



# FOREVERWELL

## FOREVERWELL (Ages 55+)

### STAFF CONTACTS

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Assoc-Kate Yates ForeverWell Director 920.886.2105; [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)

See YMCA of the Fox Cities APP or go to [ymcafoxcities.org/group-exercise](http://ymcafoxcities.org/group-exercise) for a schedule of current exercise programming. (Paper copies available at branches).

### TRIPS/FIELD TRIPS

The YMCA of the Fox Cities is offering Day Trips and Field Trips. You can find the most updated list of trips here at [ymcafoxcities.org/adult-bus-trips](http://ymcafoxcities.org/adult-bus-trips), or <https://www.ymcafoxcities.org/adult-field-trips>. You may also pick up a paper brochure at your local YMCA branch. For more information, contact Julie Swiecichowski at 920.886.2177, or [jswiecichowski@ymcafoxcities.org](mailto:jswiecichowski@ymcafoxcities.org).

### FLIGHT-BASED EXCURSIONS

Information is coming soon! Stay tuned for updated information on our website and in our monthly newsletter.

### BOOK CLUB (APY, HVV)

Join us once a month for book club. Books will be available for pick up the month prior.

**Appleton:** First Thursday of the month, from 9:15 AM-10:30 AM.

**Heart of the Valley:** First Wednesday of the month, from 1:00 PM-3:00 PM.

### COOKING SERIES WITH CHEF SHELLY (ACY, HVV)

Put your cooking hats on! Join Chef Shelly in her series of cooking classes, expand your palate and cook something new. Specific menus can be found online. Registration required.

Class Name	YMCA	Age	Day	Start	End	Y Member	General Public
March 15 – Healthier Sauces, Condiments and Dips	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
March 22 – Menu TBD	HVY	18+	F	11:00 AM	12:30 PM	\$25	\$25
April 19 – Egg-Cellent Spring Menu	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

## MEMORY CAFÉS

Memory Cafés welcome persons experiencing memory loss, along with family and friends who love and care for them. The class is meant for both the individual and their support system to join together. The Memory Cafe is offered through the Fox Valley Memory Project. No registration required. COST: FREE

**Fox West:** The Fox West YMCA Memory Café meets the first Wednesday of the month from 1:30PM-3:00PM. Come and move those muscles in this café centered around movement! Exercises include simple, low impact aerobics, resistance training, mind/body techniques, and stretching to deliver a total body workout. This café is for anyone new to exercise or returning to exercise.

**Heart of the Valley:** The Heart of the Valley Memory Café meets the second Thursday of every month from 1:30PM-3:00PM. Meeting topics change each month including social and educational presentations as well as special events.

## GET CONNECTED, STAY CONNECTED (FWY, NMY, OGY)

### *Individualized Tech Support*

Learn the basics of today's technology, and how you can stay up to date with family and friends all over the world. Our staff can help you learn about such things as Phone settings, Facebook, Google, Messaging, Zoom, etc. Bring your own device. Schedule a one-on-one class now by registering online, or at any YMCA Member Service desk. COST: \$5 for Y Members and \$10 for the General Public.

*(ADDITIONAL TECH CLASSES LISTED UNDER NEENAH-MENSHA OFFERINGS)*

## Y-NOT CHORUS

This chorus is comprised of senior adults, that want to share their love of music with others. The group meets for practice most Fridays from 9:15 AM-11:00 AM at Gloria Dei Lutheran Church (1140 Tullar Rd, Neenah). Various performance dates are also set throughout the year! For current practice and performance schedules, contact Kate Yates at 920.886.2105 or [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org).

