



THIS IS YOUR TIME

The Y offers fitness programs for older adults like water exercise, yoga and stretching classes. But, we know that older adults also want a sense of community and to strengthen social ties.



ACTIVE OLDER ADULTS

UPDATED ON: MARCH 18, 2019

STAFF CONTACTS

ACY - Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org
APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org
FWY - Kirsten Rice Health & Fitness Director P 560.3413 E krice@ymcafoxcities.org
HVY - Paula Beyer Wellness Director P 830.5708 E pbeyer@ymcafoxcities.org
NMY - Cheryl Richard Active Older Adults Director P 886.2152 E crichard@ymcafoxcities.org
MSC - Barb Taylor Active Older Adults Assistant P 967.3530 E btaylor@ymcafoxcities.org

SENIOR FRIENDS

Open to the Winnebago County Community

MENASHA SENIOR CENTER - (55+) Exercise Classes (\$10.50 or \$21.00 punch card or YMCA membership) classes include Chair Yoga, Simply Fit, Strength-Stretch-Balance, F.A.B.S., Silver Sneaker Classics. Walking Club, Line Dancing, Stepping on, Strong Bones, Tai Chi, Card Playing Groups, Knitting Club, Quilting Club, Garden Club, Care Club, Shuffleboard, Games Groups, Art Classes, Dial-A Ride, Computer usage, Health Screenings, Wellness room, Lunch & Learns, Advocap meal site and various Special events.

SENIOR PROGRAM PASS (60+) - Available at the Neenah-Menasha YMCA only. Winnebago County Residents only. Calumet County if you are paying City of Menasha taxes. Must show proof of residency. \$27.00 per month + \$50 registration deposit for new participants. Monday-Friday (Times may vary for each activity.) YMCA Solarium - Senior Social area for coffee and treats, Cribbage/Cards, Game tables, Speakers, luncheons, Blood Pressure Screening, "Y-Not" Singers, Knitting Club and Book Club, Wireless internet and Special Events.

YMCA SENIOR MEMBER OR INSURANCE BASED MEMBERSHIPS (65+)

Includes membership to YMCA and also Senior Friends Program. Inquire within the YMCA for Adult, Family, Membership Rates. Monthly and yearly memberships available.

SENIOR PROGRAM PASS SCHEDULE:

MONDAY

Coffee, treats, cards, fellowship - Solarium - 8:00 AM-3:00 PM
Strength Training Center/Aerobic Training Ctr. - 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts - 6:30 AM-NOON
Lap Swimming - 6:30 AM-NOON
H2O Exercise - 9:00-9:45 AM (Yard Pool)
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)
Chair Yoga - 10:00-10:45 AM (Upper Gym)
Water Exercise - 10:00-10:45 AM (Yard Pool)
Knitting/Crochet Club (Creating for a Cause) - NOON-2:00 PM - Riverside Room

TUESDAY

Cards & fellowship - Solarium - 8:00 AM-3:00 PM
Lap Swimming - 6:30 AM-NOON

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

Strength Training Center/Aerobic Training Ctr. - 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts - 6:30 AM-NOON
H2O Strength and Stretch - 8:00-8:45 AM (Yard Pool)
H2O Exercise - 9:00-9:45 AM (Yard Pool)
Deep Water Exercise - 9:00-9:45 AM (Meter Pool)
Cardio Gold - 9:00-9:45 AM (Upper Gym)

WEDNESDAY

Coffee, treats, cards, fellowship - Solarium - 8:00 AM-3:00 PM
Strength Training Center/Aerobic Training Ctr. - 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts - 6:30 AM-NOON
Lap Swimming - 6:30 AM-NOON
H2O Exercise - 9:00-9:45 AM (Yard Pool)
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)
Chair Yoga - 10:00-10:45 AM (Upper Gym)

THURSDAY

Cards & fellowship - Solarium - 8:00 AM-3:00 PM
Lap Swimming - 6:30 AM-NOON
Strength Training Center/Aerobic Training Ctr. - 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts - 6:30 AM-NOON
H2O Strength and Stretch - 8:00-8:45 AM (Yard Pool)
Aqua Zumba - 9:00-9:45 AM (Yard Pool)
Deep Water Exercise - 9:00-9:45 AM (Meter Pool)
Cardio Gold - 9:00-9:45 AM (Upper Gym)

FRIDAY

Coffee, treats, cards, fellowship - Solarium - 8:00 AM-3:00 PM
Strength Center/Aerobic Training Ctr. - 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts - 6:30 AM-NOON
Lap Swimming - 6:30 AM - NOON
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)
Y Nots Chorus Practice - 9:00-11:00 AM (Gloria Dei Lutheran Church, Tullar Road)
Water Interval Exercise - 8:00-8:45 AM (Diving Well)
H2O Exercise - 9:00-9:45 AM (Yard Pool)
Chair Yoga - 10:00-10:45 AM (Upper Gym)
Water Exercise - 11:15 - 11:45 AM (Yard Pool)

Other YMCA Exercise Classes: Non-Member Rates apply for these classes with Senior Program Pass.

Additional opportunities for Senior Program Pass participants and are held during the hours of the Senior Friends Program. Inquire at the Member Service Desk for fees and times.

Strength & Resistance
Personal Training
Arthritis Aquatics Class
More in Program Brochure

Riverside Café - Open 8:30 AM-1:30 PM. Breakfast, lunch, snack items, hot & cold beverages and fresh fruit.

