers: **May 2nd:** Jim Lonic- will talk on Thrivent Financial to help people make smart decisions with their money. **May 9th:** Speaker from Journey's Club (Adult Daycare) in Luxemburg. **May 11th:** Lance Kirchman offers professional chiropractic care. **May 18th:** Mike Rabas from Kewaunee Care Center which offers long term care services. **May 23rd:** Dr Komp: will speak on Foot Care.
- May 6th:** **Luxemburg-Casco's Fine Art Showcase.** Get some physical activity by walking to this event with your family. Artwork will be displayed at the High School located at 512 Center Drive in Luxemburg. Walk around with your family and enjoy the Art and the extra steps you get viewing it.
- May:** **Community Garden Program: Grow Your Own Garden**- Community Gardens are located in Algoma, Kewaunee, and Luxemburg! Gardening is great for your health and it provides physical activity and nutritious produce! Rent a garden plot for \$25 for the whole summer. Community Gardens are located at Sunset Avenue in Algoma, Baumeister Drive in Kewaunee, and Behind St. John Church on Heritage Road in Luxemburg. For the Algoma Garden, contact Paula Olsen at 487-0383. In Kewaunee, call aeric Bjurstrom at 388-7138. In Luxemburg, call Charlie Piesler at 866-9065.

- 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.
- May:** **Tumble Tastic Gymnastics at Kali's School of Dance in Kewaunee.** Classes offered include: Toddler Tumblers (parent/child)- age 1-3. Tumble Bugs: age 3-5. Tumble Twisters: age 5-8. Tumble Tweens: age 8-12. All classes are \$50 for a 6 week session. For more details/questions, email Amanda at stagz115@gmail.com
- 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.sticktoitfitness.com for more information or Email: sticktoitfitness@gmail.com Phone: (920) 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.