## CROCHET AND KNITTING (ACY)

Join in on social time with others who share your same interest. Bring your own supplies. Coffee will be available. COST: FREE

**Monday, March 4 & April 1, 11:00 AM-NOON**

## 3.14 PIE DAY, GAME DAY! (ACY)

Come celebrate 3.14 Pie Day with an assortment of games! Gnome Games will join us for an hour + of fun, leading us through some exciting new games. Registration required. COST: FREE for Y Members; \$5 for General Public

**Thursday, March 14, 1:00 PM-2:30 PM**

### **LUNCH & LEARN: FOX RIVER LOCKS (ACY)**

Christine Williams of the Appleton Historical Society will give a presentation on the history of the Fox River locks system. The locks were built beginning in the late 1840s allowing navigation from the Great Lakes to the Mississippi River. Learn how the hand-operated lock works, the lives of the lockmaster who lived with their family in government owned houses adjacent to the locks, and the fight to preserve the system which led to the transfer of the locks from the U.S. Army Corps of Engineers to the State of Wisconsin in 2005. Registration required. COST: FREE for Y Members; \$5 for General Public

**Wednesday, March 20, NOON-1:00 PM**

### **SPRING STROLL (ACY)**

Fill your travel mug with your favorite hot beverage and join us for a loop or two around the pond. Meet in the Front Lobby, dress for the weather! COST: FREE

**Thursday, April 4, 10:30 AM-11:30 AM**

### **COFFEE AND CONVERSATIONS (APY)**

Enjoy coffee on us, comradery, program updates and occasional special guests. COST: FREE

**Every Tuesday, 8:30 AM-9:30 AM**

### **CRAFT CLUB (APY)**

BYOC- Bring Your Own Craft. Have fun and socialize while doing what you enjoy. A chance to connect with others and share your DIY passion. COST: FREE

**First and Third Tuesday of the month, 9:30 AM-11:00 AM**

### **WOMEN'S BIBLE FRIENDSHIP GROUP (APY)**

Meets monthly on the first Friday of the month. You will be encouraged to grow in your faith and deepen your trust in God by sharing and discussing relevant Bible devotions. Handouts are provided. Just bring a bible. COST: FREE

**Fridays, March 1 & April 5, 11:00 AM-NOON**

### **GAME DAY (APY)**

Escape the winter blues, and come play games with other like-minded people. There will be many different games/cards available to choose from. Meets the second and fourth Wednesday of each month. COST: FREE for Y Members; \$5 for General Public

**Second and fourth Wednesday of the month, 1:00 PM-3:00PM**

### **ALL THINGS ART (APY)**

Bunny Block Trio - This set of three solid wood bunnies hop into your home to provide the perfect springtime décor. Come make this simple, but fun craft. All supplies included, and will be instructor led. COST: \$17 for Y Members; \$27 for General Public

**Tuesday, March 12, 9:30 AM- 11:30 AM**

Lavender Canvas Painting - Lavendar is a beautiful flower, and is so simple to paint. You will learn step by step how to paint this colorful lavender canvas using unique application tools! All supplies included. No experience necessary. COST: \$15 for Y Members; \$25 for General Public

**Thursday, April 18, 9:30 AM- 11:30 AM**

## **SELF DEFENSE CLASS (APY)**

Don't let danger catch you off-guard. Learn how to defend yourself against real-world threats. Come join Debbie from Karate America to learn very important self-defense techniques in this 3-week class. The class will be a combination of discussion and active practice. Wear comfortable clothes and tennis shoes. COST: \$30 for Y Members; \$40 for General Public

**Thursdays, March 7, 14 and 21, 11:00 AM- NOON**

## **ART COMMOTION (FWY)**

Each month we will introduce a new artist and learn about their life, their inspiration(s), and their artwork. Complete your very own project inspired by their work. Many artists use a variety of different medias, so each month will be new and exciting! Registration can be completed online or at any YMCA Member Service desk. COST: Prices will vary

**Wednesday, March 20, NOON- 1:30PM**

**Wednesday, April 24, NOON-1:30PM**

## **BEGINNER PICKLEBALL (FWY)**

Learn the sport that is all the craze! Geared to the beginner, go through drills that help you learn the fundamentals of the game. COST: FREE for Y Members; \$5 for General Public

