



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

ACY-Jenn Oaks Fitness Coordinator P 920.702.2316 E joaks@ymcafoxcities.org
APY-Kristina Schultz Fitness Director P 920.954.7616 E kschultz@ymcafoxcities.org
FWY-Kirsten Rice Health & Fitness Director P 920.560.3413 E krice@ymcafoxcities.org
HVY-Paula Beyer Health & Fitness Director P 920.830.5708 E pbeyer@ymcafoxcities.org
HVY-Lisa Grassman Wellness Coordinator P 920.830.5726 E lgrassman@ymcafoxcities.org
NMY-Susan Christel Health & Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org
OGY-Cindy Baumgartner Health & Fitness Coordinator P 920.560.0001 E cbaumgartner@ymcafoxcities.org
Assoc-Kate Yates ForeverWell Director P 920.886.2105 E kyates@ymcafoxcities.org

See **YMCA of the Fox Cities APP** or go to 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, or pick up a paper brochure at your local YMCA branch (Coming out at the beginning of March). Registration for local trips will begin March 13. We are also working on adding more flight-based travel opportunities. Please reach out to Kate Yates with any questions P 920.886.2105 E 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. 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 \$7 for the General Public.

SMALL GROUP TECHNOLOGY CLASSES (NMY, OGY)

Each month, the focus and topic will change. Sign up takes place at the front desk of the branch location. You can also call your branch, to get your name added to the list. 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 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.

BOOK CLUB (HVY, APY)

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

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

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

COFFEE AND CONVERSATIONS (APY, HVY, NMY)

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

Appleton: Every Tuesday from 8:30AM-9:30AM

Heart of the Valley: Fourth Thursday of the month from 10:00AM-11:00AM

Neenah-Menasha: Every Monday from 8:00AM-9:00AM

COOKING SERIES WITH CHEF SHELLY (NMY, ACY, HVY)

Put your cooking hats on! Join Chef Shelly in her series of cooking classes, expand your palate and cook something new. Registration required. COST: Members: \$25; Non-Members \$25.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Easy Downsized Meals for 1 or 2- March 3	HVY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Deliciously Green St. Patty's Day Lunch- March 17	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Budget Friendly Easy Meals- March 24	NMY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Easy Downsized Meals for 1 or 2- April 21	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

Budget Friendly Easy Meals- May 19	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
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SELF CARE SERIES (NMY)

It's time to take care of you! Join us once a month to learn different ways you can prioritize your health; Mind, body and soul. Free.

March 21, 11:00 AM-NOON: Meditation- *Learn why it is important, as well as different ways to practice meditation. Take part in a 20-minute guided meditation.*

April 18, 11:00 AM-NOON: Aromatherapy- Using a concoction of art and science this class will use essential oils to relieve certain problems. We will be focusing on oils to help sooth body and mind. This is a beginner's course to help you find oil combinations that bring you peace.

May 16, 11:00 AM-NOON: Journaling- Come join us for our two-part journal journey. For our first part you will learn journaling to help organize you thoughts and your life. We will follow up these teachings with writing for emotional wellness. With props we will use journaling to explore our inner self.

CARD & GAME GROUP (NMY)

Join us on the first Tuesday of the month at 10am to play games. We will provide cards and cribbage boards. All you need to do is bring your conversations. Let the good times roll.

First Tuesday of the month, 10:00 AM, Starting in April

WALKING GROUP (OGY)

Together, we will walk different routes starting from the Ogden YMCA, around Fox Crossing. This will be hosted indoors on the track until our weather permits outdoor walking. Each step and each mile go towards completing a new adventure all throughout the world. Frist stop: New York! Come ongoing to complete your walking passport.

Mondays, 9:30-10:30 AM, Starting March

CROCHET AND KNITTING (ACY)

Join in on social time with others who share your same interest. Bring your own supplies.

First Monday of the month, 11:30 AM

BREAKFAST AND BINGO (ACY)

Eat breakfast, drink coffee, socialize, play bingo and win some prizes. Potluck style- Bring a dish to share. Registration required. COST: FREE.

March 22, 9:00 AM

ART COMMOTION (FWY)

Do you love art? 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. Prices will vary.

March 29, NOON-1:30 PM *(This date: In Partnership with Hortonville Library)*

April 26, NOON-1:30 PM

May 24, 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. Registration can be completed online or at any YMCA Member Service desk. Prices will vary.

