



Kewaunee County Calendar of Nutrition and Physical Activity Events June 2016



- June 2nd and 16th:** **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.
- June 4th** **6:30 AM Registration. Dairy Dash.** Join a 5k Walk/Run in Luxemburg. To register the day of the race, go to the Luxemburg Community Center Gym located at 206 Maple Street from 6:30 AM to 7:45 AM. Registration is \$20 per person or \$60 for a family of 4. Proceeds benefit the L-C Sting Cancer. The course starts and ends at the community center. Strollers and wheelchairs are welcome, but no pets please. Questions: Contact dairydaysdash@gmail.com.
- June 2nd and 9th:** **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 till June 9th from 9-10 AM at St. John's Lutheran Church in Rankin- E5221 Church Road in Algoma. Also from 2-3 PM until June 9th at the Brussel's Town Hall-1366 Junction Rd. No Set fees but donations are accepted. Call Diane at (920) 609-2765 to register.
- June 1,6,8,13:
and 15th** **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 till June 15th 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.
- June 18th:** **11 AM to 6 PM BrewVino Roast.** \$5 Admission. Whole steer roast with help from Skaliwags. Enjoy a roasted steer, raised on Ahnapee Brewery spent grains at the Bryersquart Family Farm in Door County. Before roasting the steer is bathed in a von Stiehl cherry wine marinade. Taste and buy a special batch of beer made for the day as well as a special bottling of wine blended especially to pair with the steer roast. Live Music by Bob Balsley and Conscious Pilot. Located at von Stiehl and Ahnapee Brewery.
- June 19th:** **8AM to 12:00 PM Breakfast on the Farm.** Located at Pagel's Ponderosa. Come and enjoy the outdoors with a farm experience. See a real working farm and Wisconsin's only carousel milking parlor.
- June 7-24th** **12:15 PM-1:00 PM (Mon- Fri) AES Summer Camp Algoma High School.** Free summer meals for Kids! The Door County YMCA is serving up summer with free lunches for kids 18 years and younger! Look for food and Fun at this site in the community!

**June 27-
Aug 11** **12:15 PM to 1:00 PM (Mon-Thurs) Algoma Parks and Rec- Perry Field.** Free summer meals for Kids! The Door County YMCA is serving up summer with free lunches for kids 18 years and younger! Look for food and Fun at this site in the community!

June: **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.

June: **7:30 AM HCE Walking Group.** Beginning June, every THURSDAY at 7:30 AM, the group meets by the Grandfather Clock in Kewaunee. They ride bikes together (about 11 miles) but anyone participating, can go farther or shorter distances. This is done through the HCE group but if you are not a part of this group, you are still welcome to attend. Call Robin Nelson 920-255-1357 for more information.

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.

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 a Variety of classes including yoga and zumba. Classes offered for ages 12+. Classes for all activity levels. 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: (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.