



## FOREVERWELL (Ages 55+)

### STAFF CONTACTS

ACY-Natalie McVeigh Health & Fitness Coordinator: 920.702.2317; [nmcveigh@ymcafoxcities.org](mailto:nmcveigh@ymcafoxcities.org)

APY-Cassandra Stellmacher: 920.954.7633; [cstellmacher@ymcafoxcities.org](mailto:cstellmacher@ymcafoxcities.org)

FWY-Jenn Ness ForeverWell Specialist: 920.886.2147; [jness@ymcafoxcities.org](mailto:jness@ymcafoxcities.org)

HVY-Sandy Campbell Wellness Director: 920.830.5726; [scampbell@ymcafoxcities.org](mailto:scampbell@ymcafoxcities.org)

NMY & OGY-Luann Luehring ForeverWell Specialist 920.954.7643; [lluehring@ymcafoxcities.org](mailto:lluehring@ymcafoxcities.org)

Assoc-Kate Yates ForeverWell Program Director: 920.886.2105; [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)

**See the YMCA of the Fox Cities APP or go to [ymcafoxcities.org/group-exercise](https://ymcafoxcities.org/group-exercise) for a schedule of current exercise programming. (Paper copies available at branches).**

### DAY TRIPS/FIELD TRIPS

Travel all around the state with the Y. You can find the most updated list of day trips here at [ymcafoxcities.org/adult-bus-trips](https://ymcafoxcities.org/adult-bus-trips). We also offer outdoor recreation activities and that information can be found here: <https://www.ymcafoxcities.org/adult-field-trips>. For more information, contact Julie Swiecichowski at 920.886.2177, or [jswiecichowski@ymcafoxcities.org](mailto:jswiecichowski@ymcafoxcities.org).

### FLIGHT-BASED EXCURSIONS

We are working hard to plan trips for 2026. Updated information can be found here: <https://www.ymcafoxcities.org/adult-flight-based-trips>. Contact Kate Yates for more information at 920.886.2105, or [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org).

### SENIOR HEALTH & FITNESS DAY

All of our 6 locations are celebrating with different pop-ups, educational events and full day fun! Keep an eye out for flyers and social media coming soon!

**Wednesday, May 28<sup>th</sup>**

### 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. Meeting topics change each month including social and educational presentations as well as special events. The Memory Cafe is offered through the Fox Valley Memory Project. No registration required. COST: FREE

**Fox West:** First Wednesday of the month from 1:30PM-3:00PM

**Heart of the Valley:** Second Thursday of every month (July-December) from 1:30PM-2:30PM

## 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. Registration required. 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](mailto:kyates@ymcafoxcities.org).

## CHINESE MAH JONGG: OPEN PLAY (ACY)

Join us in the fun in this exciting tile-based game. Mah Jongg involves strategy, skill and a bit of luck! Open to all levels. Drop Ins Welcomed! COST: FREE for Y Members; \$3 Program Pass for General Public

**Thursdays, 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.

| Class Name                | YMCA | Age | Day | Start    | End      | Y Member | General Public |
|---------------------------|------|-----|-----|----------|----------|----------|----------------|
| May 16: Menu Coming soon! | ACY  | 18+ | F   | 11:00 AM | 12:30 PM | \$25     | \$25           |

## DIABETES PREVENTION PRESENTATION (ACY)

*By: Primary Care Associates of Appleton, LTD*

Sheri Grobner will present a diabetic meal planning session. This will focus on macronutrients, the essential nutrients our bodies need. She will spend extra time on carbohydrates and their impact on diabetes and pre-diabetes. Registration required. COST: FREE

**Tuesday, May 6, 1:00 PM-2:00 PM**

## WALKING GROUP (ACY)

Connect with fellow outdoor enthusiasts for a social walk on the walking trail loop or on the trails at the Purdy Preserve. Please meet at the Membership Desk and dress for the weather. COST: FREE for Y Members; \$3 Program Pass for General Public

**Tuesdays, May 6, 13, 20, 27, 9:30 AM-10:30 AM**

## HIP HEALTH (ACY)

*By: Peak Performance*

Hip Health by Peak Performance: Join us for a dynamic and engaging class designed to improve hip mobility, strength, and overall health. This class combines functional movements, stretching, balance training and strengthening exercises to support the muscles surrounding the hips, helping to prevent injury and falls while promoting flexibility. Whether you're dealing with tight hips, weakness, or simply want to improve your overall hip health, participants will leave feeling educated, strong, and aware of how to maintain hip health in their everyday life. Ideal for all fitness levels. COST: FREE

**Tuesday, May 27, 1:00 PM-2:00 PM**

## POP-UP STEP CLASS (ACY)

Elevate your heart rate with a classic aerobics format! Sculpt muscles with this full-body cardio and toning class. COST: FREE

**Wednesday, May 28, 8:30 AM-9:15 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**

## BOOK CLUB (APY)

Join us once a month for book club. Books will be available for pick up the month prior.