ADULT SOCIAL OPPORTUNITIES

MUGS & MUFFINS (ACY)

Join us for a healthy snack, cup of coffee AND great member connections!

Gathering in the Wellness Center the 3rd Tuesday of EACH month from 7-9:00 AM.

COFFEE SOCIAL (APY)

We invite you to join us for a snack, cup of coffee AND socializing with friends! Enjoy a tasty treat and connect with other active older adult members. This wholesome event is held weekly in the commons area of the Appleton YMCA on Tuesday's from 9:00-10:30 AM

CANVAS PAINTING- COFFEE SOCIAL (APY)

Grab a cup of coffee and come paint with us! We will be getting in touch with our creativity over a delicious cup of coffee! Each time we will make an inspired theme painting that you will be able to take home! Discover why art is important to your well-being, and connect with others over art and coffee! Artists and non-artists welcomed!

Dates: April 23, June 18, August 13, October 22, December 10

Time: 9:00-11:00 AM

Place: Appleton YMCA-Commons

Cost: \$5 (No registration required)

ORTHOPEDIC SPINE & THERAPY HEALTH TALKS (ACY)

Join us for FREE health-related talks at the Apple Creek YMCA. Orthopedic & Spine Therapy will provide education on actively aging, how to increase strength and endurance safely, maintain balance and steady gait, discuss complete nutrition for an active older adult, and stay focused on achieving all of your goals. We are here to listen to your concerns and help you look forward to an energetic and pain-free future. Healthy snacks provided during workshop.

Dates: September 24, October 22, November 26, December 17

Time: 8:45-9:15 AM & 9:30-10:00 AM

Cost: FREE

ADULT BUS TRIPS (ACY/APY/FWY/HVY/NMY/MSC)

Bus trips are coordinated by the Appleton YMCA Adult Department for all YMCA of the Fox Cities Members and the General Public. These trips are designed for a wide range of interests, ages, activity and mobility levels. Please refer to our Adult Bus Trip Booklet for more detailed information on all trips offered.

REGISTRATION

A paid registration is necessary to secure a seat for any trip. Trips may fill quickly, so register early.

Please confirm that the Y has your current address, phone number and e-mail contact information.

Registration For One Day Trips: Registration begins March 1st for all current year trips and will continue up to the scheduled trip date. Detailed information for each registered trip will be mailed out in the form of a Confirmation Letter 7-10 days prior to the trip date. You can register:

- In person with cash, check or credit card at any YMCA of the Fox Cities branch
- By phone with a credit card (VISA, MasterCard, Discover) by calling the Appleton YMCA at 920.739.6135
- Online anytime at ymcafoxcities.org with a credit card (VISA, MasterCard, Discover)

Registration For Overnight Trips: Registration begins March 1 for Summer/Fall trips and November 1 for Spring/Summer trips. Detailed information for each registered trip will be mailed out in the form of a Confirmation Letter 1-2 days after you register. You can register:

- In person with cash, check or credit card at any YMCA of the Fox Cities branch
- By phone with a credit card (VISA, MasterCard, Discover) by calling the Appleton YMCA at 920.739.6135
- Online anytime at ymcafoxcities.org with a credit card (VISA, MasterCard, Discover)

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

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WAITLIST INFORMATION

If a trip is full, people are encouraged to have their name added to a waitlist at no charge. If a seat becomes available, persons on the waitlist may be contacted and offered the newly available seat/s. Also, an additional bus may be added if there are enough interested people on a waitlist. Payment is due upon acceptance of any opening.

CANCELLATION POLICY FOR ONE DAY TRIPS

UP TO 2 WEEKS BEFORE TRIP DATE

- Refund for most/all monies paid*

LESS THAN 2 WEEKS BEFORE TRIP DATE

- No refund given

ILLNESS OR INJURY (MEDICAL)

- Refund issued as a Credit ** for most/all monies paid* with a summited signed doctor's note

INCLEMENT WEATHER

- No refunds if the bus is able to travel and the attractions are not closed
- If the transportation company determines that it is unsafe to transport passengers the trip may be rescheduled and/or a credit will be issued

*Charges pre-paid by the Y, such as, but not limited to, theater tickets or cruise tickets are non-refundable and will not be included in the refund.

**Credits on accounts can be used for all future Y programming or trips.

CANCELLATION POLICY FOR OVERNIGHT TRIPS

Detailed information for each trip's cancellation policy will be noted in the confirmation letter. Please contact the Adult Department at the Appleton Y with specific questions regarding the overnight trip cancellation policy.

2019

NASHVILLE SHOW TRIP

7 DAYS

APRIL 7-13, 2019

Legendary entertainment at the **Grand Ole Opry**, icons of country music's past and present, and much more highlight this Nashville Show Trip. A guided tour of Nashville shows you such sights as the **Parthenon** and the **Opryland Hotel**, including a ride on the **Delta River Flatboats** inside this famous hotel. Delve deeper into music history at the new **Country Music Hall of Fame**. Your tour also includes a visit to beautiful **Belle Meade Plantation** and **Johnny Cash Museum**. This once in a lifetime trip is sure to entertain and delight!