**Thursdays, NOON-2:00PM**

## **WALKING GROUP (FWY)**

Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist, Jenn. COST: FREE

**Mondays, 10:00 AM-11:00 AM**

## **AMERICAN SIGN LANGUAGE AWARENESS DAY (FWY)**

Join us to learn more about American Sign Language and learn some basic phrases used in daily conversation. COST: FREE

**Monday, April 15, 8:00 AM-9:00 AM**

## **EARTH DAY CLEAN-UP EVENT (FWY)**

In celebration of Earth Day, join us to help clean up around the Fox West YMCA. Projects may include cleaning up of garden beds, weeding, prepping garden beds and misc. trash pick-up.

Come ready to get dirty! COST: FREE

**Monday, April 22, Time: TBD**

## **BIBLE STUDY (HVY)**

Take a verse a week and apply its meaning to our everyday life. Enjoy an opportunity to reconnect with friends and faith. COST: FREE

**Tuesdays, 11:00 AM-NOON**

## **COFFEE CHATS (HVY)**

Designed for those ages 55+ to enjoy coffee on us and chat about upcoming programming and community happenings. COST: FREE

**First and Third Wednesday of the Month, 8:00 AM-9:00 AM**

## **BALANCE CLASS (HVY)**

We can all use some help with balance and stability. Having good balance helps in preventing

falls, injury and simply making your daily activities easier to perform. This 4-week class with teach you exercises to improve your balance both with and without equipment. COST: \$40 for Y Members; \$55 for General Public

**Tuesdays and Thursdays, March 5- March 28: 9:00 AM-9:30 AM**

### **CRAFT OF THE MONTH (HVY)**

Art and craft topics will change each month. Tap into your artistic side with these fun projects.

COST: Prices will vary

**Thursday, March 14, 1:00 PM-2:30 PM**

**Thursday, April 11, 1:00 PM-2:30 PM**

### **INTRO TO PICKLEBALL (HVY)**

New to the game? Come learn the rules, give it a try and get your questions answered. If you're feeling up for it, stay for Beginner-Open Pickleball from 11:00 M – 2:00 PM. COST: FREE

**Thursday, March 7, 10:00 AM-11:00 AM**

**Thursday, April 4, 10:00 AM- 11:00 AM**

### **FILM SERIES: HOLLYWOOD MASTER DIRECTORS (NMY)**

*A film series presented by Walt Ulbricht*

Join us as we continue to showcase Neenah native Howard Hawks. Pizza provided, compliments of Sammy's Pizza of Neenah. COST: FREE for Y Members; \$5 for General Public

*"Sergeant York," starring Gary Cooper (Academy Award Winner)*

**Wednesday, March 20, 1:00PM**

*"Rio Bravo," starring John Wayne and Dean Martin (Acclaimed Western Film)*

**Wednesday, April 17, 1:00PM**

### **COFFEE AND CONVERSATIONS (NMY)**

Let's get together with old friends and make new ones as we begin the week with Coffee and Conversation. COST: FREE

**Mondays, 8:00 AM-9:00 AM**

### **SIMPLY ART (NMY)**

Art and Craft projects change monthly! COST: Prices will vary

*"Hello Spring," Wood Porch Sign- Create your own 4-foot-tall porch sign to welcome Spring.*

**Wednesday, March 27, 10:00AM-11:30AM**

*Feather Painting- This colorful class will use various painting techniques to develop unique creations.*

**Wednesday, April 24, 10:00AM-11:30AM**

### **GAME ON! (NMY)**

Bring your favorite game or come learn a new one. Cards and a variety of games will be provided. COST: FREE for Y Members; \$5 for General Public

**Tuesdays, 10:00AM-NOON**

### **SMALL GROUP TECHNOLOGY INTRODUCTIONS (NMY)**

A short introduction to various technology topics and techniques. Topics change each month. Register online, or at any YMCA Member Service desk. COST: FREE for Y Members; \$5 for General Public

