



# FOREVERWELL

## FOREVERWELL (Ages 55+)

### STAFF CONTACTS

ACY-Jenn Oaks Fitness Coordinator P 920.702.2316 E [joaks@ymcafoxcities.org](mailto:joaks@ymcafoxcities.org)

APY-Kristina Schultz Fitness Director P 920.954.7616 E [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org)

FWY-Kirsten Rice Health & Fitness Director P 920.560.3413 E [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org)

HVY-Paula Beyer Health & Fitness Director P 920.830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

NMY-Susan Christel Health & Fitness Director P 920.886.2127 E [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org)

OGY-Cindy Baumgartner Health & Fitness Coordinator P 920.560.0001 E [cbaumgartner@ymcafoxcities.org](mailto:cbaumgartner@ymcafoxcities.org)

Assoc-Kate Yates ForeverWell Director P 920.886.2105 E [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 also available at the branch locations).**

### TRIPS

The YMCA of the Fox Cities is offering Day Trips! Check out the most updated list of day trips here at [ymcafoxcities.org/adult-bus-trips](http://ymcafoxcities.org/adult-bus-trips), or pick up a paper brochure at your local YMCA branch. We are also offering flight-based trips through Collette Travel. Information about our current flight-based offerings can be found at your local branch. Please reach out to Kate Yates with any questions P 920.886.2105 E [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org).

### TECHNOLOGY CLASSES

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

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+. Our volunteers can help you learn about such things as Phone settings, Facebook, Google, Messaging, Zoom, etc. Bring your own device, or rental equipment is also available for a fee. Schedule a one-on-one class now by registering online, or at any YMCA Member Service desk. COST: \$5 for Y Members and \$7 for the General Public.

#### SMALL GROUP TECHNOLOGY CLASSES (NMY)

On the second Tuesday of each month, the Neenah-Menasha YMCA will host a group technology class. Each month, the focus and topic will change. Sign up takes place at the front desk. You can also call to get your name on the list; 920.729.9622. COST: FREE

## 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 1:30-3:00 PM. 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 1:30-3:00 PM. Meeting topics change each month including social and educational presentations as well as special events.

## 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 every Friday 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).

## BOOK CLUB (HVY)

Information Coming Soon- To begin February 2023

## ART COMMOTION (FWY)

Do you love art? Each month we will introduce a new artist. 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 membership services desk. Prices will vary.

**January 25, NOON-1:30 PM**

**February 22, NOON-1:30 PM**

## S.T.E.M. FOR SENIORS (FWY)

Science, Technology, Engineering, and Math aren't just for kids in school. At FWY, we want to engage the mind in learning more about S.T.E.M., carrying out hands-on science experiments, and having tons of fun along the way. Each month a new topic will be discussed, experimented with, and explored. Won't you join us?

**February 27, 1-2 PM**

## ARMCHAIR AVENTURES (FWY)

Want to get away to a beautiful, far-off place? Join us as we learn more about locations across the globe, experience various cultures, and see the beautiful landscapes. The best part is getting to do it all without having to leave Wisconsin. Each month we will "visit" a new destination, so come join us as we travel the world!

**February 8, 10-11 AM**

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**February 8, 10-11 AM**

## **BIBLE STUDY**

### **WOMEN'S BIBLE STUDY (APY)**

Women's Bible/Friendship Group meets on the first Friday each month at the Appleton. Open to women of all ages! No fee. October through May. For more information, reach out to Mary Pozolinski at 920.268.5142.

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Women's Bible Study	APY	18 +	F	11:00 AM	NOON	FREE	FREE

## **SWIM LESSONS**

The instructor will meet the needs of each individual person attending the class. This class will help the very beginner swimmer to the more advanced swimmer trying to refine their strokes.