- Includes Deluxe Motor Coach transportation
- 6 nights lodging including 4 consecutive nights in the Nashville area
- 10 meals: 6 breakfasts and 4 dinners
- 2 Great Shows: The Grand Ole Opry & Nashville Nightlife Dinner Theater
- Admission to the Johnny Cash Museum
- Guided Tour of Nashville & Belle Meade Plantation
- Grand Ole Opry Behind the Scenes Tour
- Admission to the Country Music Hall of Fame & Louisville Slugger Museum

\$75 Deposit to register

Fee: \$889 pp double occupancy, \$1144 pp for single occupancy

Double Occupancy Online Promo Code: 2019NASHVILLE

GATHER AT THE TERRACE

THURSDAY, MAY 2, 2019

Your day will start out at the **Monona Terrace Convention Center** in Madison and feature an educational tour sharing the 60-year story of Frank Lloyd Wright's "long awaited dream of a wedding between the city and beautiful Lake Monona." This beautiful architectural structure is a true testament to Wright's design style! Enjoy lake views out the large terrace and some free time in the gift shop. Next enjoy lunch at the **Great Dane Pub & Brewing**, you'll have several delicious entrees to choose from! Lastly tour the **Madison Museum of Contemporary Art**. It's collection of pieces is key to the museum's mission to preserve and interpret visual art for the education and enjoyment of the public. As a result of generous gifts and museum purchases, the collection now includes more than 5,500 objects. You'll also have free time on **State Street** in the late afternoon before heading home. Sign up today!

Includes: Deluxe transportation, admissions, tours and lunch.

Depart: 7:30 AM FWY, Return: 5:30 PM

Cost: \$69 Member, \$79 General Public

DAY AROUND BAGO

THURSDAY, MAY 16, 2019

This day is unique and fun! Circle completely around **Lake Winnebago** and stop at highlighted attractions. You'll learn interesting facts and tidbits about Wisconsin's largest inland lake! First stop will be the **Oshkosh Public Museum**. Discover the real things of Oshkosh history and the local stories told through many exhibitions and programs. *Dressed to Play!...* this special exhibit showcases how clothing styles for children, men and women have changed over the decades, and helps us appreciate design innovations. Continue the drive to our shore lunch location, a special restaurant right on the southern tip of the lake. Enjoy a delicious cod sandwich, fries and a cold drink. The next stop is **LaClare Family Creamery**; a true goat farmstead operation founded in 1978 with a foundation that is rooted in artistry, family values and hard work. Here you will tour the operation and learn about goat farming, the cheese making process and even enjoy a scoop of goat milk ice cream. An optional stop will be made at the **Plaid Squirrel** which features local artisans reclaimed, recovered & recycled pieces. Start the trip home with beautiful views of the lakeshore and waterscape. Relax as you think about all the things you saw, explored and tasted today!

Includes: Deluxe transportation, admissions, tours, lunch, samples/ ice cream.

Depart: 8:15 AM FWY, Return: 4:40 PM

Cost: Member \$69, General Public \$79

FLOWERS & FARMS

WEDNESDAY, MAY 22, 2019

First stop is the **John Michael Kohler Arts Center** located in downtown Sheboygan. Together with a guide, you will stroll through the gardens at the Arts Center. Marvel at the variety of art and architecture that graces the grounds, take in the sweet scents of spring flowers in bloom, and experience the beauty of the many heirloom plants and trees that adorn the four-season gardens. Catch the 1,500 bluebells, flowering crabapples, redbuds, dogwoods and daffodils blooming in the spring. You'll have time on your own to visit the art museum inside and browse the gift shop. Next head north along the shore of Lake Michigan to the brand NEW **Farm Wisconsin Discovery Center**. They have keyed in on a unique opportunity to lead the way in educating and engaging people with the first-ever Farm Center. Have a delicious farm-to-table lunch at the on-site cafe, which includes a hot sandwich buffet, salads, and other delicious sides. After lunch you'll tour the birthing barn and possibly watch a birth in process, learn about sustainable farming practices that are dominating the agriculture industry and visit the hands-on museum! Lastly, stop at the **Floppy Ear Goat Farm** to see some baby goats and shop a variety of homemade goat's milk products. This day is sure to inspire and engage. Sign up today!

Includes: Deluxe transportation, tours, admissions, and lunch.

Depart: 8:15 AM HVY, Return: 5:45 PM

Cost: Member \$79, General Public \$89

EXPLORE THE SHORE

SATURDAY, JUNE 1, 2019

Your morning will start with a visit to the **Rahr–West Art Museum**. It is located in the Joseph Vilas Jr. House, which is listed on the National Register of Historic Places. This home is a significant example of Queen Anne Style architecture. Receive a guided tour and view its art collection. Continue on for quick stop at the **Manitowoc Farmer's Market** where you'll find over 70 vendors whose goal is to provide a quality outlet for purchasing locally grown fruits, vegetables, flowers, farm fresh meats, dairy products and baked goods. Next go aboard the **SS Badger**, she is the largest car ferry ever to sail Lake Michigan, and has provided a safe, fun, and reliable shortcut across the huge inland sea (Ludington, MI to Manitowoc, WI) for more than 60 years. You'll enjoy a shoreline cruise along Manitowoc and Two Rivers aboard the huge car ferry. This trip includes a DJ to keep the spirit fun, a Party Buffet (featuring things like sandwiches, heavy appetizers, and fruit) and soft drinks. A cash bar will be available. Cruising time is scheduled from 2 to 4 PM. Head back to the Fox Cities thinking about the rich shoreline history and adventure offered by our very own Lake Michigan.

