



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

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Assoc-Kate Yates ForeverWell Director 920.886.2105; 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

Information about an additional 2024 excursion is coming soon! Stay tuned for updated information on our website and in our monthly newsletter.

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)

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
Healthy-ish Christmas Treats December 15	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

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

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, 11:00 AM

COOKIES AND CAROLS (ACY)

Celebrate the holidays with a Cookie Swap! We'll listen to holiday music, exchange cookies, and share our favorite holiday traditions. Please bring your favorite cookies to share! COST: FREE

Wednesday, December 6, 8:30AM-9:30AM

ALL THINGS ART: PORCH SIGN (APY)

There will be sample ideas on how to design your porch sign, or you can create your own unique style. Go home with a 10"x48" porch sign. All materials included. Register online, or in person at any YMCA Member Service desk. COST: \$7 for Y Members and \$9 for the General Public.

Tuesday, November 7, 9:30AM-11:30AM

COFFEE AND CONVERSATIONS (APY)

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

Every Tuesday, 8:30AM-9:30AM

CONVERSATIONS WITH A COP (APY)

Series Partnership with Appleton Police Department: Sergeant Christopher Biese. The topic this month is community safety: Personal safety, how to stay safe while driving, Run-Hide-Fight and more! All ages are welcome. Please register online, or in person at any YMCA Member Service desk. COST: FREE

Thursday, November 9, 9:30AM-10:30AM

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, 9:30AM-11:00AM

COOKIE SWAP & TASTE (APY)

We will be doing a cookie swap and a taste competition. Please bring a homemade cookie or candy to share! Prizes will be awarded to the person chosen who has the best tasting cookie/candy as well as the best looking cookie/candy.

Thursday, December 14, 9:15AM-10:15AM

WOMEN'S BIBLE FRIENDSHIP GROUP (APY)

Meets monthly on the first Friday of the month. You will be encouraged to grow in your faith and deepen your trust in God by sharing and discussing relevant Bible devotions. Handouts are provided. Just bring a bible.

Fridays, November 3 & December 1, 11:00AM-NOON

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.

Wednesday, November 15, NOON- 1:30PM

Wednesday, December 13, NOON-1:30PM

BEGINNER PICKLEBALL (FWY)

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

Thursdays, NOON-2:00PM (No instruction Thanksgiving and Christmas weeks)

WALKING GROUP (FWY)

Bundle up and meet at the front desk to enjoy a social walk outside on Fox West's beautiful outdoor trails.

Mondays, November 6, 13, 20, 27; December 4, 11, 18: 10:00AM-11:00AM

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." Pizza supported by Sammy's Pizza of Neenah. COST: FREE

Wednesday, November 15, 1:00PM

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

A JOURNEY BACK IN TIME (NMY)

Take part in celebrating Neenah's 150th anniversary with a presentation from the Neenah Historical Society. COST: FREE

Tuesday, December 5, 10:00AM-11:00AM

HOLIDAY CARD MAKING (NMY)

Tis the season! Join us as we handmake Holiday cards together. Each participant will create several unique cards to take home. COST: \$5 Member. \$7 General Public

Wednesday, November 29, 10:00AM-11:30AM

CONVERSATIONS WITH A COP (NMY)

Series Partnership with Neenah Police Department: Officer Joe Benoit. We will discuss fraud prevention surrounding the holidays and how to keep yourself safe. All ages are welcome. Please register online, or in person at any YMCA Member Service desk. COST: FREE

Wednesday, November 8, 11:00AM-NOON

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.

Thursday, November 9, 10:30AM-NOON

Thursday, November 30, 10:30AM-NOON

Thursday, December 7, 10:30AM-NOON
Thursday, December 21, 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
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 - Beginner	FWY	18 +	TH	NOON	2:00	FREE	N/A*
Open Pickleball – Intermediate/Advanced	HVY	18 +	M/W/F	11:00 AM	2:00 PM	FREE	N/A*
Open Pickleball – Beginner	HVY	18 +	T/TH	11:00 AM	1:00 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	7:30 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		T/F	5:00 AM	7:00 AM	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 (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. 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. 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)

Help 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: 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

Winter Session January 8-March 29, 2024

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.