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Adult Swim Lessons	APY	15 +	M	5:25 PM	5:55 PM	\$38	\$74
Adult Swim Lessons	APY	15 +	M	6:00 PM	6:30 PM	\$38	\$74
Adult Swim Lessons	NMY	18 +	TH	12:00 PM	12:30 PM	\$38	\$74
Adult Swim Lessons	NMY	18 +	W	6:15 PM	6:45 PM	\$38	\$74

## **ADULT DANCE CLASSES**

**FWY** - Megan Stine, Dance Coordinator P 920.560.3410 E [mstine@ymcafoxcities.org](mailto:mstine@ymcafoxcities.org).

**NMY** - Maeghan Johnson, Arts & Humanities Director P 920.886.2138 E [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org)

**NMY** - Hollie O'Toole, Arts & Humanities Coordinator, P 920.886.2108 E [hotoole@ymcafoxcities.org](mailto:hotoole@ymcafoxcities.org)

**NMY** - Angela Larsen, Arts & Humanities Coordinator, P 920.886.2106 E [alarsen@ymcafoxcities.org](mailto:alarsen@ymcafoxcities.org)

### **NEW! FOREVER WELL BALLET & BALANCE**

For the active adult population seeking work on balance, coordination, and light strengthening, this class will utilize ballet techniques at the barre and center floor. Low-impact, joint-friendly, fluid movement and relaxed instruction. Previous dance experience is not required! Dancewear or athletic attire and ballet shoes required.

## **NEENAH-MENASHA and OGDEN**

### **7-WEEK DANCE CLASSES**

**Winter I Session: January 2-February 19, 2023**

**Winter II Session: February 20-April 16, 2023 (No Classes April 3-9)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
<b>NEW</b> ForeverWell Ballet & Balance	NMY	55 +	T	10:00 AM	11:00 AM	\$43	\$72
<b>NEW</b> ForeverWell Ballet & Balance	OGY	55 +	TH	10:30 AM	11:15 AM	\$43	\$72

## ADULT ART CLASSES

### 7-WEEK ART CLASSES

**FALL SESSION 2: OCTOBER 31-DECEMBER 18, 2022 (NO CLASSES NOV 21-DEC 2)**

### **LADIES NIGHT POTTERY WORKSHOP (AGES 18 YEARS AND OLDER) (NMY)**

Get out for a fun night of crafting with your gal-pals! This workshop is for beginner or experienced students- all levels welcome. Participants will spend time learning hand building and wheel work and create a fun project to take home. These can also be schedule for private parties by contacting Hollie O'Toole at 920.886.2108.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Painting	NMY	18 +	T	9:00 AM	9:45 AM	\$33	\$53
Adult Pottery	NMY	18 +	M	10:00 AM	11:00 AM	\$45	\$63
Ladies Night Pottery - March 10	NMY	18 +	F	6:30 PM	8:30 PM	\$20	\$30
Ladies Night Pottery - April 14	NMY	18 +	F	6:30 PM	8:30 PM	\$20	\$30

## ADULT MUSIC CLASSES

**NEW! MUSIC LESSONS AT THE NEENAH-MENASHA YMCA WILL BE MOVING TO A 9-MONTH CONTRACT WITH MONTHLY BANK DRAFT ONLY!** This will allow students to retain their designated day/time from September through May. Payments will automatically draft from a bank account or credit/debit card on the 15<sup>th</sup> of each month. Cancellations must be made by the 5<sup>th</sup> of the month in order to avoid being charged.

### **GUITAR LESSONS (NMY)**

Beginner through advanced instruction offered in a private class. Semi-Private classes available upon request. Students will need to bring a guitar to class. Books are available for purchase for an additional fee. Classes are 30 minutes and are offered every half hour.

### **VOICE LESSONS (NMY)**

Beginner, intermediate, and advanced students welcome. Private lessons only at this time, Semi-Private classes available upon request.

### **PIANO (APY, NMY)**

Beginner through advanced instruction offered in a private class. Semi-Private classes available upon request. Students will need a keyboard or piano at home for practice. Books are available for purchase for an additional fee. Classes are 30 minutes and are offered every half hour.

### **DRUM LESSONS (NMY)**

Beginner through advanced instruction offered in a private class. Books are available for

purchase for an additional fee. Classes are 30 minutes and are offered every half hour.