Includes: Deluxe transportation, admissions/tour, cruise ticket, and party buffet lunch

Depart: 9:45 AM HVY, Return: 5:30 PM

Cost: Member \$89, General Public \$99

MACKINAC ISLAND

5-DAYS

JUNE 10-14, 2019

Step back into a quaint lifestyle in a waterfront setting to our "up north" neighbor! This group bus trip to Mackinac Island and beautiful Northern Michigan showcases the peaceful, old-world beauty of this tucked away corner of the world.

- Includes Deluxe Motor Coach transportation
- 4 nights lodging
- 8 Meals: 4 breakfasts and 4 dinners
- Guided Tour of Mackinaw City
- Visit to Mackinac Island, including a Guided Carriage Tour
- Boat ride through the Soo Locks
- Admission to the Fort de Buade Museum & Colonial Michilimackinac
- Free time in Saint Ignace & Sault Saint Marie

\$75 Deposit to register; the balance and final payment due April 3, 2019.

Fee: \$589 per person double occupancy, Add \$179 for single occupancy

Double Occupancy Online Promo Code: 2019MICHIGAN

CHICAGO YOUR WAY

SATURDAY, JUNE 22, 2019

Head on down to the Windy City of **Chicago** on an express coach and enjoy a full day of fun... your way! With so many diverse venues, this is a great destination for a group of friends or the entire family. Let us take care of the long drive, traffic and parking while you sit back and enjoy the ride. Morning drop offs include **Michigan Ave** for shopping, **Navy Pier** for exploring, the **Museum Campus**, which is home to the Shedd Aquarium, The Field Museum of Natural History or the Adler Planetarium, and the **Museum of Science and Industry** (admissions to museums are not included). At the end of the day, passengers will meet at the first drop-off location for the evening return trip. Discover this beautiful city and all it has to offer!

Includes: Deluxe transportation

Depart: 6:30 AM APY, Return: 11:00 PM

Cost: Member \$49, General Public \$49

CHARTER FISHING- LAKE MICHIGAN

WEDNESDAY, JUNE 26, 2019

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

For the best chance to have a spot on this annual adventure, please do not wait to register. Space is limited! We're heading to **Lake Michigan** for some salmon, steelhead and whatever-else-is-biting-that-day fishing. Take a fishing adventure on professionally equipped charter boats with experienced captain and crew, licensed by the U.S. Coast Guard out of the port of **Algoma**. All fishing equipment provided and all catch is cleaned and packed. Please bring a cooler partially filled with ice (for your fish), weather-appropriate clothing, rain gear, personal lunch/snacks and refreshments, soft-soled shoes, sunglasses, sunscreen, hat, and a valid Wisconsin Fishing License with Great Lakes trout and salmon stamp. If this is a one-time fishing occasion for you, purchase the two-day license that includes the special stamp. After fishing, we will continue our tradition with a Dutch treat dinner stop at **Moe's Corner** for family style broasted chicken and sides!

Includes: School Bus transportation and fishing charter

Depart: 10:00 AM HVY, Return: 8:00 PM

Cost: Member \$154, General Public \$164

BREWERS GAME

THURSDAY, JUNE 27, 2019

It's the Y's ever popular trip and annual excursion to **Milwaukee** to root for our home team. Head to **Miller Park** for a game between the Brewers and the Seattle Mariners. It's a classic summertime activity, so let's go out to the ballgame! Lunch is on your own, so you can choose ballpark food or bring a brown bag lunch from home. Enjoy time at "Selig Experience," it's a 1,400-square-foot year-round attraction anchored by a 3D video presentation depicting Selig's start in the game and tenure as Brewers owner. Our group seats in the Loge Infield Boxes are situated in a great shaded area behind 1st base and occupy the back portion of the 200 level seats at Miller Park. The stadium is a large space and there are some steps to negotiate getting to your seat.

Includes: Deluxe transportation and game ticket

Depart: 9:30 AM MSC, Return: 7:00 PM

Cost: Member \$64, General Public \$74

EXPLORE WASHINGTON ISLAND

JULY 16, 2019

Welcome to **Washington Island!** Door County's only year-round island community and the largest of thirty islands with over 35 beautiful square miles to explore and enjoy. Your journey begins as we drive the coach onto the **Washington Island Ferry** to cross Death's Door passage to the beloved Island. Our tour guide will join us for a full day adventure to all the "must see" stops. Travel to the **Farm Museum, Jackson Harbor Maritime Museum, Stavkirke (Norwegian) Church, and Schoolhouse Beach Park**. Enjoy a delicious lunch on the island at **Ships Wheel Restaurant**. Your meal here includes a bowl of soup, a chicken salad croissant sandwich and a beverage. Next, stop and smell the lavender! Be captivated by the beauty and splendor of the lavender fields in full bloom as we end our day at **Fragrant Isle**. This lavender farm and shop features a large selection of lavender products and culinary delicacies including chocolates, candies, ice cream, and macarons. Register today and discover all that Washington Island has to offer!

Includes: Deluxe transportation, step on guide, admissions.

Depart: 6:45 AM HVY, Return: 8:45 PM

Cost: Member \$84, General Public \$94

EXPLORE WASHINGTON ISLAND

JULY 18, 2019

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croissant sandwich and a beverage. Next, stop and smell the lavender! Be captivated by the beauty and splendor of the lavender fields in full bloom as we end our day at **Fragrant Isle**. This lavender farm and shop features a large selection of lavender products and culinary delicacies including chocolates, candies, ice cream, and macaroons. Register today and discover all that Washington Island has to offer!
Includes: Deluxe transportation, step on guide, admissions.

