



## 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 Coordinator: 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-Stacy Parish ForeverWell Specialist 920.886.2181; [sparish@ymcafoxcities.org](mailto:sparish@ymcafoxcities.org)

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

Assoc-Jenn Ness ForeverWell Coordinator 920.886.2147; [jness@ymcafoxcities.org](mailto:jness@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

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).

### 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

## 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. (No class November 27 and December 25)

**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
Nov 21: kale salad, cheesy broccoli and cauliflower, quick soup	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
Dec 19: Zippy chicken salad, feta dip with sweet tart cranberries, pumpkin pie dessert hummus	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

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

**Mondays, 1:00 PM-3:00 PM**

## FITNESS & NUTRITION STRATEGIES TO BOOST COGNITIVE HEALTH (ACY)

Join registered dietitian and personal trainer Kate Jenkins for an interactive workshop on exercise and nutrition strategies to maintain cognitive health. Kate has been working with the Parkinson's population for 10 years and fully believes exercise is medicine (and nutrition too!). She will talk about the benefits of exercise and nutrition specifically for cognitive health as well as share fun exercises to incorporate to challenge your body and your brain. COST: FREE. Registration required

**Friday, December 5, 1:30 PM-2:45 PM**

## 10 WARNING SIGNS OF ALZHEIMER'S (ACY)

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others. This presentation will also address the importance of early detection, provide practical examples of each warning sign, and offer guidance on next steps if you're concerned about memory changes in yourself or a loved one. Presented by: Courtney Tienor, Executive Director of Community Services, St. Paul Elder Services. Registration Required. COST: FREE

**Tuesday, November 11, 1:00 PM-2:00 PM**

## COOKIES & CAROLS (ACY)

Bring your favorite cookie recipe and one dozen cookies to swap! Enjoy an hour of socialization and a special treat, courtesy of our youth programs! Registration Required. COST: FREE

**Thursday, December 18, 9:15 AM-10:15 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 the first Thursday of each month for a book club. Meetings will provide regular opportunities to read, unwind and have thought-provoking conversations with others who share the love of reading. Books will be available for pick up one month prior at the front desk. 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**

## 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**

## NAMI LUNCH & LEARN (APY)

Join NAMI and learn the symptoms of Seasonal Affective Disorder and how it affect both your physical and mental health. Take home practical tips to prepare for the season, recognize symptoms, and when to seek help. Light snacks provided. Registration required. COST: FREE

**Wednesday, November 12, 11:30 AM-1:00 PM**

## CHECK-IN CHATS (APY)

This will be a peer group discussion led by a facilitator. Discussion topics will include struggles heading into the holidays and reviewing previous NAMI presentations. You'll use this time to process out loud and together. Please join even if you were not able to attend the NAMI presentations. Registration required. COST: FREE

**Thursday, November 20, 9:00 AM-10:00 AM**

## TECH TALK (APY)

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

**Thursday, November 13, NOON-1:00 PM**

**Wednesday, December 10, NOON-1:00 PM**

## BEADED INDIAN CORN (APY)

Get festive for fall with this wire and wooden bead craft that will make a perfect display piece. Registration required. COST: \$6 Y Members; \$8 for General Public

**Thursday, November 13, 9:00 AM-11:00 AM**

## BOOK AND PUZZLE SWAP (APY)

Get ready for the long winter indoors and refresh your collection! Books and Puzzles will be collected the month of November. Enjoy snacks and treats while you shop and stock up! COST: FREE

**Tuesday, December 6, 9:00 AM-11:00 AM**

## **PAINTED WOODEN ORNAMENTS (APY)**

Use stencils to decorate flat, wooden ornaments. Perfect for your own decoration or as a gift. Registration required. COST: \$6 Y Members; \$8 for General Public

**Thursday, December 11, 9:00 AM-11:00 AM**

## **WALKING GROUP (FWY)**

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

**Monday, November 3, 10 & 17, 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**

## **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, November 11 & December 9, 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 for all

**Tuesdays, November 18 & December 16, 11:00 AM-NOON**

## **BEGINNER OPEN PICKLEBALL (FWY)**

New to the game and wanting to learn or just looking for folks to play with on a more beginner level? Join us for some friendly competition, on Thursdays from Noon until 2PM. COST: FREE for Y Members; \$3 Program Pass for General Public (no class November 27 and December 25)

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

## **COOKING CLASS: CHRISTMAS CHOCOLATES (HVY)**

Christmas chocolates. Learn how to make some simple and delicious Christmas treats to share with others. Registration required. COST: \$20 Y Member; \$30 for General Public

**Thursday, November 13, 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. COST: Free for Y Members; \$3 Program Pass for General Public

**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)

A holiday themed craft that you can keep for yourself or gift as a Christmas treasure. Tap into your artistic side with this fun project. Registration required. COST: \$10 for Y Members; \$20 for General Public

**Thursday, December 11, 1:00 PM-3:00 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.

Registration required. COST: Free for all

**Wednesday, November 12, 5:15 PM-6:15 PM**

**Tuesday, November 18, 12:15 PM-1:15 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 for all

**Tuesdays, November 4, 11, 18 & December 2, 9, 16, 11:00 AM-NOON**

## INTRO TO PICKLEBALL (HVY)

Brand new to the game and want to learn the basics? This class is for those that have haven't played pickleball before and want to see what this craze is all about. You will learn how to hold the racquet, how to hit the ball, learn the rules and try out your new skills with other beginners.