*Google Applications*

**Tuesday, March 12, 10:00 AM and 11:00 AM** (same topic offered twice)

*Artificial Intelligence*

**Tuesday, April 9, 10:00 AM and 11:00 AM** (same topic offered twice)

## **CREATE A GOOGLE DOC (NMY)**

In this class, we will create a Gmail account. We will then use that account to create a new Google Document. Once the document is created, we will review all of the features that can be used including formatting text, adding tables, creating links, and sharing the document with others. (If you already have a Gmail account, please make sure you bring your username and password). COST: \$10 for Y Members; \$20 for General Public

**Thursday, March 21, 1:00 PM-3:00 PM**

## **SETUP A VIRTUAL ASSISTANT (NMY)**

In this class, we will start by finding the virtual assistant on your cell phone. If needed, we will load an application. From there, we will review the settings for your virtual assistant and ensure they are appropriate for your needs. Then, we will practice using the assistant to help us answer questions, make phone calls, navigate us to an address, etc. COST: \$10 for Y Members; \$20 for General Public

**Thursday, April 18, 1:00 PM-3:00 PM**

## **ART OF AGING SERIES (OGY)**

Projects change each time! Register online, or at any YMCA Member Service desk. COST: Prices will vary

Make a personalized coffee mug to enjoy your morning coffee in.

**Thursday, March 14, 10:30AM-NOON**

Join us as we make some fashionable homemade magnets.

**Thursday, March 28, 10:30AM-NOON**

Join us as we help planet earth by reusing containers for planting some herbs and decorate them for an indoor garden.

**Thursday, April 11, 10:30AM-NOON**

Come join us as we follow along and paint some canvases with friends!

**Thursday, April 25, 10:30AM-NOON**

## **AQUATICS DEPARTMENT**

Both Appleton and Neenah-Menasha branches offer adult swim lessons. Please reach out to the branches directly if you have any questions, or need help with registering.

**Appleton:** Roxanne Lee, [rlee@ymcafoxcities.org](mailto:rlee@ymcafoxcities.org); 920.954.7640.

**Neenah-Menasha:** Angie Kennedy, [akennedy@ymcafoxcities.org](mailto:akennedy@ymcafoxcities.org); 920.702.2326.

## **ARTS & HUMANITIES DEPARTMENT**

Our Arts & Humanities Department creates a variety of opportunities for adults for dance, music lessons and various art classes. To see their up-to-date offerings, please check out their program guide online, <https://www.ymcafoxcities.org/program-pdfs>.

## **ENVIRONMENTAL EDUCATION**

## **BECOME A NATURE PRESERVE VOLUNTEER**

Volunteers are needed for many outdoor related tasks such as mowing, tree trimming, trail maintenance and more. Call 920.702.2305 for more details on how you can help shape the Bruce B. Purdy Nature Preserve.

## **ADULT SPORTS**

Open member sports- No registration required. Guest passes available only if accompanied by a Y member, for \$10. All open pickleball and basketball hours can be found in our Sports Program Guide here: <https://www.ymcafoxcities.org/program-pdfs>.

## **SELF CARE OPPORTUNITIES**

### **MESSAGE AND SPA SERVICES FOR ADULTS (ACY, APY, FWY)**

*Services vary at each branch*

Relaxation, Therapeutic and Sports massages. Chair Massages, Facials and Back Treatments, and waxing treatments are also offered. Please call to make an appointment. Please see this link for prices, locations and all other information: <https://www.ymcafoxcities.org/massage-and-spa-services>.

### **FOOT CARE CLINICS (ACY, FWY, HVY, NMY)**

A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. The nurse will look out for any concerning issues and refer you to a podiatrist, if necessary. Call 920.727.5555 to schedule your 20-minute appointment. COST: \$32

### **BLOOD PRESSURE SCREENINGS**

A great opportunity to check your heart health! Free blood pressure screenings are available at your Y.

