



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. 2024 trips should be posted online by February. You will find 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 in February.

FLIGHT-BASED EXCURSIONS

Information about an additional 2024 Southern Charms 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 the month prior.

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

Heart of the Valley: First Wednesday of the month, from 1:00 PM-3:00 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. Specific menus can be found online. Registration required. COST:

Members: \$25; Non-Members \$25.

Class Name	YMCA	Age	Day	Start	End	Y Member	General Public
January 19- Meatless Monday for Any Day	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
February 16- Cooking for 1 or 2	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 1:30PM-3:00PM. 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 1:30PM-3:00PM. 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 \$10 for the General Public.

SMALL GROUP TECHNOLOGY CLASSES (NMY)

Topics change each month and can vary between, utilizing QR codes, photo printing, social media accounts, fraud prevention and so much more! Register online, or at any YMCA Member Service desk. COST: FREE for Y Members; \$5 for General Public

Second Tuesday of the month, 10:00 AM and 11:00 AM (same topic offered twice)

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. COST: FREE

Monday, January 8 & February 5, 11:00 AM-NOON

BRUNCH AND BINGO POTLUCK (ACY)

Break out of those winter blues and join us for some bingo! Prizes to be awarded to the winners. Please bring a dish to share. Registration required. COST: FREE for Y Members; \$5 for General Public

Friday, January 26, 11:00 AM-NOON

LUNCH & LEARN: FUNCTIONAL LIVING (ACY)

Are you feeling overwhelmed? Do you want your home to feel more functional & supportive but don't know where to begin? Join April from "Functional Living with April" as she walks you through a process to help you enjoy your home and to "Live in Place". Registration required.

COST: FREE for Y Members; \$5 for General Public

Tuesday, January 9, 11:00 AM-NOON

COFFEE AND CONVERSATIONS (APY)

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

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

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. COST: FREE

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

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. COST: FREE

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

GAME DAY (APY)

Escape the winter blues, and come play games with other like-minded people. There will be many different games/cards available to choose from. Meets the second and fourth Wednesday of each month. COST: FREE for Y Members; \$5 for General Public

Second and fourth Wednesday of the month, 1:00 PM-3:00PM

ALL THINGS ART (APY)

Create a one-of-a-kind snowman mason jar soap/lotion dispenser. An easy, but stylish home décor item. All materials included. COST: \$11 for Y Members; \$16 for General Public

Thursday, January 25, 9:15 AM- 11:15 AM

Valentines Day is right around the corner. Join us in making a Valentine's themed, hand-painted heart tote bag. Very fun and easy to make. All materials included. COST: \$8 for Y Members; \$13 for General Public

Tuesday, February 13, 9:30 AM- 11:30 AM

BRUNCH & LEARN: LONELINESS, AND WHY IT SHOULD BE DISCUSSED (APY)

In 2023, the United States Surgeon General released an Advisory calling attention to the public crisis of loneliness, isolation and lack of connection in our country. Our very own YMCA member and RN Leta, will talk about how to support yourself and those around you through navigating this crisis. Please bring a dish to pass. COST: FREE

Tuesday, January 30, 9:30 AM- 11:30 AM

BINGO TIME (APY)

It's B - I - N - G - O Time! Everyone bring three \$1 unwrapped prizes to be used for the game. Coffee and treats provided. COST: FREE for Y Members; \$5 for General Public

Thursday, February 29, 9:15 AM- 10:15 AM

WOMEN'S BIBLE FRIENDSHIP GROUP (APY)

Meets monthly on the first Friday of the month from October to June. 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. COST: FREE

Friday January 5 & February 2, 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. COST: Prices will vary

Wednesday, January 24, NOON- 1:30PM

Wednesday, February 28, 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 for Y Members; \$5 for General Public

Thursdays, NOON-2:00PM

SNOWSHOE GROUP (FWY)

Meet at the front desk to enjoy a social snowshoeing adventure around the Fox West YMCA Trails with ForeverWell Specialist, Jenn. Snowshoes can be provided, but are limited (first come, first served). If you have your own pair, please bring them. COST: FREE

Mondays, January 8, 22; February 5, 19: 10:00 AM-11:00 AM

AGING MASTERY PROGRAM (FWY)

Sponsored by: Fox Valley Advance Care Planning Partnership & University of Wisconsin-Madison Outagamie Extension

Build your own personal playbook for aging well. This fun, innovative program empowers you to improve your well-being and strengthen ties to your community. Learn how exercise, sleep, financial wellness, healthy relationships and community engagement, all play a key role in navigating longer, happier lives. Light lunch provided. Registration for this class is \$25 and can be made through the Outagamie County Extension Office at 920.832.5121.