March 20, 1-2 PM

April 17, 1-2 PM

May 15, 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!

March 15, 10-11 AM

April 12, 10-11 AM

May 10, 10-11 AM

CRAFT CLUB (APY)

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

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

BEGINNER BRIDGE (APY)

Have you ever wanted to learn the card game bridge? Here is your chance! This 6-week course welcomes new and beginner skill levels. Registration required. Free for Y Members; \$12 for Non-Members.

Mondays, May 8-June 19, 2:00-4:00 PM

SPRING LUNCHEON (APY)

Spring Luncheon: The leaves are green and the flowers are blooming. It is time to celebrate Spring! Bring a dish to share (main, side or dessert). Enter into the FREE raffle and leave a winner! Contact Luann with any questions at 920-954-7643 or LLuehring@ymcafoxcities.org.

May 19, 12:15-1:15 PM

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.

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

SPRING PROGRAM SESSION:

April 10 – May 28, 2023

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
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.

NMY - Maeghan Johnson, Arts & Humanities Director P 920.886.2138 E mjohnson@ymcafoxcities.org

NMY - Hollie O'Toole, Arts & Humanities Coordinator, P 920.886.2108 E hotoole@ymcafoxcities.org

NMY - Angela Larsen, Arts & Humanities Coordinator, P 920.886.2106 E alarsen@ymcafoxcities.org

FOREVER WELL BALLET & BALANCE

For those 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.

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

ADULT ART CLASSES

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 scheduled for private parties by contacting Hollie O'Toole at 920.886.2108.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
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
Ladies Night Pottery - April 28	NMY	18 +	F	6:30 PM	8:30 PM	\$20	\$30
Ladies Night Pottery - May 12	NMY	18 +	F	6:30 PM	8:30 PM	\$20	\$30
Ladies Night Pottery - May 19	NMY	18 +	F	6:30 PM	8:30 PM	\$20	\$30

ADULT MUSIC CLASSES

GUITAR LESSONS (NMY)

Beginner through advanced instruction offered in a private class. Students will need to bring a guitar to class. Books are available for purchase for an additional fee.

VOICE LESSONS (NMY)

Beginner, intermediate, and advanced students welcome.

PIANO (APY, NMY)

Beginner through advanced instruction offered in a private class. Students will need a keyboard or piano at home for practice. Books are available for purchase for an additional fee.

DRUM LESSONS (NMY)

Beginner through advanced instruction offered in a private class. Books are available for purchase for an additional fee.

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

Neenah-Menasha YMCA – Hollie O'Toole – 920.886.2108

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Racquetball League	APY	18+	M/T/W/TH /FS/SUN	Any	Any	\$20	\$30
Open Pickleball	APY	18+	MTWTHF	7:00 AM	10:00 AM	FREE	N/A*
Open Pickleball	APY	18+	SUN	7:00 AM	1:00 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*
Basketball Pick up games	APY	18+	MTWTHF	5:30 AM	7:00 AM	FREE	N/A*
Basketball Pick up games	APY	18+	S	6:00 AM	7:30 AM	FREE	N/A*
Basketball Pick up games	NMY	18+	M/TH/F	11:00 AM	1:00 PM	FREE	N/A*
Basketball Pick up games	NMY	18+	T/F	5:00 AM	7:00 AM	FREE	N/A*
Adult Volleyball	HVY	16+	F	6:00 PM	8:00 PM	FREE	N/A*
Adult Volleyball	NMY	16+	T/TH	7:00 PM	9:00 PM	FREE	N/A*

SELF CARE OPPORTUNITIES

MASSAGE 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. 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. 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. 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

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

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

Winter Session: January 9- March 31

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.

Contact:

ACY – Nick Krause Wellness Coordinator P 920.702.2317 E nkrause@ymcafoxcities.org

APY – Kristina Schultz Health & Fitness Director P 920.954.7616 E kschultz@ymcafoxcities.org

FWY – Genifer Schaefer P 920.560.3413 gschaefer@ymcafoxcities.org

HVY – Lisa Grassman Wellness Coordinator P 920.830.5726 E lgrassman@ymcafoxcities.org

NMY – Susan Christel Health & Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org

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

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: April 24-June 15, 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

HVY-Paula Beyer, Health & Fitness Director P 920.830.5708 E

pbeyer@ymcafoxcities.org