



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

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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 available at branches).

TRIPS/FIELD TRIPS

The YMCA of the Fox Cities is offering Day Trips and Field Trips. Check out the most updated list of trips here at 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. Registration for local trips is open and filling fast.

FLIGHT-BASED EXCURSIONS

We are excited about our January 2024 adventure to Punta Cana, Dominican Republic. Join us for the informational meeting on Monday, May 15 at 1:00PM at the Heart of the Valley YMCA. Click here for more information: <https://www.ymcafoxcities.org/adult-flight-based-trips>.

TECHNOLOGY CLASSES (FWY, NMY, OGY)

GET CONNECTED, STAY CONNECTED

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)

Hosted the second Tuesday of the month, with the focus and topic always new. Sign up takes place at the front desk of the Neenah-Menasha branch. You can also call, 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 (APY, HVY)

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, OGY)

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

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

Ogden: Bi-weekly, beginning June 7th from 10:30AM-11:30AM (No class July 4th)

COOKING SERIES WITH CHEF SHELLY (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
Fun & Easy Brunch Dishes- May 12	HVY	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

Summer Potluck & BBQ Dishes- June 9	HVY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Spring Fling Dinner- June 16	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

WALKING GROUP (APY, FWY, NMY, OGY)

Each branch is putting together different routes, ways of tracking and ways to keep you motivated. Meet at the front desk of your chosen branch location. (Be prepared to walk outdoors).

Appleton: Wednesdays, starting June 7th, 8:30 AM-9:30AM (No class Jun 28, Aug 2, Aug 23)

Fox West: June 12, June 26, July 10, July 24, August 7, August 21, 7:30AM-8:30AM

HVY: May 31, June 14, June 28, July 12, July 26, August 9, August 23, 8:00AM-8:45AM

Neenah-Menasha: Mondays, 8:00AM-9:00AM

Ogden: Mondays, 9:30AM-10:30AM

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, 9:00 AM

NATURE WALK AND PLANT IDENTIFICATION WITH SHANE (ACY)

Take a hike along Purdy trail with our Environmental Education Director and learn more about local plants. Make sure to dress accordingly and wear sturdy shoes. Meet in the Lobby. Sign up at front desk. COST: FREE

June 7th 9:30AM-11:00AM

APOTHECARY WORKSHOP (ACY)

The plants in your yard can be more than beautiful (or more than weeds)! Learn how you can use many of the plants growing in your yard for fun and helpful purposes. Learn about several common plants and enjoy some samples of prepared recipes. Be prepared to walk on the trails. You can register online, or at any YMCA Member Service desk. COST: \$15

Saturday, June 24, 10:00 AM - NOON

READING WITH THE KIDS (ACY)

Spend time reading to our little ones and enjoying a snack with them! Meet in the Lobby. Sign up at front desk. COST: FREE

July 12th 9:00AM-10:30AM

MASSAGE PRESENTATION (ACY)

Come join us as our Massage Therapist, Melanie, shares the benefits of massage therapy. Sign up at the front desk. COST: FREE

August 24th 9:00AM-10:30AM

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 General Public.

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

DEMENTIA EDUCATION (APY)

Sarah Swant from Fox Valley Memory Project will join us to talk about dementia. Learn more about the signs, symptoms, how to help, resources and so much more. COST: FREE

June 15, 9:30AM-10:30AM

THE IMPORTANCE OF MASSAGE (APY)

Come find out how massage can be an important part of your healthy lifestyle and why so many people enjoy it and its therapeutic benefits. COST: FREE

July 12, 10:30 AM-11:30 AM

ALL THINGS ART: ABSTRACT PAINTING (APY)

An abstract painting on canvas. Easy and fun! No experience needed and all supplies included. Register online, or at any YMCA Member Service desk. COST: \$5 for Y Members; \$7 General Public.

