



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

ACY-Jenn Oaks Fitness Coordinator P 920.702.2316 E joaks@ymcafoxcities.org
APY-Luann Luehring Program Assistant P 920.954.7643 E lluehring@ymcafoxcities.org
FWY-Jenn Ness ForeverWell Specialist P 920.886.2147 E jness@ymcafoxcities.org
HVV-Paula Beyer Health & Fitness Director P 920.830.5708 E pbeyer@ymcafoxcities.org
HVV-Lisa Grassman Wellness Coordinator P 920.830.5726 E lgrassman@ymcafoxcities.org
NMY-Janice O'Connell ForeverWell Specialist P 920.702.2319 E joconnell@ymcafoxcities.org
OGY-Ashley Conner ForeverWell Specialist P 920.560.0430 E aconner@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).

CELEBRATION WEEKS!

Check your local branches as we get closer, for the full list of events for our upcoming celebrations.

Falls Prevention Awareness Week, September 18-22, 2023

Active Aging Week, October 2-8, 2023

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. Click here for more information: <https://www.ymcafoxcities.org/adult-flight-based-trips>.

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.

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
Topic TBD- September 29	HVY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Easy Skillet Dinners and Supper Salads- September 22	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Topic TBD- October 27	HVY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Autumn Soup and Sandwich Favorites- October 20	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

FUNERAL PLANNING: HOW TO BE PREPARED (FWY, 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

Heart of the Valley: September 13, 11:15AM-12:15PM

Fox West: October 16, 10:00AM-11:00AM

MEDICARE 101 (FWY, HVY)

Join Pat Hull for this educational opportunity surrounding Medicare. Learn about exactly what it is, how it works as well as all your options. There will be a follow-up informational opportunity to meet with Pat to help navigate individual questions.

Fox West: August 9, 11:30AM-1:00PM

Heart of the Valley: September 6, 11:30AM-1:00PM

Fox West: September 13, 11:30AM-1:00PM

MEDICARE 101 (APY, NMY)

Are you turning 65 soon? Do you have parents who are on Medicare? Do you want to change your Medicare plan? If you answered "yes" to any of these questions, this is the class for you. Patti-Jo from 5 Star Insurance Group will be here to discuss all things Medicare. Adults of all ages welcome.

Appleton: August 8, 6:00PM-7:00PM

Appleton: September 13, 9:00AM-10:00AM

Appleton: October 4, 9:00AM-10:00AM

Neenah-Menasha: October 11, 10:00AM-11:00AM

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.

TECHNOLOGY CLASSES

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

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

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: September 11, 25; October 9, 23: 10:30AM-11:30AM

Fox West: September 11, 25; October 9, 23: 10:00AM-11:00AM

Neenah-Menasha: August 7, September 11, October 2: 8:00AM-9:30AM (includes coffee stop)

Ogden: September 11, 25; October 9, 23: 9:30AM-10:30AM

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.

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

GET TO KNOW BRUCE B. PURDY NATURE PRESERVE (ACY)

Did you know that the Y has its own Nature Preserve? Join Shane on this hike to learn all about the preserve, how it came to be in our possession, how the hiking trails were created, what

programs use the preserve and so much more. Make sure to dress accordingly and wear sturdy shoes. Meet in the Lobby. Sign up at front desk. COST: FREE

October 5, 9:00AM

All Things Art (APY)

It is almost Halloween. Let's make pumpkins like you never have before- with Mason jar rings! Join us for this fun project- All supplies included. Register online by October 12, or in person at any YMCA Member Service desk. COST: \$5 for Y Members and \$7 for the General Public.

October 19, 9:15AM-11:00AM

COFFEE AND CONVERSATIONS (APY)

Enjoy coffee on us, comradery, program updates and occasional special guests every Tuesday from 8:30AM-9:30AM.

CONVERSATIONS WITH A COP (APY)

Series Partnership with Appleton Police Department: Sergeant Christopher Biese. This series will be offered monthly and topics will change. All ages are welcome. Please register online, or in person at any YMCA Member Service desk. COST: FREE

September 7, 11:00AM-12:30PM: Fraud Prevention, Staying Safe and Open Question Session- Hear some updated information on fraud prevention techniques today and have the opportunity to openly ask questions on a variety of topics.

October 12, 9:30AM-10:30AM: Crime Prevention Techniques in Your Home- Discuss environmental factors, falls prevention techniques, File of Life and more.

CRAFT CLUB (APY)

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

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

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.

September 27, NOON-1:30PM

October 25, NOON-1:30PM

CONVERSATIONS WITH A COP (FWY)

Series Partnership with Outagamie County Sheriff's Department: Sergeant Nathan Dahm. All ages are welcome. Please register online, or in person at any YMCA Member Service desk. COST: FREE

October 2, 8:00AM-9:00AM: Fraud Prevention, Staying Safe and Open Question

Session- Hear some updated information on fraud prevention techniques today and have the opportunity to openly ask questions on a variety of topics.

BEGINNER PICKLEBALL (FWY)

Learn the sport that is all the craze! For the very beginner, go through drills that help you learn the fundamentals of the game. COST: FREE

Thursdays, NOON-2:00PM

FALLS PREVENTION CLASS (HVY)

Join Nancy Krueger, MSW, CPT, the Health and Wellness Coordinator for the Aging and Disability Resource Center (ADRC) in a presentation on falls prevention. Topics covered will include proven strength and balance exercises, home and community safety, how to get up from a fall as well as the role vision, medication management and footwear play in fall prevention. COST: FREE

September 18, 1:00PM-2:30PM

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

4-Week Session from September 5-September 28

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

HEALTH FAIR (HVY)

Come visit our various health and wellness resource tables. More information to come!

