



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

ACY-Natalie McVeigh Health & Wellness Director: 920.702.2317; nmcveigh@ymcafoxcities.org

APY-Casandra Stellmacher Health & Fitness Coordinator: 920.954.7633;

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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-Stacy Parish ForeverWell Specialist

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

Kate Yates ForeverWell Program 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. For more information, contact Julie Swiecichowski at 920.886.2177, or jswiecichowski@ymcafoxcities.org.

FLIGHT-BASED EXCURSIONS

During our 2026 travel season, we will be exploring Hawaii, a California Rail Adventure and Tuscany! Check out additional information here: <https://www.ymcafoxcities.org/adult-flight-based-trips>. Registration goes directly through our travel vendor. Seats go quickly!

BOOK CLUB (APY, HVY, NMY)

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: Third Thursday of the month, from 11:00AM-NOON

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: This 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: This Café meets the second Thursday of every month from 1:30PM-2:30PM. 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. 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)

This program is best suited for experienced participants, or for those who have completed Chinese Mah Jongg for Beginners, or have previous experience. COST: FREE for Y Members; \$3 Program Pass for General Public

Thursdays, 1:00 PM-3:00 PM

DOMINOES: OPEN PLAY (ACY)

Join us for a fun and relaxed time of dominoes! Whether you're a seasoned player or just learning the ropes, this open play session is the perfect opportunity to enjoy friendly competition, socialize with others, and keep your mind sharp. No registration required—just drop in, grab a seat, and let the games begin! COST: FREE Y Member; \$3 General Public.

Mondays, Starting September 15, 1:00 PM- 3:00 PM

MEDICARE CHATS (ACY)

Medicare insurance plans have multiple options and can often, be confusing to navigate. Don't hold off in gathering this information for yourself and your loved ones. Join Amy Allcox with Medicare Masters, LLC, to navigate general information regarding Medicare insurance benefits. COST: FREE for all. Registration required

Tuesday, September 16, 8:30 AM- 9:30 AM

Tuesday, October 7, 8:30 AM- 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.

Class Name	YMCA	Age	Day	Start	End	Y Member	General Public
September 16: Menu Coming soon!	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
October 7: Menu Coming Soon!	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

FALLS PREVENTION WORKSHOP (ACY)

Brought you by Peak Performance. Stay steady and strong! This interactive workshop is designed to help older adults improve balance, build strength, and reduce the risk of falls through practical exercises and safety tips. Join us to gain confidence and stay active safely. COST: FREE. Registration required.

Monday, September 22, NOON-1:00 PM

UNDERSTANDING HIP PAIN: CAUSES AND SOLUTIONS (ACY)

Brought to you by OSI. Discover the common causes of hip pain and learn practical ways to find relief in this active, movement-based session. Through guided exercises and expert insights, you'll explore how to improve mobility, reduce discomfort, and support long-term hip health. Perfect for all fitness levels! COST: FREE. Registration required

Friday, September 19, 1:30 PM-2:30 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

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

First Friday of the Month, 11:00 AM-NOON

TRANSPORTATION SERIES (APY)

TRANSPORTATION SAFETY WITH APPLETON POLICE (APY)

With more people on the road, new traffic patterns, and more technology, the world of driving has changed. Learn from our experts in traffic safety, the Appleton Police Department. Break down where and how to park around town, and how to navigate through traffic efficiently and safely. Take the guess work out of driving and commute confidently! COST: FREE. Registration required

Thursday, September 4, 11:30 AM-12:30 PM

KNOW YOUR TRANSPORTATION OPTIONS- PANEL DISCUSSION (APY)

With more people on the road, new traffic patterns, and more technology, the world of driving has changed. Learn from our experts in traffic safety, the Appleton Police Department. They'll break down where and how to park around town, how to navigate through traffic efficiently and safely. Take the guess work out of driving and commute confidently! COST: FREE. Registration required

Wednesday, September 10, 5:00 PM-6:00 PM

VALLEY TRANSIT PRESENTATION (APY)