Mondays, January 22- February 19: NOON-2:00 PM

BIBLE STUDY (HVY)

Take a verse a week and apply its meaning to our everyday life. Enjoy an opportunity to reconnect with friends and faith. COST: FREE

Tuesdays, January 2- February 27: 11:00 AM-NOON

BALANCE CLASS (HVY)

We can all use some help with balance and stability. Having good balance helps in preventing falls, injury and simply making your daily activities easier to perform. This 5-week class will teach you exercises to improve your balance both with and without equipment. COST: \$50 for Y Members; \$65 for General Public

Tuesdays and Thursdays, January 9- February 8: 10:15 AM-10:45 AM

CRAFT OF THE MONTH (HVY)

Art and craft topics will change each month. Tap into your artistic side with these fun projects. COST: Prices will vary

Thursday, January 11, 1:00 PM-2:30 PM

Thursday, February 8, 1:00 PM-2:30 PM

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 for Y Members; \$5 for General Public

Wednesday, February 21, 1:00PM

Film Information Coming Soon!

COFFEE AND CONVERSATIONS (NMY)

Let's get together with old friends and make new ones as we begin the week with Coffee and Conversation. COST: FREE

Mondays, 8:00 AM-9:30 AM

SIMPLY ART (NMY)

Art and Craft projects change monthly! COST: Prices will vary
Bring your imagination as we explore a variety of different painting techniques to depict "Dandelions in the Wind."

Wednesday, January 24, 10:00AM-11:30AM

Love is in the air! Join us as we assemble wreathes in celebration of Valentine's Day.

Wednesday, February 14, 10:00AM-11:30AM

GAME ON! (NMY)

Bring your favorite game or come learn a new one. Cards and a variety of games will be provided. COST: FREE for Y Members; \$5 for General Public

Tuesdays, Starting January 9, 10:00AM-NOON

ART OF AGING SERIES (OGY)

Schedule by registering online, or at any YMCA Member Service desk. COST: Prices will vary

Learn how to make beautiful winter Curled Paper Snowflakes this winter season.

Thursday, January 4, 10:30AM-NOON

Come join us as we follow along and paint some canvases with friends!

Thursday, January 18, 10:30AM-NOON

Come calm your mind with this neurographic art painting.

Thursday, February 1, 10:30AM-NOON

These cool winter Cake Pops are a gorgeous winter treat and they're as tasty as they look!

Thursday, February 15, 10:30AM-NOON

No-bake treat class. Join us as we make a variety of treats and snacks that do not require any cooking at all!

Thursday, February 29, 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	7:00 AM	1:45 PM	FREE	N/A*
Open Pickleball	APY	18+	SUN	7:00 AM	11:00 AM	FREE	N/A*
Open Pickleball	FWY	18+	M/T/W	10:00 AM	2:00 PM	FREE	N/A*
Open Pickleball	FWY	18+	TH/F	10:00 AM	NOON	FREE	N/A*
Open Pickleball - (Beginner)	FWY	18+	TH	NOON	2:00 PM	FREE	N/A*
Open Pickleball (Intermediate/Advanced)	HVY	18+	M/W/F	11:00 AM	2:00 PM	FREE	N/A*
Open Pickleball	HVY	18+	T/TH	6:00 AM	8:00 AM	FREE	N/A*
Open Pickleball (Beginner)	HVY	18+	T/TH	11:00 AM	1:00 PM	FREE	N/A *
Open Pickleball	NMY	18+	SUN	11:00 AM	1:00 PM	FREE	N/A*
Open Pickleball	NMY	18+	W/F	1:00 PM	3:00 PM	FREE	N/A*
Open Volleyball	NMY	18+	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	7:40 AM	FREE	N/A*
Open Basketball	NMY	18+	SUN	9:00 AM	11:00 AM	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*

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. 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 (APY, FWY, NMY, HVY)

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.