Depart: 6:45 AM HVY, Return: 8:45 PM
Cost: Member \$84, General Public \$94

HOLY HILL - BASILICA & NATIONAL SHRINE

THURSDAY, JULY 25, 2019

Visit the lovely **Holy Hill Basilica and National Shrine of Mary Help of Christians**. This Roman Catholic shrine is located in Hubertus, Wisconsin and is dedicated to the Blessed Virgin Mary. The centerpiece of the shrine is a minor basilica, a true work of art! You will have ample time to explore the Centers of Cross with 14 stations, visit the grotto, attend mass with a short presentation to follow, and browse the gift shop. Lunch is on your own in their cafe, which features a nice variety of sandwiches, paninis, smoothies, coffee and desserts. Today is about getting in touch with your spiritual side while enjoying the beauty of Holy Hill and all it has to offer. On the way home, we will stop for ice cream at the famous **Kelley's Creamery**; enjoy a scoop of delicious homemade ice cream.

Includes: Deluxe transportation, basilica presentation and ice cream.

Depart: 8:30 AM FWY, Return: 4:45 PM
Cost: Member \$39, General Public \$49

BRISTOL RENAISSANCE FAIRE

SATURDAY, AUGUST 3, 2019

This faire located in **Bristol, Wisconsin** is 30 acres of pure fun! The faire has 20 stages that offer variety entertainment all day long. In addition, they will dazzle you with a fully armored joust, the Queen and her glittering Court, amazing arts & crafts, delicious food, music, dancing, parades and entertainers in the streets all day long. See why Bristol is the #1 **Renaissance Faire** in the U.S. four years running. Experience the family-friendly interactive theater, entertainment and much more. The weekend's theme is "Monsters & Magic". The festival grounds are located in a large space and there may be walking in fields and uneven areas. This faire is living history with a twist of modern fusion.

Includes: Deluxe transportation and Faire admission.

Depart: 8:00 AM FWY, Return: 7:50 PM
Cost: Member \$69, General Public \$79

WISCONSIN STATE FAIR- CELEBRATE WISCONSIN

TUESDAY, AUGUST 6, 2019

Gather up your friends, children and grandchildren for the great **Wisconsin State Fair**! This trip is both convenient and fun. Enjoy the entire day on your own to explore everything the fair has to offer. Choose to see things like agriculture displays, a variety of farm animals, textiles and crafting, culinary judging, numerous entertainment stages, Expo Center demonstrations and much more. Indulge in a wide selection of amazing foods. You will find over 35 different foods on a stick, roasted corn on the cob, homemade lemonade and the ever-popular State Fair Cream Puffs! At the end of the day, the bus will be waiting to take you home. Relax as you think about everything you experienced and tasted throughout the day.

Includes: Deluxe transportation, fair schedule and ticket

Depart: 8:00 AM HVY, Return: 8:00 PM
Cost: Member \$44, General Public \$44

PENINSULA PLAYERS- GHOST THE MUSICAL

SUNDAY, AUGUST 18, 2019

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

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Spend the day in **Fish Creek** and experience Door County's best shopping, dining and arts in the heart of Wisconsin's Northern Door Peninsula! Have time to stroll the quaint sidewalks, shops and eateries while enjoying free time in the downtown area. There is a unique variety of locally-owned-and-operated stores throughout this walkable, charming town. Enjoy lunch on your own with countless dining options from gourmet decadence to simple, delicious fare. Next visit a longtime outpost for specialty foods such as jams, dips, candies and house made wines at **Lautenbach's Orchard Country Winery & Market**. This spacious market offers hundreds of Door County and Wisconsin-made products. Next you'll enjoy a show at **Peninsula Players Theater**, Door County's professional theatrical treasure, presenting a Broadway-quality performance in an enchanting setting. This afternoon is **Ghost the Musical**, a timeless fantasy about the power of love. This musical adaptation of the 1990 Academy Award-winning film follows the love story of Sam and Molly, and includes the Righteous Brother's classic "Unchained Melody. Enjoy a truly unforgettable experience and delight in the Players renowned artistic company and picturesque shoreline location. Space is limited... sign up today!

Includes: Deluxe transportation and theater ticket

Depart: 8:45 AM HVY, Return: 8:40 PM

Cost: Member \$89, General Public \$99

TEMPEL LIPIZZAN & CHICAGO BOTANIC GARDENS

TUESDAY, AUGUST 27, 2019

Your day will begin at the **Chicago Botanic Gardens** that opened more than 40 years ago as a beautiful place to visit, and it has matured into one of the world's great living museums and conservation science centers. It has over 25 gardens and four natural areas, uniquely situated on and around nine islands. Enjoy free time exploring the many gardens and beauty of nature. Lunch will be on your own at the Garden Café! Next, head over to **The Tempel Lipizzans** for a behind the scenes tour into the historic stables where the traditions of the past are living in the present. Lipizzaner Stallions have been enchanting audiences for 450 years. From the playful bounding of new foals to the strong, precise jumps of the stallions, you will be captivated by the strength, beauty, and intelligence of these horses. Learn the history of this classical art through the beauty of synchronized movements, the harmony of partnership between horse and rider and watch the impressive athleticism. Sign up today for this amazing trip!