Does public transportation seem intimidating? Let Fox Valley Transit tell you about exploring all transportation options and give you the tools and confidence to travel safely. They will share the programs and opportunities to make navigating the bus routes easier. There will be time for open discussion and questions. COST: FREE. Registration required

Thursday, September 18, NOON-2:00 PM

VALLEY TRANSIT BUS STATION TOUR (APY)

Are you Ready to Ride? Come take a tour of the Valley Transit Bus station. Learn how to read the routes, navigate the fare payment system, and plan your trip. Put all this information to use as we take a ride on the bus! COST: FREE. Registration required

Thursday, October 2, NOON-2:00 PM

CRAFTING FOR A CAUSE (APY)

Share your love of crafting with others, while giving back to the community. Currently, our group is working on knitted or crocheted lap blankets and hats for the LIVESTRONG® program participants. Yarn is provided. COST: FREE

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

FALLS PREVENTION PRESENTATION (APY)

Presented by the Appleton Fire Department, Steps To Safety™ has been developed by experts from national and local safety organizations to teach you practical safety messages that can be easily applied in your home immediately. COST: FREE. Registration required

Wednesday, September 24, 12:30 AM-1:15 PM

FALLS PREVENTION WORKSHOP (APY)

Learn practical skills and exercises to keep you balanced and prepared. Our trainer will show you functional fitness exercises that you can work on at home to improve balance, mobility and reduce the risk of falls and injury. COST: FREE. Registration required

Wednesday, September 24, 12:30 PM-1:15 PM

NAMI LUNCH & LEARN (APY)

Changes in schedules, overwhelming events, disappointment, loneliness and so much more can feel heavier during the holiday season. Enjoy light snacks while NAMI teaches ways to prepare and cope with the holidays during new life phases and changes. COST: FREE. Registration required

Wednesday, October 15, 11:30 AM-1:00 PM

CHECK-IN CHATS (APY)

Designed to be a follow-up to our NAMI presentations, this will be a peer group discussion lead by a facilitator. After some time to process what you hear about and learn from the previous week's presentation, use this time to process out loud and together. COST: FREE. Registration required

Thursday, October 23, 9:00 AM-10:00 AM

WALKING GROUP (FWY)

Ready to walk the trails? Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist Jenn. COST: FREE Y Members; \$3 Program Pass General Public. Registration required

Mondays, 10:00 AM- 11:00 AM

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

AGELESS AGILITY

Maintain your vitality and independence by proactively reducing the risk of common injuries. Combining engaging educational sessions with practical, hands-on exercises, participants will gain valuable knowledge and develop actionable strategies to enhance their safety and well-being. Part I: Fall-proofing Your Future - Mastering Balance and Stability

Wednesday, September 24, 11:00AM-NOON

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 for Y Members; \$3 Program Pass for General Public

Tuesday, September 16, 11:00 AM-NOON

Wednesday, October 21, 11:00AM-NOON

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, 11:15 AM-12:45 PM

FAITH AND 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: Caring, Honesty, Respect, and Respect. COST: FREE. Registration required

Tuesdays, September 9-30, 10:30 AM-11:15 AM

PLANNING 'AHEAD' PROGRAM (FWY)

Brought to you by the University of Wisconsin-Madison Extension. End-of-life planning is the ultimate gift you can give your loved ones. Join us for a multi-session program that gives you the tools and resources to help begin or continue the end-of-life planning process. This type of planning, including advance care planning, is for everyone. At any age, a medical crisis could leave you unable to communicate your own health care decisions. Plan ahead. Support those you love by planning ahead. Register online at <https://bit.ly/PlanningAheadFoxWest> or by calling 920-832-5129

Tuesday, September 16, Thursday, September 18 & Tuesday, September 23, 1:00 PM-3:00 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, 11:00 AM-NOON

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

MEDICARE 101 (HVY)

Are you or someone in your family turning 65 in the next year? Come learn the A, B, C, and Ds of Medicare and how to plan ahead. Learn practical information and get your questions answered. COST: FREE for all. Registration required

Thursday, January 16, 1:00 PM-2:30 PM

COOKING CLASS (HVY)

Every other month there will be a cooking class. The recipes will be tasty and simple. Come learn how to make something delicious that even a beginner cook could make. Come for the fun and leave with a tasty dish.

