



## Kewaunee County Calendar of Nutrition and Physical Activity Events July 2016



- July 4<sup>th</sup>:** **7:30 AM Firecracker Run/Walk 5K.** Register at [active.com](http://active.com) Race starts at 8: 30 AM. Enjoy the Ahnapee Trail and the Kewaunee harbor in this breathtaking run! This is an event the whole family can enjoy.
- July 4<sup>th</sup>:** **9:00 Am to Noon Treasure Hunt up the Kewaunee River** at the Kewaunee Marina. Kayak or canoe up the Kewaunee River for a grand tour and treasure hunt. You must provide your own boat.
- July 4<sup>th</sup>:** **10 AM – 4 PM Sack Races:** Second Annual Smokehouse Jamboree located at Barnsite Retreat and Events Center...109 Duvall Street, Kewaunee, WI. Admission is FREE. For more info. go to [http://www.kewauneeco.org/events\\_detail.asp?eventid=1350&locid=192](http://www.kewauneeco.org/events_detail.asp?eventid=1350&locid=192)
- July 13<sup>th</sup>:** **Extravaganza of the Arts.** 8 week program on Wednesdays July 13-August 14<sup>th</sup>. Children move to dance and character acting expression. Classes for ages 4-10. Call 487-5480 for more details.
- July 7th and 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 Perry Park during July. If inclement weather, will be located in St. Paul's Lutheran School Gym 1115 Division St., Algoma. For up to date information, please go to <https://www.facebook.com/LittleSproutsAlgoma/>
- July 11- Aug 11:** **12:15 PM-1:00 PM (Mon- Fri) AES Summer Camp Algoma High School.** Free summer snack for Kids! The Door County YMCA is serving up summer with a free snack 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 (lunch) 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!  
**PLEASE NOTE: NO LUNCH WILL BE SERVED ON JULY 4<sup>th</sup>.** Fun games and crafts!
- July 3, 10, 17: 24, 31<sup>st</sup>** **10:00 AM to 3:00 PM Kewaunee County Farmer's Market.** Organically and locally grown fruits, veggies, herbs, honey, eggs, homemade preserves and more. Grass feed beef too. Located at the Flying Pig Gallery and Greenspace: N6975 WI-42, Algoma.
- July 7<sup>th</sup>:** **9 AM to 1:00 PM Healthy Choices Farm Market.** Enjoy fresh produce at 810 Lincoln Street in Kewaunee- right outside the Health and Human Services Building. Market runs the first Thursday of every month.

- July 16<sup>th</sup>:** **8:30 AM Crown Sash and Dash** to register for the 5K run/walk go to [http://kewauneectyfair.com/?page\\_id=676](http://kewauneectyfair.com/?page_id=676)
- July 7, 14, 21<sup>st</sup>:** **Bike Rodeo, Geocaching and Petting Zoo** at the Algoma Library. For more information, Go to [http://www.algomapubliclibrary.org/uploads/5/5/1/1/55112315/june\\_2016\\_newsletter.pdf](http://www.algomapubliclibrary.org/uploads/5/5/1/1/55112315/june_2016_newsletter.pdf)
- July:** **Get in the Game Olympics at the Kewaunee Public Library.** For this and other fun events, go to <http://www.kewauneepubliclibrary.org/programs-and-events.html>
- July:** **Dancing in the Parks:** For bands, and event dates/information go to : <http://algomachamber.org/algoma-summer-concerts-in-the-park/> AND [http://www.kewauneeco.org/events\\_detail.asp?eventid=1389&locid=192](http://www.kewauneeco.org/events_detail.asp?eventid=1389&locid=192) AND <http://www.luxemburgchamber.com/mitp.html>
- July:** **7:30 AM HCE 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) can go farther or shorter distances. 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.sticktoitfitness.com](http://www.sticktoitfitness.com) for more information or Email: [sticktoitfitness@gmail.com](mailto: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.