Includes: Deluxe transportation, admissions and tour

Depart: 6:45 AM, FWY, Return: 8:15 PM

Cost: Member \$69, General Public \$79

MILWAUKEE ZOO

TUESDAY, SEPTEMBER 10, 2019

If you enjoy leisurely strolls through the Zoo and want to learn more about the animals you see, consider joining us for a day at the **Milwaukee County Zoo**! During a 2 ½ hour walking tour, a guide will explain the predator and prey exhibits and take you on a global adventure as you visit animals from different continents. Visit over 3,100 mammals, birds, fish, amphibians and reptiles in specialized habitats spanning 190 wooded acres. Enjoy free time to explore your favorite exhibits and lunch on your own with several options inside the park. Also included are 2 ride tickets; YOU CHOOSE- the Zoomobile, train or carousel! Come along as we Walk on the Wild Side!

Includes: Deluxe transportation, admission, guided tour, 2 ride tickets.

Depart: 7:30 AM HVY, Return: 5:45 PM

Cost: Member \$59, General Public \$69

EXPLORE HORICON MARSH

WEDNESDAY, SEPTEMBER 18, 2019

If you love nature and birding, here is a day designed just for you! This adventure is all about marsh wetland education, while fostering a personal experience to include traditional outdoor and indoor activities. First you'll tour the vast **Horicon Marsh** by bus with an expert step-on-guide and then embark on a one hour

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pontoon boat ride. Discover the beauty and natural wonders of the largest freshwater cattail marsh in the United States. Seek out over 300 species of birds and wildlife in their natural habitat and learn about marsh ecology. Enjoy lunchtime at a small picnic area. Next, visit the modern and beautiful **Horicon Marsh Education and Visitor's Center** operated by the DNR! View a short video on the history of the marsh and spend time in the Explorium! This experience is narrated and interactive. It will keep you company throughout the journey as you view, listen to, touch, and even smell exhibits that document the changes to the area over time. Appropriate shoes, outerwear, and binoculars are recommended. Must bring own bag lunch and/or snacks. We'll stop at **Kelley's Creamery** for a Dutch treat ice cream on the way home. Come join us on this nature adventure!

Includes: Deluxe transportation, step-on-guide, pontoon boat tour and admissions.

Depart: 7:30 A, FWY, Return: 4:15 PM

Cost: Member \$74, General Public \$84

AMISHLANDS OF PENNSYLVANIA

8-DAYS

SEPTEMBER 29- OCTOBER 6, 2019

This trip is a potpourri of arts, culture, drama, history and nature! Your guide takes you through the beautiful and bountiful Amish farmlands, with stops at an Amish farm featuring quilts and other Amish-made crafts, as well as a bake shop filled with goodies! Lancaster County's Amish Country is homegrown, delicious, and filled with some of the best entertainment in the world! You'll see the famous "Jesus" performance at the Sights and Sounds Millennium Theater where the Bible comes to life on stage. This dramatic production is awe inspiring and includes one of the largest LED screens ever used theatrically in the world. Tour the city of Pittsburgh and marvel at Frank Lloyd Wright's architectural wonder, "Fallingwater". You'll also stop the famous Rock 'n' Roll Hall of Fame in Cleveland. This trip is sure to please! Includes:

- Deluxe Motor Coach transportation
- 7 nights lodging, including Lancaster & Pittsburgh
- 7 Breakfasts & 4 Dinners, including dinner at Amish Homestead, & the Grand Concourse
- Kitchen Kettle Village & "Jacobs Choice"- Amish Experience
- Performances of "Jesus" at the Millennium Theatre
- Guided Tour of the Amish Countryside
- Strasburg Railroad Museum
- Frank Lloyd Wright's "Fallingwater"
- Guided tour of Pittsburgh, including University of Pittsburgh's Cathedral of Learning
- Tour of Phipps Conservatory and Botanical Gardens
- Rock 'n' Roll Hall of Fame

\$75 Deposit to register; the balance and final payment due July 20, 2019. *Space is very limited!*

Fee: \$1,109 pp double occupancy, \$1,468 pp single occupancy

Double Occupancy Online Promo Code: 2019AMISHLANDS

MEMORIES THEATER- MURDER ME ALWAYS

SATURDAY, NOVEMBER 16, 2019

Port Washington is where the bus will take you today. Spend time at the **Port Explorium** where there is much to do and see. Learn about the maritime history of Port Washington and the **Great Lakes**, experience what it is like to sail on a schooner out of the harbor and play among the exhibits that relate and celebrate the stories of the city and its people. You can even explore the sunken shipwrecks off Port Washington's shores; the special exhibit is "Murmurs from the Deep." Next travel to **Memories Theater** for an afternoon full of food and entertainment. The menu includes an Angus Steak Sandwich, garlic potato chips, calico beans, creamy coleslaw, Memories famous fluff and salted caramel cake for dessert. After lunch, you will see and interact with actors and fellow tablemates to solve a mystery! During a very bad performance of the play "**Murder Me Always**," an actual murder takes place off stage. The director is shot! The "fake" murder mystery play comes to a screeching halt and a "real" murder mystery begins. Will this "real" murder mystery be any better than the fake one? Is art-imitating life? Is the play really the thing? Ride back on the bus having learned and laughed more than you had the day before.

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

Includes: Deluxe transportation, admission, show and lunch.