COST: Prices will vary. Registration required.

Thursday, September 11, 1:00 PM-3:00 PM

CRAFT TIME (HVY)

Crafts will be every other month. Art and craft topics will change each month. Tap into your artistic side with these fun projects. COST: Prices will vary. Registration required.

Thursday, October 9, 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

MEDICARE 101 (NMY)

Turning 65 Soon? Have Parents on Medicare? Thinking About Changing Your Medicare Plan? Join Amy Allcox from Medicare Masters for an informative session where she'll cover everything you need to know about Medicare. COST: FREE. Registration required

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

Friday, October 3, 8:30 AM-9:30 AM

KING ME! CHECKERS TOURNAMENT (OGY)

Join us for a fun and friendly Checkers Tournament where strategy, focus, and a little friendly competition rule the board! In this single-elimination format, each match is a win to move on. Prizes awarded to the last two players standing. COST: FREE Y Members; \$3 Program Pass for General Public. Registration preferred

Wednesday, September 10, 10:30 AM-11:30 AM

COMMUNITY CREDIT UNION CAFÉ WALK (OGY)

Join fellow Y members for a social walk to the Community Credit Union café. Enjoy a quick snack or coffee, before heading back to the Y. It's not just about the destination—it's the conversation along the way. Bring a few dollars for the café. Meet in the front lobby of the Ogden YMCA.

Approximately 4 mile walk round trip. COST: FREE. Registration required

Thursday, September 9, 9:00 AM-11:00 AM

K-9 UNIT IN ACTION (OGY)

In honor of National Service Dog Day, come meet Lieutenant Corey Haag and his K-9 partner Hans from the Fox Crossing Police Department for an exciting and educational presentation about K-9 police dogs. Lieutenant Haag will share fascinating insights into the world of K-9 policing, including real-life stories and experiences he and Hans have faced together on the job. You'll also get to watch Hans in action during a live demonstration of a drug search! Please Note: Hans is a protection and criminal apprehension K-9, not a comfort dog, so for safety reasons, attendees will not be able to pet him. Come learn, watch, and celebrate the incredible work of service dogs like Hans! COST: FREE. Registration required

Wednesday, September 17, 10:30 AM-11:30 AM

BETTER BALANCE, FEWER FALLS (OGY)

Celebrate Falls Prevention Week by taking an active step toward better balance, strength, and confidence. Join us for a fun and informative session where you'll learn simple, effective techniques

to improve your balance and help prevent falls. Whether you're looking to stay steady on your feet or just want to feel more confident in daily movement, this session is for you! COST: FREE.

Registration required

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

MEDICARE 101 (OGY)

Turning 65 Soon? Have Parents on Medicare? Thinking About Changing Your Medicare Plan? Join Amy Allcox from Medicare Masters for an informative session where she'll cover everything you need to know about Medicare. COST: FREE. Registration required

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

UNDERSTANDING MENTAL WELLNESS: Presented by NAMI (OGY)

As we age, changes in health, lifestyle, and relationships can impact our emotional well-being. This session will help you better understand common mental health concerns in later life—such as depression, anxiety, and isolation—and provide tools for recognizing signs, seeking support, and promoting overall wellness. COST: FREE. Registration required

Thursday, October 9, 10:30 AM-11:30 AM

THE POWER OF OATS: MUESLI & BREAKFAST COOKIE (OGY)

Join us for a tasty, heart-healthy celebration of National Oatmeal Day! Each person will whip up a batch of muesli AND wholesome breakfast cookies—all featuring fiber-packed oats as the star ingredient. Whether you're curious about new breakfast ideas or just love a good cookie, this is a great way to learn, taste, and take home some easy recipes. COST: \$14 Y Members; \$19 General Public. Registration required

Wednesday, October 29, 10:30 AM-NOON

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, leonard@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, 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: \$39

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 30-75 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

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 Baumgartner P 920-560-0001 cbaumgartner@ymcafoxcities.org