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

**Friday, May 2, 11:00 AM-NOON**

## CRAFTING FOR A CAUSE (APY)

Join fellow crafters, knitters, and crocheters to create one of a kind items to be gifted to our YMCA LiveStrong Program graduates. Beginner to advances welcome. Ideas, patterns, and supplies can be provided. Share your love of crafting with others, while giving back to the community. Yarn is provided. COST: FREE

**First & Third Tuesday of the Month, 9:30 AM-11:00 AM**

## SPECIAL GUEST WALK & TALK (APY)

Learn about different departments and programs around the Y while enjoy a stroll in the fresh air. Each walk, you'll be joined by a Y Staff members for an enriching chat. Learn more about your Y and the people who make it all happen! Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

**Tuesdays, May 13, 20, 27, 9:45 AM-10:15 AM**

**Thursdays, May 15, 22, 29, 10:45 AM-11:15 AM**

## BRING BACK BALANCE EVENT (APY)

Join expert demos and presentations to get hands-on tools to balance fitness, nutrition, and mental health in your life. Browse our informational tables for relevant program information, community events, and resources to help you stay balanced in life. Registration preferred. COST: FREE

**Wednesday, May 28, 12:30 PM-3:30 PM**

## **INTRO TO PICKLEBALL (FWY)**

New to the game and wanting to learn? Have a few questions, or just looking for folks to play with on a more beginner level? Join us most Thursdays from Noon-1PM for instruction, followed by some friendly competition, until 2PM. COST: FREE for Y Members; \$3 Program Pass for General Public

**Thursdays, NOON-2:00PM**

## **WALKING GROUP (FWY)**

Bundle up and 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, May 5, 12, 19, 10:00 AM-11:00 AM**

## **MAH JONGG (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, 11:15 AM-12:45 PM**

## **ART COMMOTION (FWY)**

Do you love art? Each month you will have the opportunity to try your hand at art. Artists use a variety of different medias, so each month will be new and exciting! COST: Prices will vary

**Wednesday, May 14, NOON-1:30 PM**

## **VISIT WITH SAMARIA: THE COMFORT DOG (FWY)**

Samaria is a comfort dog that brings a calming influence, allowing people to open their hearts and receive help in their time of need. Come meet Samaria and experience her gift. COST: FREE

**Tuesday, May 20, 11:00 AM-NOON**

## **FAITH & FITNESS (FWY)**

Transform your mind-body connection in this 4-week session focusing on our relationship between physical and spirit fitness. Please join us for a new theme each week: Mind, Body, Soul, and Flexibility. Registration required. COST: FREE

**Wednesdays, April 29- May 20, 10:30 AM-11:15 AM**

## **PUZZLING MYSTERIES: ADVENTURE AWAITS IN HAWAII (FWY)**

Do you love puzzles, escape rooms, or solving mysteries? If so, join us for an adventure that mentally takes us to the sunny paradise of the Hawaiian Islands. Come solo or with a friend and while on our "trek" we will seek to solve a mystery of our very own. Registration required.

COST: \$5 Y Members; \$10 General Public

**Wednesdays, April 29- May 20, 10:30 AM-11:15 AM**

## **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, 11:00 AM-NOON (no class May 27)**

## **BOOK CLUB (HVY)**

Join us once a month for book club. Books will be available for pick up the month prior.

**First Wednesday of the month, from 1:00 PM-3:00 PM.**

## TECH TALK (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 the first Thursday of each month for our Tech Talk! COST: FREE for Y Members

**First Thursday of the Month, 1:00 PM-2:00 PM**

## COOKING CLASS (HVY)

*Look for more information coming soon!*

**Thursday, May 8, 1:00 PM-3:00 PM**

## POKER WALK (HVY)

Drop-In from 7:30-10:30 AM - Walk the indoor track and pick up a new card each lap. After 5 laps, play your hand against those walking with you. No prior knowledge of poker is needed and all walking levels are welcome!