Depart: 8:30 AM HVY, Return: 5:30 PM

Cost: Member \$84, General Public \$94

MAGNIFICENT MILE- CHICAGO

SATURDAY, DECEMBER 7, 2019

And the tradition continues! You'll take an express coach headed for a full day in downtown **Chicago** where you'll be on your own for holiday shopping, dining and/or visiting city attractions and museums. Chicago's **Magnificent Mile** is one of America's great shopping streets and it's at its best during the holiday season. A million white lights decorate the trees and countless people decorate the sidewalks! The shops and museums are as diverse, with towering shopping centers, iconic department stores and trendy favorites all within an easy stroll. The holiday time brings more visitors to the area so planning ahead and making reservations are recommended. There are 4 drop-off locations in the city on arrival with mid-day transportation for participants from the museums back to the shopping areas. At the end of the day, all travelers meet back at the original drop-off point for the return to the Fox Cities.

Includes: Deluxe transportation

Depart: 7:00 AM APY, Return: 11 PM

Cost: Member \$49, General Public \$49

CHRISTMAS MYSTERY TRIP

FRIDAY, DECEMBER 13, 2019

The Adult Department Elves have been hard at work all year on this mystery tour, just for you! Let's hope you've been nice and not naughty to take advantage of all the fun. The bus will whisk you off for a special Christmas surprise, so bring along your sense of fun and holiday spirit. This Christmas themed day is centered around traditional décor and holiday beauty and includes a delicious lunch! Join us for our very first mystery adventure that is sure to WOW and inspire you!

Includes: Deluxe transportation, admissions, lunch

Depart: 8:00 AM, HVY, Return: 5:15 PM

Cost: Member \$74, General Public \$84

ADULT SPECIALTY ENRICHMENT

ADULT CONTRACT BRIDGE (APY)

BEGINNER/INTERMEDIATE

Learn to play contract bridge or brush up on your game. If you are a beginner, come with several friends to make a table of 4. Novices are welcome, however at least one table of 4 novice players is required for instruction. Learning to play or continuing to play bridge keeps those neural pathways clicking, develops new ones, and provides social interaction with other players. Instruction from Joan Thibodeau.

APPLETON BOOK CLUB (APY)

Reading with a purpose! Book Club Members will choose a different book each month. Meetings will provide regular opportunities to read, unwind and have thought-provoking conversations with others who share the love of reading. The group meets the 2nd Monday of each month so join in anytime! Grow your mind and enjoy the company of other readers!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Contract Bridge Lessons	APY	18 years and older	M	1:00 PM	3:00 PM	FREE	\$25
Appleton Book Club	APY	18 years and older	M	1:30 PM	3:00 PM	FREE	FREE

THOMPSON CENTER ON LOURDES (TCL) • 2331 E LOURDES DR • APPLETON

The Appleton YMCA offers small group classes of no more than 8 adult students. For technology classes, students must bring their own personal laptops/devices. TCL is committed to enhancing the quality of life of adults and their families through a network of activities and services that focuses on improving emotional, intellectual, physical, social and spiritual wellness. Thompson Center on Lourdes reception desk is open from 8:30 AM until 4:30 PM, however, the YMCA has both day and evening programs there. Evening Y class instructors provide access to the facility shortly before class begins. Register in person at any YMCA of the Fox Cities location, by phone by calling the Appleton YMCA at 920.739.6135 or online anytime at www.ymcafoxcities.org.

ADULT LANGUAGE

Spanish 1 - Adult (TCL)

Have fun learning Spanish! This class is an introduction to basic Spanish for adult beginners. Learn to speak and understand small amounts of general and basic Spanish found in most routine interchanges in daily life. Students will participate actively during class to develop listening, speaking, reading and writing skills. Students learn vocabulary through experiential and topical lessons, as well as, culture from different Spanish-speaking countries. Minimal amounts of English are used in this class. 14 weeks in Fall; 21 weeks in Winter/Spring. 60-minute class. *Motivated students may join on-going classes anytime, please contact the Adult Department for pro-rated pricing and registration.* **All classes held at the Thompson Center on Lourdes, 2331 E Lourdes Dr, Appleton, WI 54915.**

Spanish 2 - Adult (TCL)

Enjoy improving your skill level with Spanish! This language class will review Level 1 material, and then continue building language ability with use and application at the next level. Format will be similar to the Level 1 class. Develop your ability to build bridges with Latinos as you learn some language and culture to help strengthen our community. Minimal amounts of English are used in this class. 14 weeks in Fall; 21 weeks in Winter/Spring. 60-minute class. *Motivated students may join on-going classes anytime, please contact the Adult Department for pro-rated pricing and registration.* **All classes held at the Thompson Center on Lourdes, 2331 E Lourdes Dr, Appleton, WI 54915.**

Spanish 3- Adult (TCL)

This class is for students who want to continue to practice conversing in Spanish, reading short stories and articles for discussion, and reviewing grammatical structures. Students should feel relatively comfortable with the basics of the language, with a goal of improving their speaking, listening and writing skills in Spanish. 14 weeks in Fall; 21 weeks in Winter/Spring. 60- Minute class. *Motivated students may join on-going classes anytime, please contact the Adult Department for pro-rated pricing and registration.* **All classes held at the Thompson Center on Lourdes, 2331 E Lourdes Dr, Appleton, WI 54915.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Spanish 1, Jan 7- Jun 2, 2019	TCL	18 years and older	W	4:00 PM	5:00 PM	\$116	\$116
Spanish 2, Jan 7- Jun 2, 2019	TCL	18 years and older	W	5:00 PM	6:00 PM	\$116	\$116
Spanish 3, Jan 7- Jun 2, 2019	TCL	18 years and older	W	6:00 PM	7:00 PM	\$116	\$116

COMPUTER CLASSES FOR ADULTS

WINDOWS 10 (TCL)