July 20, 9:30AM-11:30AM

THE IMPORTANCE OF MOVING YOUR BODY (APY)

Learn why it is so important to keep your body moving, each and every day. COST: FREE

August 10, 9:30AM-10:30AM

BRUNCH AND LEARN POTLUCK (APY)

Come learn something new, while meeting friends and enjoying lunch. Specific topic to be advertised closer to the event. Bring a dish to pass. Register by contacting Luann Luehring at lluehring@ymcafoxcities.org, or 920.954.7643, COST: FREE

August 14, 10:00AM-11:00AM

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. Prices will vary.

June 28, 10:00AM-11:30AM

July 26, 10:00AM-11:30AM

August 23, 10:00AM-11:30AM

FAITH AND FITNESS (FWY)

In fitness, we typically think solely about our body. Let's start incorporating our spirit. Join us for low-impact fitness that incorporates aspects of both physical and spiritual fitness. Each class will be different. Meet at the front desk. COST: FREE

June 19, July 17, July 31, August 14, August 28

7:30AM-8:30AM

FUNERAL PLANNING: HOW TO BE PREPARED (HVY)

Join Lisa Brennan, Advanced Funeral Planner to learn about the benefits of pre-planning. You will also have the opportunity to ask questions. COST: FREE

June 14, 11:15AM-12:15PM

PICNIC POTLUCK IN THE PAVILION (HVY)

Bring your favorite dish to share with your Y community and friends. COST: FREE

July 12, NOON-1:30PM

FOREVERWELL BALANCE TRAINING (HVY)

Join a Certified Personal Trainer in the Wellness Center to improve your balance and build strength with exercises that will help lower the risk of falls, secure your independence and boost confidence when walking and standing. Registration can be completed online or at any YMCA Member Service desk. COST: \$50 Registration fee

4-Week Session from May 16-June 8

Tuesdays & Thursdays only, 9:00AM-9:30AM

WALK WITH A PHYSICAL THERAPIST (HVY)

Join Dr. Will Hartman, PT, DPT, OSC, CSCS every other Wednesday morning, for a casual walk, with a question-and-answer session, along the CE Trail (Wellness track if there is inclement weather). Check-in and meet near the front entrance. COST: FREE

Every Other Wednesday, starting May 31st, 8:00AM-8:45AM

WELLNESS THROUGH ART (HVY)

Former art teacher, Kim Jochman, knows about the healing powers of art. A cancer survivor herself, Kim's goal is to bring joy through art. Beginners welcomed and encouraged! Registration can be completed online or at any YMCA Member Service desk. Prices will vary.

June 12, July 10, August 14: 1:00PM-2:00PM

GRANDPARENT & GRANDKID DRUMS ALIVE PARTY (HVY)

Take advantage of this opportunity to drum, laugh and get fit with your grandchild. Open to grandchildren aged 4 and older with their grandparent partner. Pre-registration is required.

COST: FREE.

August 1, 1:00PM-2:00PM

August 9, 1:00PM-2:00PM

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. COST: FREE

August 15, 11:00AM-NOON: Self Massage- Learn how to apply massage techniques to yourself, utilizing a tennis/massage ball. Learn how to add breathing techniques to your practice, to provide yourself with quick relief from tension.

August 23, 11:00 AM-NOON: Natural Cleaning Techniques- Our home is where we spend the majority of our time. Discuss the cleaning products you currently use and how we can use natural products to eliminate some of the chemicals from our homes.

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

GRAND-FRIEND CELEBRATION (NMY)

Bring your grandkids in with you for some fun. We will have games and cards out and play a few rounds of Bingo. Light snacks and drinks will be served. COST: \$3 Y Member; \$5 General Public.

June 15, 9:00AM-10:30AM

ART SERIES (NMY)

Art and craft topics will change each month. Tap into your artistic side with these fun projects. Schedule by registering online, or at any YMCA Member Service desk. COST: \$5 Y Member; \$7 General Public.