**Wednesday, May 28, 7:30 AM-10:30 AM**

## 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-9:00 AM**

## AARP SMART DRIVER COURSE (NMY)

Refresh your driving skills with the AARP Smart Driver Refresher Course. You will learn defensive driving techniques, new traffic laws and rules of the road, how to deal with aggressive drivers, how to safely navigate adverse weather conditions, useful information on automobile technology and more. Upon completion, you may be eligible to save money on your car insurance. Contact your local insurance agent for details. AARP Member - \$20 | Non-AARP Member - \$25

**Thursday, May 8, 10:00AM-2:30 PM**

## HISTORIC DOTY ISLAND WALK (NMY)

The Neenah Historic Society will be our walking guide as we make our way around historic Doty Island. Learn all about the history of this unique island. We will begin our journey starting at the Neenah-Menasha YMCA. Meet at the front desk. Registration required. COST: FREE

**Tuesday, May 20, 10:00 AM-11:00 AM**

## FAITH WITH FRIENDS (NMY)

Join us the 3rd Wednesday every month for a spiritual discussion to build meaningful relationships in a supportive, Christ-centered community. Share how God is working in your everyday life, and uplift one another as we navigate a path guided by His direction COST: FREE

**Wednesday, May 21, 11:00 AM-NOON**

## CHIROPRACTIC HEALTH (NMY)

Take the next step in your health, and join Kaci from Chiropractic Health to learn all about chiropractic care and its benefits. Kaci will also be offering free muscle scans to anyone who would like to have it done. Registration required. COST: FREE

**Wednesday, May 28, 11:00 AM-NOON**

## MEDICARE 101 (OGY)

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. Amy Allcox from Medicare Masters will be here to discuss all things Medicare. Adults of all ages welcome.



Registration required. COST: FREE  
**Tuesday, May 6, 8:00 AM-9:00 AM**

## **OUTDOOR WALK (OGY)**

Spring is here. The flowers are blooming, the leaves are green. Let's take a walk and enjoy the beauty of spring and stop at Café Nutrition for a sweet treat or a refreshing drink. Bring a few dollars for purchases at Café Nutrition. This walk will be approximately 2.6 miles round trip.

Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

**Monday, May 12, 9:15 AM-10:45 AM**

## **ADVANCED FUNERAL PLANNING (OGY)**

Learn all about Advanced Funeral Planning. Why is it important? How do I go about this? Where do I start? Lisa is an Advanced Funeral Planner and will be here to teach us what we need to know.

Registration required. COST: FREE

**Tuesday, May 13, 10:30 AM-11:30 AM**

## **CONTAINER GARDENING (OGY)**

Container gardening is a way to grow your favorite vegetables and herbs without a garden. Join Kirsten in learning how to start your own container garden. You will make and go home with a container potted with an already started seedling from Kirsten's own garden. There will be a variety of vegetables and herbs to choose from. Registration required. COST: \$11 Y Member; \$16 General Public

**Thursday, May 22, 9:30 AM-11:00 AM**

## **LEARN PICKLEBALL (OGY)**

Pickleball is all the rage right now. It is a great way to stay active and meet new friends. Come by yourself, or bring your friends. This class is perfect for the beginner who has little or no experience. The instructors will teach you everything you need to know and how to play the game so you can continue to play whenever you want to. Registration required. COST: FREE

**Wednesday, May 28, 10:45 AM-11:45 AM**

## **AQUATICS DEPARTMENT**

Three locations 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](mailto:rlee@ymcafoxcities.org); 920.954.7640

**Fox West:** Leah Leonard, [leonard@ymcafoxcities.org](mailto:leonard@ymcafoxcities.org); 920.770.2673

**Neenah-Menasha:** Angie Kennedy, [akennedy@ymcafoxcities.org](mailto: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

### 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. Call to make an appointment. 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: \$40

### BLOOD PRESSURE SCREENINGS

A great opportunity to check your heart health! Ask about screenings available at your Y. FREE

## CONDITION SPECIFIC PROGRAMS

### INJURY SCREENS

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

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](mailto:lkreger@ymcafoxcities.org)

### POST-REHAB PROGRAM

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](mailto: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.

**Fox West:** JJ Guttman P 920.560.0421 E [jguttman@ymcafoxcities.org](mailto:jguttman@ymcafoxcities.org)

**Heart of the Valley:** Paula Beyer P 920.830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

## **CANCER SURVIVOR PROGRAM: LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM**

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**

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.

### **Contact:**

ACY: Jennifer Oaks P 920.702.2316 E [joaks@ymcafoxcities.org](mailto:joaks@ymcafoxcities.org)

APY: Kristina Schultz P 920.954.7616 E [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org)

FWY: Patti Lynn P 920.954.7618 E [plynn@ymcafoxcities.org](mailto:plynn@ymcafoxcities.org)

HVY: Sandy Campbell P 920.830.5725 E [scampbell@ymcafoxcities.org](mailto:scampbell@ymcafoxcities.org)

NMY: Susan Christel P 920.886.2127 E [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org)

OGY: Cindy Baumgartner P 920-560-0001 [cbaumgartner@ymcafoxcities.org](mailto:cbaumgartner@ymcafoxcities.org)