Students can enroll in lessons online or at any Y Member Service Desk. For more information or additional class times please call appropriate Y contact below:

Appleton YMCA – Alyssa Taylor – 920.954.7656

Fox West YMCA – Kevin Jakubek – 920.560.3414

Heart of the Valley YMCA – Erin Brennan – 920.830.5714

Neenah-Menasha YMCA – Hollie O’Toole – 920.886.2108

## ENVIRONMENTAL EDUCATION

### SNOWSHOE RENTALS AVAILABLE (HVY, ACY)

### 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Open Pickleball	APY	18+	MTWTHF	8:00 AM	11:00 AM	FREE	N/A*
Open Pickleball	APY	18+	SUN	11:00 AM	2:30 PM	FREE	N/A*
Open Pickleball	FWY	18+	M/TH/F	10:00 AM	NOON	FREE	N/A*
Open Pickleball	FWY	18+	T/W	10:00 AM	2:00 PM	FREE	N/A*
Open Pickleball (Beginner)	FWY	18+	TH	NOON	2:00 PM	FREE	N/A*
Open Pickleball	HVY	18+	M/T/TH/F	11:00 AM	2:00 PM	FREE	N/A*
Open Pickleball	HVY	18+	T/TH	5:00 AM	7:00 AM	FREE	N/A*
Open Pickleball	HVY	18+	W	11:00 AM	1:00 PM	FREE	N/A *
Open Pickleball	NMY	18+	M/W/F	1:00 PM	3:00 PM	FREE	N/A*
Open Pickleball	NMY	18+	SUN	11:00 AM	2:00 PM	FREE	N/A*
Open Volleyball	NMY	16+	T/TH	7:00 PM	9:00 PM	FREE	N/A*
Open Basketball	APY	18+	W	5:30 AM	7:00 AM	FREE	N/A*
Open Basketball	APY	18+	S	6:00 AM	8:00 AM	FREE	N/A*
Open Basketball	APY	18+	T/TH	9:00 AM	11:00 AM	FREE	N/A*

Open Basketball	APY	18+	SUN	11:00 AM	1:00 PM	FREE	N/A*
Open Basketball	NMY	18+	M/TH/F	11:00 AM	1:00 PM	FREE	N/A*
Open Basketball	NMY	18+	T/F	5:00 AM	7:00 AM	FREE	N/A*
Open Adult Volleyball	HVY	16+	F	6:00 PM	8:00 PM	FREE	N/A*
Family Volleyball	HVY	All ages	SUN	2:00 PM	4:00 PM	FREE	N/A*

## SELF CARE OPPORTUNITIES

### MASSAGE AND SPA SERVICES FOR ADULTS (ACY, APY)

*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. When making your appointment, please let them know if you have any special health issues. 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. Please note that you must attend the Foot Care Clinic in person. Call 920.727.5555 to schedule your 20-minute appointment. COST: \$30  
Questions? Contact: Kate Yates P 920.866.2105 E [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)

### BLOOD PRESSURE SCREENINGS

A great opportunity to check your heart health! Free blood pressure screenings are available at various YMCA branches thanks to a partnership with Hometown Pharmacy. Please contact Kate Yates for more information P 920.866.2105 E [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org).

## 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. Your personal trainer can help you determine appropriate number of sessions. 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)

Working with a Personal trainer helps 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)

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

Fall Session: September

**ACY:** M/W – 10:30-11:45 AM  
**APY:** M/TH – 5:00-6:15 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.

### **DIABETES PREVENTION PROGRAM – (VIRTUAL)**

Work with a trained lifestyle coach and a small group of adults to discuss behavior changes that can improve your overall health and help prevent diabetes. The program consists of 25 one-hour sessions delivered over the course of a year. (25 Total Sessions: 16 Sessions weekly, 4 Sessions bi-weekly, 5 Sessions monthly.)

**COST:** \$429

**Contact:** Kirsten Rice – 920.560.3413 [krice@ymcafoxcities.org](mailto:krice@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:** January 2 – February 23, 2023

February 28 – April 20, 2023

**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)