Rock Painting: June 21, 11:00AM-12:30PM

Farmer's Market Tote Bags: July 26, 11:00AM-12:30PM

String and Tape Painting on Canvas: August 16, 11:00AM-12:30PM

CELL PHONE PHOTOGRAPHY (NMY)

Perfect your photography skills with your smartphone. Schedule by registering online, or at any YMCA Member Service desk. COST: \$3 Y Member; \$5 General Public.

June 27, 10:00AM-11:30AM: Balance Light with Outdoor Photos

This class will begin with reviewing your cell phone photo settings and how to use them. Then, head outdoors to practice manipulating light, both through your photography as well as your phone setting. Come prepared to be outside for about an hour.

July 25, 10:00AM-11:30AM: Deeper Dive into Photo Editing

Working off our first week’s tips and tricks, this deeper dive into photo editing focuses on the rules of 3 for a good, formatted photo. Come prepared to photograph outside.

August 29, 10:00AM-11:30AM: Self-Portraits

From selfies to close-ups of friends and loved ones, talk about the ins and outs of portrait photography and how to use all your settings on your phone, to enhance your photo.

ART OF AGING SERIES (OGY)

Art and craft topics will change each month. Tap into your artistic side with these fun projects. Schedule by registering online, or at any YMCA Member Service desk. COST: \$5 for Y Member; \$7 General Public.

Rock Art: June 15, 10:30AM-11:30AM

Welcome Sign: June 29, 10:30AM-11:30AM

Canvas Painting: July 13, 10:30AM-11:30AM

Trinket Dish: July 27, 10:30AM-11:30AM

Yarn Art: August 10, 10:30AM-11:30AM

Canvas Art: August 24, 10:30AM-11:30AM

PUZZLE AND BOOK SWAP (OGY)

Please bring in your good condition puzzles and books on Monday, July 17th. If you believe puzzles to be missing a piece or two, please note on box. Then, join us the following day to shop through new puzzles and books to try at home. Continuous “help yourself” lending library will be available ongoing.

July 18, 9:00AM-11:00AM

INTRO TO GEOCACHING AND DEMO (OGY)

An opportunity to learn the about the healthy brain and body benefits of geocaching. Ashley Conner, ForeverWell Specialist will share her passion for geocaching and provide highlights of past experiences. Learn what it is, how to participate on foot, bike or boat, different apps to use as well as all different kinds of local and worldwide events.

June 20, 11:00AM-NOON

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-Beginner	APY	15 +	M	5:10 PM	5:40 PM	\$43	\$85

Adult Swim-Intermediate	APY	15 +	M	5:45 PM	6:15 PM	\$43	\$85
Adult Swim Lessons	NMY	18 +	TH	12:00 PM	12:30 PM	\$43	\$85
Adult Swim Lessons	NMY	18 +	TH	5:45 PM	6:15 PM	\$43	\$85

ADULT ART CLASSES

ART WORKSHOP PARTIES (NMY)

Groups of four or more can schedule workshop parties: Painting, pottery, drawing and sewing. Contact Hollie O'Toole at 920.886.2108 for more details.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ladies Night Pottery – July 14	NMY	18 +	F	6:30 PM	8:30 PM	\$20	\$30

ADULT MUSIC CLASSES

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
Open Pickleball	FWY	18+	M/T/W/TH/F	10:00 AM	NOON	FREE	N/A*
Open Outdoor Beginner Pickleball	HVY	18+	M/T/W/TH/F	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	1:00 PM	FREE	N/A*

Basketball Pick up games	APY	18+	M/T/W/TH/F	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*
Basketball Pick up games	NMY	18+	SUN	9:00 AM	11:00 AM	FREE	N/A*
Adult Volleyball	NMY	16+	T	7:00 PM	9:00 PM	FREE	N/A*
Adult Volleyball	NMY	16+	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

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: June 19-August 17 *No class July 4
August 21-October 12 *No class September 4

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

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

Fall Session September 11- December 8, 2023

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. This program was designed by the LiveSTRONG® Foundation and Stanford University. 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.