October 5, 8:00AM-11:00AM

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.

Mod Podge Bowls: September 25, 1:00PM-3:00PM

Drawing Series: Mondays and Wednesday October 9-October 25, 1:00PM-3:00PM

ART THERAPY: DISCOVER COLOR CODING (NMY)

Uncover the meanings behind the colors we choose. Learn more about the psychology behind color coding through a guided art project. Schedule by registering online, or at any YMCA Member Service desk. COST: \$5 for Y Member; \$7 General Public.

October 25, 10:00AM-11:00AM

COFFEE WALK (NMY)

Join us every month as we explore local coffee shops here in Neenah. Participants will meet at the Neenah-Menasha YMCA then walk together to our featured coffee shop location. (Purchase of coffee is not required, your welcome to join us for the walk and social connection). COST: FREE

August 7, September 11, October 2: 8:00-9:30AM

FILM SERIES: HOLLYWOOD MASTER DIRECTORS (NMY)

A film series presented by Walt Ulbricht

The Neenah-Menasha YMCA's ForeverWell department is celebrating Neenah's 150th year with a new film series. This film series will feature Hollywood Director and former Neenah resident, Howard Hawks. This Academy Award nominee directed films from all different genres throughout the classic Hollywood era. Critics described him as being "the greatest American director who is not a household name." Join us in this three-part film series, highlighting three of Hawk's classic hits! Light snacks and refreshments will be served. This event is open to both YMCA members and the general-public and will take place at the Neenah-Menasha YMCA (110 W North Water St, Neenah). COST: FREE

September 20, 1:00PM

"His Girl Friday"- A 1940 screwball comedy featuring Cary Grant and Rosalind Russell.

October 18, 1:00PM

"Red River"- A 1948 American Western film starring John Wayne and Montgomery Clift.

November 15, 1:00PM

"Gentlemen Prefer Blondes"- A 1953 musical comedy starring Jane Russell and Marilyn Monroe.

Any additional questions can be directed to Janice O'Connell at 920.702.2319;
joconnell@ymcafoxcities.org.

TED TALK SERIES (NMY)

TED is an organization on a mission to spread ideas that spark imagination, learning and further discussion. TED talks are and opportunity to learn something new, or see something from a new perspective. COST: FREE

September 26, 11:00AM-NOON

"Do Schools Kill Creativity?"- Creativity expert, Ken Robinson, challenges the way we educate children.

October 24, 11:00AM-NOON

"How a Handful of Tech Companies Control Billions of Minds Every Day"- Design thinker, Tristan Harris, looks at how modern technology gained the ability to steer our thoughts.

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.

Abstract Art on Canvas: September 28, 10:30AM-NOON

Fall Décor Sign: October 26, 10:30AM-NOON

AQUATICS DEPARTMENT

Both Appleton and Neenah-Menasha branches offer adult swim lessons. Please reach out to the branches directly if you have any questions, or need help with registering.

Appleton: Roxanne Lee, rlee@ymcafoxcities.org; 920.954.7640.

Neenah-Menasha: Angie Kennedy, akennedy@ymcafoxcities.org; 920.702.2326.

ARTS & HUMANITIES DEPARTMENT

Our Arts & Humanities Department creates a variety of opportunities for adults for dance, music lessons and various art classes. To see their up-to-date offerings, please check out their program guide online, <https://www.ymcafoxcities.org/program-pdfs>.

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+	MTWTHFSA SU	Sept 4	Oct 22	\$20	\$30
Open Pickleball	APY	18+	MTWTHF	8:00 AM	11:00 AM	FREE	N/A*
Open Pickleball	APY	18+	S	7:00AM	11:00AM	FREE	N/A*
Open BEGINNER Pickleball	APY	18+	TTH	11:00 AM	1:00 PM	FREE	N/A*
Open Pickleball	FWY	18+	MTW	10:00 AM	2:00	FREE	N/A*
Open Pickleball	FWY	18+	THF	10:00 AM	NOON	FREE	N/A*
Open Pickleball	FWY	18+	TH	NOON	2:00	FREE	N/A*
Open Pickleball	HVY	18+	MTWTHF	11:00 AM	2:00 PM	FREE	N/A*
Open Pickleball	NMY	18+	WF	1:00 PM	3:00 PM	FREE	N/A*
Open Volleyball	NMY	16+	T/TH	7:00 PM	9:00 PM	FREE	N/A*
Open Adult Volleyball	HVY	16+	F	6:00 PM	8:00 PM	FREE	N/A*
Open Family Volleyball	HVY	All ages	SUN	2:00 PM	4:00 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*

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*

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: August 21-October 12

October 16-December 14 *No class the week of November 20

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

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

Fall Session September 11- December 8, 2023

APY: M/W - 6:15-7:30 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.

STAY STRONG (ACY, APY, FWY, HVY, NMY)

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. We want you to continue to heal and reclaim your health. Our Stay Strong class can do just that. The Y is now offering Stay Strong, a class designed to be an extension of our LIVESTRONG® at the YMCA program. Instructors will guide participants through physical activity sessions to help you achieve personal wellness goals. The class is FREE for all graduates of LIVESTRONG at the YMCA! You are eligible to participate in this Stay Strong class and receive a FREE 9-month membership to the Y - simply by completing the 12-week LIVESTRONG at the YMCA program. We care about you and look forward to helping you heal and grow.

For more information, please contact Kristina Schultz kschultz@ymcafoxcities.org