Registration required. COST: Free for Members

**Tuesday/Thursday, November 4 & 6, 10:00 AM-11:00 AM**

**Tuesday/Thursday, December 2 & 4, 10:00 AM-11:00 AM**

## AMERICAN MAH JONGG (HVY)

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

**Tuesdays, 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**

## FAITH WITH FRIENDS (NMY)

Join us 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 God's direction. All are welcome! Attend whenever it fits your schedule. (Based on reflections from "Our Daily Bread") COST: FREE for all

**Wednesday, November 19, 11:00 AM-NOON**

**Wednesday, December 17, 11:00 AM-NOON**

## THE GIFT OF PEACE: MINDFULNESS FOR THE HOLIDAYS (NMY)

Just in time for the holidays! Step into stillness with The Gift of Peace, a gentle, guided meditation experience designed to soothe the nervous system and calm the mind. We'll explore the benefits of mindfulness, try some restorative breathwork, and practice a short awareness-based meditation. Lastly, we'll settle into a deeply relaxing guided journey—featuring a body scan and visualization to help you release that holiday stress. This guided experience will leave you relaxed and renewed,



with some tools for tapping into peace this season. Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

**Tuesday, December 2, 9:00 AM-9:45 AM**

**Wednesday, December 3, 6:30 PM-7:15 PM**

## **BRAIN HEALTH & MEMORY SCREEN (NMY)**

Join Alisa from the ADRC of Winnebago County to learn all about your brain's health! She'll discuss ways to make your brain stronger, what's considered normal brain aging, and share some of the signs of decreasing brain health. Sign up for a short, simple memory screen offered after the presentation. Register for the presentation as you normally register for programs. If interested in signing up for a memory screening after the presentation, contact Stacy Parish at 920.886.2181 or [sparish@ymcafoxcities.org](mailto:sparish@ymcafoxcities.org). Memory screens are private and confidential. Registration required. COST: FREE for all

**Thursday, November 13, 10:30 AM-11:30 AM (Screenings to follow from 11:45 AM- 1:00 PM)**

## **HOLIDAY WATERCOLOR CARDS CLASS (NMY)**

Let's make some Holiday cards for Thanksgiving and Christmas! This art lesson is one of local artist and instructor Anne Griggs-Anderson's favorites! In this lesson, you'll create greeting cards featuring tiny beings of rainbow light, beautiful and simple treasures to share with someone who might be needing a ray of hope, or simply some smiles this season! Registration required. COST: \$12 Y Member; \$17 General Public

**Tuesday, November 18, 1:00 PM-2:00 PM**

## **GET CONNECTED, STAY CONNECTED (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.

## **WOMEN'S STORY CIRCLE (OGY)**

ForeverWell Women's Story Circles are community spaces designed to Connect, Affirm and Empower Women 55+. These Circles focus on three main areas: Providing a safe space for women 55+ to share the stories of their lives, offering a creative outlet for folks who desire one, and fostering an authentic sense of community. Both the pandemic and recent events have ushered in a new era of isolation and women are once again seeking ways to connect, affirm and empower one another. These circles were created to bring us back together again through the power of shared stories. Each session a selected theme is offered, and stories are shared, utilizing the tool of a story stick to ensure an atmosphere that fosters mutual respect and active listening. Come and listen or come and tell—no experience necessary—all are welcome! Registration required. COST: FREE for Y Members; \$3 Program Pass for General Public

**Wednesday, November 5, 10:30 AM-11:30 AM**

**Wednesday, December 10, 10:30 AM-11:30 AM**

## **GRATITUDE TREE (OGY)**

This Thanksgiving, let's spend time remembering what we are grateful for. Our Gratitude Tree needs more leaves! Take a leaf, write what you are grateful for and it to our tree. The tree will be located on the ForeverWell bulletin board near the entrance. COST: FREE

**Ongoing Throughout November**

## **BRAIN HEALTH & MEMORY SCREENS (OGY)**

Join Alisa from the ADRC of Winnebago County to learn all about your brain's health! She'll discuss

ways to make your brain stronger, what's considered normal brain aging, and share some of the signs of decreasing brain health. Sign up for a short, simple memory screen offered after the presentation. Register for the presentation as you normally register for programs. If interested in signing up for a memory screening after the presentation, contact Stacy Parish at 920.886.2181 or [sparish@ymcafoxcities.org](mailto:sparish@ymcafoxcities.org). Memory screens are private and confidential. Registration required. COST: FREE for all

**Monday, December 8, 10:30 AM-11:30 AM (Screenings to follow from 11:45 AM- 1:00 PM)**

## 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, 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+ 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.

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

**HVY:** Paula Beyer P 920.830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

## **DANCING WITH PARKINSON'S (HVY)**

Dancing with Parkinson's program is specifically designed for people living with Parkinson's disease and seniors who wish to experience the joy of moving to music with us. Using the Dance for PD® Method as its foundation, our research-backed classes provide physical and emotional benefits for those who participate. Classes are taught by specially trained DWP instructors who deliver effective, fun, and artistic programming centered on creative self-expression and meaningful connection. Program is geared toward those living with Parkinson's disease, their family members and care partners, Seniors of all abilities and mobilities and care partners.

**NMY:** Maeghan Johnson P 920.886.2138 E [mjohnson@ymcafoxcities.org](mailto:mjohnson@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 3-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: Natalie McVeigh P 920.702.2317 E [nmcveigh@ymcafoxcities.org](mailto:nmcveigh@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 Vandelist P 920-560-0001 [cvandelist@ymcafoxcities.org](mailto:cvandelist@ymcafoxcities.org)

