



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

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FWY-Jenn Ness ForeverWell Specialist 920.886.2147; jness@ymcafoxcities.org

HVY-Sandy Campbell Wellness Director 920.830.5726; scampbell@ymcafoxcities.org

NMY- *Kate Yates Temporary Contact*

OGY- Cindy Baumgartner Health & Fitness Coordinator 920.560.0001

cbaumgartner@ymcafoxcities.org

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

You can 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. For more information, contact Julie Swiecichowski at 920.886.2177, or jswiecichowski@ymcafoxcities.org.

FLIGHT-BASED EXCURSIONS

We are offering a San Antonio Holiday in December 2024, Washington DC Cherry Blossoms in April 2025 and Canadian Rockies in August 2025. Park at a nearby Y and take a luxury coach to the front entrance of the Appleton Airport, where you will begin your journey. Click here for more information, <https://www.ymcafoxcities.org/adult-flight-based-trips>, or contact Kate Yates at 920.886.2105; kyates@ymcafoxcities.org.

BOOK CLUBS (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.

Neenah-Menasha: *Coming soon! Information to follow*

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.

GET CONNECTED, STAY CONNECTED (FWY, NMY)

Individualized Tech Support

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.

(ADDITIONAL TECH CLASSES LISTED UNDER NEENAH-MENSHA OFFERINGS)

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.

NORDIC POLE WALKING (ACY)

Level 2: Grab your poles and meet us on the outdoor walking track. Greater flexibility and strength, improved balance, less pain from painful joints; all benefits of using Walking Poles. This walk is meant to get your hearts pumping! Receive some tips and techniques for successful Nordic walking. COST: FREE for members; \$3 program pass for general public

Wednesday, June 12, 8:30-9:30 AM

Level 3: Grab your poles and meet us across the street from the Apple Creek Y, at the Purdy trailhead. Receive some tips and techniques for successful Nordic walking. This walk will be increasingly more challenging, navigating the uneven trails and steep short hills. COST: FREE for members; \$3 program pass for general public

Monday, August 14, 8:30-9:30 AM

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: \$25 per participant.

Friday, June 21, 11:00 AM-12:30 PM

RED, WHITE AND BLUE BINGO (ACY)

Play a few rounds of bingo and enjoy light refreshments! Prizes awarded to the winners! Wear your favorite red, white, or blue apparel for a chance to win a door prize! COST: FREE

Tuesday, July 2, 11:30 AM-12:30 PM

GARDEN CLUB (ACY)

Do you enjoy gardening? Join fellow outdoor enthusiasts on the second Tuesday of the month, June - August, to assist with watering, weeding, and harvesting produce from the garden! Each month you'll receive a new recipe to try using fresh vegetables! COST: FREE

Tuesdays, June 11, July 9, August 13, 10:15-11:00 AM

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 FOR A CAUSE (APY)

The ForeverWell department encourages you to share your love of crafting with others, while giving back to the community. Currently, our group is working on crochet or knitted lap blankets for the LIVESTRONG program participants. LIVESTRONG is a 12-week program specifically designed for cancer survivors. During this program, participants work with trained YMCA staff to improve their muscle mass and strength, increase their flexibility and endurance and improve their confidence and self-esteem. Lap blankets, that can be brought to treatment sessions, in the car, or to enjoy at home, will bring comfort to our LIVESTRONG survivors focusing on healing their mind, body and soul. Yarn will be provided. COST: FREE

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

ROCK SNAKE EVENT (APY)

Let's build a Rock Snake, to be displayed outside of our YMCA, and see how long we can make it. Grandparents, parents, guardians; Bring your kiddos out for this fun activity. All supplies included, and there will be treats to enjoy. This will be held outside weather permitting. COST: FREE

Tuesday, July 16, 9:30-11:00 AM

WALKING GROUP (APY)

Get some exercise, and meet new people. Meet at front lobby of YMCA to start our walk. COST: FREE for Y Members; \$3 for General Public

This month we will be walking to the Appleton Fire Department and taking a tour.

Thursday, June 27, 9:15-10:45 AM

This month Jan Heifer will come and teach us how to walk with poles. This is great for stability and upper body strength.

Wednesday, July 17, 9:00-10:00 AM

Today is our final walk of Summer. We will take a walk around an Appleton Trail and end at a coffee shop.

Thursday, August 22, 9:15-10:45 AM

ART COMMOTION (FWY)

Do you love art? Each month we will introduce a new artist. You will have the opportunity to learn about their life, their inspiration(s), and their artwork. You will also be able to 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

Tuesday, June 25, 1:30-3:00 PM

Tuesday, July 23 & Thursday, July 25, 1:30-3:00 PM (*This is a two-part class. When you register, you are committing to both dates*)

Wednesday, August 28, NOON-1:30PM

WALKING GROUP (FWY)

Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist, Jenn. COST: FREE for Y Members; \$3 program pass for General Public

Mondays, 7:30-8:30 AM (No walk on July 8)

MAH JONGG GROUP (FWY)

Mah Jongg is a multiplayer tile game of skill and strategy that is similar to Rummy. Join us as we learn how to play Mah Jongg, meet new folks, and have fun along the way. COST: FREE for Y Members; \$3 program pass for General Public

Wednesdays, June-August, 11:15 AM-12:45 PM

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, June 13, 1:00 PM-2:30 PM

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

TECH TALKS (HVY)

Do you have trouble navigating your smartphone? Would you like to ask questions regarding your phone's capabilities? Stop by the HVY Conference Room for our Tech Talk! Monthly topics will change. This opportunity is open to YMCA members only. COST: FREE (members only)

Thursday, June 6, 1:00-2:00 PM

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

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, 8:00-9:0 AM

HISTORICAL WALKS AROUND NEENAH (NMY)

Walk with us as we explore historical downtown Neenah. Learn about a few key historical landmarks in the area. COST: FREE for Y Members; \$3 program pass for General Public

Monday, July 15, 8:30-9:30 AM

Monday, August 19, 8:30-9:30 AM

SMALL GROUP TECHNOLOGY INTRODUCTIONS (NMY)

A short introduction to various technology topics and techniques. Topics change each month. Register online, or at any YMCA Member Service desk. COST: FREE for Y Members; \$3 for

General Public

Travel Resources and Chat GPT

Tuesday, June 11, 10:00 AM and 11:00 AM (same topic offered twice)

Online Fitness Classes: Y360 and Senior Planet

Tuesday, July 9, 10:00 AM and 11:00 AM (same topic offered twice)

Online Rx Drug Resources

Tuesday, August 13, 10:00 AM and 11:00 AM (same topic offered twice)

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. All open pickleball and basketball hours can be found in our Sports Program Guide here: <https://www.ymcafoxcities.org/program-pdfs>.

SELF CARE OPPORTUNITIES

MESSAGE 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: June 17-August 15, 2024 (No class the week of July 4)
August 20-October 10, 2024 (No class September 2)

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)

ACY: M/W – 10:30-11:45 AM

APY: M/W – 10:30-11:45 AM
T/TH – 5:00-6:15 PM

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

OGY: T/TH – 9:45-11:00 AM

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.