Windows 10 is the latest version of Microsoft's operating system. An introductory class for those who want or need to learn the very basics of computer skills and operations. Course covers hardware, software, the use of

a mouse, how to open and close programs, sending and receiving e-mail, exploring the internet safely and what does Windows 10 bring to your computer that is new or different. This class will help you increase your comfort level with computers. 6 weeks. 1 ½- hour class. **All classes held at the Thompson Center on Lourdes, 2331 E Lourdes Dr, Appleton, WI 54915.**

APPLE IPAD BASICS (TCL)

A basic overview of the Apple iPad. Learn to use and understand the basics of your Apple iPad. Using and adding “apps”, taking pictures and videos, using FaceTime, using your calendar, downloading songs and videos. You must bring a fully set up Apple iPad to class. Class is for Apple iPads only and not for other tablets. Meeting once a week for an hour and one half each time. 6 weeks. 1 ½- hour class. **All classes held at the Thompson Center on Lourdes, 2331 E Lourdes Dr, Appleton, WI 54915.**

SMARTPHONE- IPHONE (TCL)

Smartphones are one of the most influential devices in today’s world and are used everywhere every day. In the **Smartphones** Basics Class we will talk about the basic functions of your phone. *Topics to be covered will center around the following:*

- Introduction/getting familiar with the interface
- Basic settings
- Setting up contacts and making a phone call
- Sending and receiving texts
- Taking photos and videos
- Listening to music and watching videos
- Browsing the internet
- Downloading and installing Apps
- Tips on ensuring security of your phone

Phones must be set-up and fully working before class begins. Please charge phone battery before coming to class and bring charging cord and plug. 6 weeks. 1 ½- hour class. **All classes held at the Thompson Center on Lourdes, 2331 E Lourdes Dr, Appleton, WI 54915.**

SMARTPHONE- ANDROID (TCL)

Smartphones are one of the most influential devices in today’s world and are used everywhere every day. In the **Smartphones** Basics Class we will talk about the basic functions of your phone. *Topics to be covered will center around the following:*

- Introduction/getting familiar with the interface
- Basic settings
- Setting up contacts and making a phone call
- Sending and receiving texts
- Taking photos and videos
- Listening to music and watching videos
- Browsing the internet
- Downloading and installing Apps
- Tips on ensuring security of your phone

Phones must be set-up and fully working before class begins. Please charge phone battery before coming to class and bring charging cord and plug. 6 weeks. 1 ½- hour class. **All classes held at the Thompson Center on Lourdes, 2331 E Lourdes Dr, Appleton, WI 54915.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Windows 10 6-weeks	TCL	18 years and older	M	10:30 AM	NOON	\$30	\$30
Apple iPad Basics 6-weeks	TCL	18 years and older	M	1:00 PM	2:30 PM	\$30	\$30

Smartphone - iPhone 6-weeks	TCL	18 years and older	W	10:30 AM	NOON	\$30	\$30
Smartphone - Android 6-weeks	TCL	18 years and older	W	1:00 PM	2:30 PM	\$30	\$30

PRIVATE COMPUTER/DEVICE INSTRUCTION (APY)

Let our experienced instructors provide targeted assistance. Contact the Appleton YMCA Adult department at 920.954.7610 about private computer/device instruction. Individualized instruction from the introductory level to customized help with more advanced topics are available. New students must register for 2 hours of instruction to begin with and then may choose to continue purchasing lessons in 1 hour increments.

Students who use their computer/devices on a regular basis – but continue to encounter obstacles and would like to learn more about particular features can benefit from private lessons that address their particular needs. Increase proficiency of use in areas that interest you.

AREAS OF INTEREST

- File Management Or Extensions
- Print Screen And Uses
- Installing Or Un-Installing Software Such As A Printer Or Other Hardware
- Systems Tools Like "De-Fragging" And Hard Disk Clean-Up
- Personalizing Options: Passwords, Screen Savers, Desktop Themes
- Keyboard Shortcuts, Exploring Wireless Options, USB Port Use
- FACEBOOK FOR ALL DEVICES- Increase your comfort level with Facebook. Stay current with friends and family who use it. Learn how to create your profile, control your account and manage your privacy settings. Other topics include posting status updates, sending a private message, connecting to and inviting friends and adding pictures to your wall. You can learn on any device- desktop, laptop, tablet or mobile phone.
- WINDOWS 8/8.1- Learn the basics of using this unique Operating System. Hardware, software, using a mouse, menus, opening and closing programs, e-mail, managing files, an overview of using the internet and internet safety, passwords, and browsers. Let us help you increase your comfort level with computers.
- INTRO TO MICROSOFT OFFICE SUITE- Learn the basics of MS Office Suite or any of the components of "Office". Word, Excel and PowerPoint. An overview might include simple word processing, basic spreadsheets and presentation possibilities. Students should be comfortable with general computer use and keyboard. If you want to move up at work, or you'd like to help with your organization's newsletter, learning to use "Office" could help.
- MS WORD AND MS EXCEL INTERMEDIATE- If you would like to move beyond the very basics of these programs, consider private instruction in one or both. Just you and an instructor to get you to the next level to learn the specifics you need.
- TABLETS-Schedule a private tutorial to learn how to use your tablet. Let one of the Y instructors show you how.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Private Computer Instruction New: 2-hour increments	APY/TCL	18 years and older				\$40	\$40
Private Computer Instruction CONTINUING :1-hour increments	APY/TCL	18 years and older				\$20	\$20