## **CONDITION SPECIFIC PROGRAMS**

### **INJURY SCREENS (ACY, APY, FWY, HVY, NMY)**

A partnership between the YMCA of the Fox Cities and Advanced Physical Therapy & Sports Medicine. Please contact your local YMCA branch Wellness Center for screening dates and times.

### **PRE-HAB: FITNESS BEFORE SURGERY PROGRAM (ACY, APY, FWY, HVY, NMY, OGY)**

The purpose of this program is to prepare individuals physically prior to surgery for a musculoskeletal injury. Your Personal Trainer will work with you to increase your strength and stamina to help your body recover more quickly after surgery. For additional information or to register, please contact: Loel Kreger Wellness Director P 920.954.7658 E [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)

### **POST-REHAB PROGRAM (ACY, APY, FWY, HVY, NMY, OGY)**

Help bridge the gap between the end of physical therapy and the continuation of improving physical fitness. Your Personal Trainer will work to develop a relationship and plan with your Physical Therapist and relay the history of your injury or surgery and physical therapy as well as ensure appropriate exercise progression. There are two different session options available. For additional information or to register, please contact: Loel Kreger Wellness Director P 920.954.7658 E [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)

### **PEDALING FOR PARKINSON'S (FWY, HVY)**

Group cycling and support helps reduce symptoms in Parkinson's disease sufferers and improves

the quality of life for patients and their caregivers. Eligible adults aged 30-75 with a Parkinson's diagnosis ride indoor cycles at 80-90 RPM, two times per week, 60 minutes each session, over the course of 8 weeks. YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson's protocol and monitor heart rate and exercise frequency. \*Those interested who are over 75 years of age, please contact the branch contact person noted below.

**Session Dates:** February 22- April 18, 2024

**Times:** FWY – M/W – 2:00-3:00 PM  
HVY – T/TH – 11:00 AM - NOON

**COST:** Y Member - \$48  
General Public - \$65

**Contact:** FWY-JJ Guttman, Wellness Director P 920.560.0421 [jguttman@ymcafoxcities.org](mailto:jguttman@ymcafoxcities.org)  
HVY-Paula Beyer, Health & Fitness Director P 920.830.5708 E  
[pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

## **CANCER SURVIVOR PROGRAM: LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM (APY, FWY, NMY, HVY)**

**APY:** M/W - 5:15-6:45 PM

M/W – 10:30-11:45 AM

**FWY:** T/TH – 2:30 – 3:45 PM

**HVY:** M/W – 11:00 AM-12:15 PM

**NMY:** M/W - 11:00 AM-12:15 PM

M/W – 1:00-2:15 PM

T/TH - 5:30-6:45 PM

Exercise program for individuals who have become deconditioned or chronically fatigued from their treatment and/or disease. With the help of a Certified LIVESTRONG® at the YMCA Instructor, participants are given the tools and guidance to help individuals begin or continue their journey of wellness. Program goals are to help participants build muscle mass, muscle strength, increases flexibility and endurance, and improve functional ability. The 12-week program meets twice a week and is tailored to improve the individual's current fitness level.

**Fee: Y Member and General Public: FREE while participants are actively attending the LIVESTRONG® AT THE YMCA program.**

Includes: 3-month free Y membership for cancer survivor and a support person.

### **STAY STRONG (ACY, APY, FWY, HVY, NMY)**

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. We want you to continue to heal and reclaim your health. Our Stay Strong class can do just that. The Y is now offering Stay Strong, a class designed to be an extension of our LIVESTRONG® at the YMCA program. Instructors will guide participants through physical activity sessions to help you achieve personal wellness goals. The class is FREE for all graduates of LIVESTRONG at the YMCA! You are eligible to participate in this Stay Strong class and receive a FREE 9-month membership to the Y - simply by completing the 12-week LIVESTRONG at the YMCA program. We care about you and look forward to helping you heal and grow.