



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

ACY-Natalie McVeigh Health & Fitness Coordinator: 920.702.2317; nmcveigh@ymcafoxcities.org

APY-Cassandra Stellmacher: 920.954.7633; cstellmacher@ymcafoxcities.org

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

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

NMY & OGY-Luann Luehring ForeverWell Specialist 920.954.7643; lluehring@ymcafoxcities.org

Assoc-Kate Yates ForeverWell Program Director: 920.886.2105; kyates@ymcafoxcities.org

See the 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).

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. 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.

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.

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 Café is offered in support by the Fox Valley Memory Project. No registration required. FREE for all.

Fox West YMCA: First Wednesday of the month, 1:30 PM- 3:00 PM

Heart of the Valley: July-December, second Thursday of the month, 1:30 PM-2:30 PM

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.

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
June 20: Menu Coming soon!	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

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, June 10 & 24, July 8 & 22, August 5 & 19, 9:30 AM-10:30 AM

FREE BLOOD PRESSURE SCREENINGS (ACY)

Meet with a Healthy Heart Ambassador for a free blood pressure screening in the Lobby. No prior registration needed. COST: FREE

Tuesdays, June 17, July 15, August 12, 9:30 AM-11:30 AM

FOREVERWELL FAMILY PICNIC & BINGO (ACY)

Fun for the whole family! Join us for a multigenerational picnic & bingo event! Please bring a dish to pass. Weather permitting, event to be held outdoors. Registration Required. COST: FREE for Y Members, \$3 Program Pass for General Public

Wednesday, July 2, NOON-2:00 PM

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

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! COST: FREE for Y Members; \$3 Program Pass for General Public

Tuesdays Weekly, 9:45 AM-10:15 AM

Thursdays Weekly, 10:45 AM-11:15 AM

HISTORY MUSEUM WALKING TOUR (APY)

City Park Neighborhood Tour

Take a stroll through the neighborhood surrounding Appleton's oldest park as we discuss some of Appleton's early residents, the architectural styles of their homes, and the creation of City Park.

Registration required. COST: \$15 Y Members; \$18 General Public

Wednesday, June 18, 1:00 PM-3:00 PM

TECH TALK (APY)

Learn the basics of navigation your smartphone. Download apps, change settings, customize home screen, and more. Get your questions answered and make your phone work for you. Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

Wednesday, August 20, NOON-1:00 PM

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

Tuesdays Ongoing, 7:30 AM-8:00 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

COFFEE WITH CARE PATROL (FWY)

Join us for FREE coffee and comradery enjoy special guest and YMCA updates. Meet a new friend and start your day with us. Sponsored by Care Patrol. COST: FREE for all

Tuesdays, May 6, June 10, July 15, August 12, 8:30 AM-9:30 AM

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

Tuesdays, June 17, July 15, August 19, 11:00 AM-NOON

COOKING CLASS (HVY)

Come learn how to create a beautiful summer themed, strawberry mango salsa. A hit that will shine at all your upcoming gatherings. COST: \$20 Y Member; \$30 for General Public

Thursday, July 17, 1:00 PM-3:00 PM

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

MONTHLY CRAFT (HVY)

Look for more information coming soon!

Thursday, June 12, 1:00 PM-3:00 PM

Thursday, August 14, 1:00 PM-3:00 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 AM-9:00 AM

DRUMS ALIVE POP-UP (NMY)

Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is designed to burn fat, improve physical and mental fitness and above all, be fun. The workout includes the use of a stability ball and drumsticks. Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

Tuesday, June 10, 11:15 AM-NOON

OCTAGON HOUSE WALK & TOUR (NMY)

Join us for a leisurely walk to the Neenah Historical Society and Octagon House. Enjoy a tour of the facility before returning to the Y. Meet in the front lobby of the Neenah-Menasha YMCA. No cost for the tour, however, donations are appreciated at the Historical Society. Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

Monday, June 23, 9:30 AM-11:00 AM

OAK HILL CEMETARY WALK (NMY)

Join the Neenah Historical Society as we take a walk-through Oak Hill Cemetery and learn about its long history. Oak Hill Cemetery is one of the oldest municipally owned cemeteries in the United States. It is owned and operated by the City of Neenah. Meet at Oak Hill Cemetery. Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

Monday, July 21, 10:00 AM-11:00 AM

BEE-YOU-TIFUL FLOWER DÉCOR (NMY)

Celebrate National Honey Bee Day by bringing this fun BEE theme décor into your home. Enjoy creating your own BEE-you-tiful bee theme flower pot. Registration required. COST: \$14 Y Member; \$19 General Public

Tuesday, August 12, 10:00 AM-11:30 AM

DOTY ISLAND CABIN WALK & TOUR (NMY)

Doty Cabin is the historic replica home of James Duane Doty, Wisconsin's second Territorial Governor. Enjoy a leisurely walk from the Neenah-Menasha YMCA to Doty Island Cabin, where we will be given a tour of this historic home. Meet in the front lobby of the Neenah-Menasha YMCA. Registration required. COST: FREE for Y Member; \$3 Program Pass for General Public

Monday, August 18, 8:30 AM-10:30 AM

WWII PRESENTATION (OGY)

On June 6, 1944, also known as D-Day, is considered a major turning point in World War II. Historian, Kara Rothkegel will join us to discover how the Neenah Red Cross and local residents mobilized during WWII, supporting troops, aiding civilians, and contributing to the war effort. From Red Cross volunteers and blood donors to industrial shifts, rationing, and Victory Gardens, learn how the community played a vital role in achieving victory. Registration required. COST: FREE

Thursday, June 5, 10:00 AM-11:00 AM

OUTDOOR WALK (OGY)

Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist Luann. COST: FREE for Y Members; \$3 Program Pass for General Public

Thursday, July 10, 8:00 AM-9:00 AM

HEALTHY-ISH TREATS (OGY)

We all enjoy treats, but sometimes the treats we choose are very processed and very high in sugar. Today will make two different types of no bake "healthy...ish" treats with plenty to take home to share with family and friends and enjoy. Registration required. COST: \$14 for Y Members; \$19 for General Public

Thursday, July 24, 9:30 AM-11:00 AM

BRAIN HEALTH & MEMORY SCREENING (OGY)

Join us for an informational session to learn about brain health, normal versus abnormal aging concerns, and the importance of having memory screenings completed each year as we age. Register for the presentation online or at the Member Service desk at any Y location. To sign up for a memory screening appointment being offered after the presentation, contact Luann Luehring 920-954-7643 or lluehring@ymcafoxcities.org Registration required. COST: FREE

Thursday, August 21, 10:00 AM-11:00 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; 920.954.7640

Fox West: Leah Leonard, lleonard@ymcafoxcities.org; 920.770.2673

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

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, 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

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

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+ 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

Heart of the Valley: Paula Beyer P 920.830.5708 E 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

APY: Kristina Schultz P 920.954.7616 E kschultz@ymcafoxcities.org

FWY: Patti Lynn P 920.954.7618 E plynn@ymcafoxcities.org

HVY: Sandy Campbell P 920.830.5725 E scampbell@ymcafoxcities.org

NMY: Susan Christel P 920.886.2127 E schristel@ymcafoxcities.org

OGY: Cindy Vandelist P 920-560-0001 cvandelist@ymcafoxcities.org

