



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



- Sept 1<sup>st</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.
- Sept 1st and 15th:** **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/>
- Sept 4, 11, 18:  
25th** **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.
- Sept 19-  
Nov 2<sup>nd</sup>:** **9:00- 10:00 AM Gentle Plus Exercise Class.** Low impact exercise class for men and women. Can be done sitting or standing. Located at St. John Church in Luxemburg (700 Heritage Road). No set fees, only ask for a donation. For more information or to register, please contact Diane at 920-609-2765.
- Sept 21-  
Nov 18th:** **9:00-10:00 AM Strong Bones Class.** Strength training class for all ages, men and women. Located at the Family Life Center (1012 Wisconsin Ave. in Kewaunee). Cost of the class is \$12. For more information, contact Renee Koenig 920-388-7137.
- Sept 24<sup>th</sup>:** **10:00 AM Rain or Shine "We're Not Playin' Around" 5k and 10K Run/Walk.** Located at the Outback E2696 Krok Road in Kewaunee. Cost is \$25 per person or \$50 per family. For more information visit:  
[http://www.kewaunee.k12.wi.us/cms\\_files/resources/Newsletter146%20August%202016.pdf](http://www.kewaunee.k12.wi.us/cms_files/resources/Newsletter146%20August%202016.pdf)
- Sept 27<sup>th</sup>:** **10:00 AM Strong Minds and Bodies Workshop** at the Kewaunee County Administration Center, 810 Lincoln Street, Kewaunee. The presenters are Kim Jacquart Franzen, Care Specialist, ADRC of the Lakeshore and Renee Koenig, Family Living Educator, UW-Extension. Call Renee at 388-7137 to pre-register.
- Sept 24<sup>th</sup> & 25<sup>th</sup>:** **9am – 4PM Agricultural Heritage Days.** This annual event is held at the Kewaunee County Fairgrounds in Luxemburg and features antique farm equipment, tractor pulls, horse pulls, demonstrations of old time farming and more. Watch food being prepared on antique wood-fired cook stoves. Large flea and craft area. 9am – 4pm, Saturday and Sunday, September 24 & 25, 2016 Music, food, treasure hunt, wagon rides, petting zoo and more! 388-0604 or [www.agriculturalheritage.org](http://www.agriculturalheritage.org).

- September:** **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.