See Health and Fitness for listing of current exercise programming.

SENIOR FRIENDS (NMY)
Open to the Winnebago County Community
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 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.

GET CONNECTED STAY CONNECTED
Technology Classes
NEENAH-MENASHA YMCA

Staying connected with friends and family has never been so easy! Learn the basics of today’s technology, and how you can stay up to date with family and friends all over the world. Instruction is available for those age 55 and older. Come meet one-on-one with our volunteers who will work with you on the things you would like to know about your device!

Available Classes:
Learn at your own pace on any device. Schedule a one-on-one class now by contacting:
Julie Swiecichowski
(P) 920.886.2177
(E) jswiecichowski@ymcafoxcities.org.

To help us prepare for your personalized class, please share a few details about what you would like to learn. Our volunteers can help you learn about such things as Phone settings, Facebook, Google, Messaging, Zoom, etc. We will ask you to bring your own device, so you can learn how easy it is to stay connected. Rental equipment is also available for a fee.

COST: FREE

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