



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

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

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OGY-Stacy Parish FOREVERWELL Specialist: 920.886.2181; sparish@ymcafoxcities.org

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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

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; jswiecichowski@ymcafoxcities.org.

FLIGHT-BASED EXCURSIONS

Click here for current information: <https://www.ymcafoxcities.org/adult-flight-based-trips>.

BOOK CLUB (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, excluding holidays.

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

MAH JONGG (ACY, FWY, HVY, NMY)

Mah Jongg is a multiplayer tile game of skill and strategy that is similar to Rummy. There are variations of gameplay available, including the Chinese and American versions. 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.

Apple Creek: Chinese Mah jongg - Open Play on Thursdays, 1:00-3:00 PM

Fox West: Chinese Mah jongg- Beginners Play on Wednesdays, 11:15 AM-12:45 PM and Intermediate/Advanced Play on Wednesdays, 12:45-2:15 PM

Heart of the Valley: American Mah jongg- Open play on Tuesdays, 1:00-3:00 PM

Neenah-Menasha: American Mah jongg- Open play on Thursdays, 1:00-3:00 PM

CORE CONNECTION: PELVIC HEALTH FOR ACTIVE LIVING (NMY, OGY)

Discover how your breathing and pelvic floor work together to support your core and overall well-being! Led by licensed pelvic health therapists from Orthopedic and Spine Therapy, this empowering class teaches you how to connect breathing and pelvic floor activation with everyday activities—like lifting, walking, and reaching—to improve stability, balance, and confidence. Learn gentle exercises and practical strategies you can use at home to strengthen your core and enhance daily comfort. Registration is required. COST: FREE

Neenah-Menasha: Wednesday, January 28, 6:00-7:00 PM

Ogden: Wednesday, January 14, 10:30-11:30 AM

MEMORY CAFÉS

Memory Cafés welcome people 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. 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 1:30-3:00 PM. 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 1:30-2:30 PM. Meeting topics change each month including social and educational presentations as well as special events.

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
January 23– Menu TBD	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
February 20– Menu TBD	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

NEW YEAR EVOLUTION (ACY)

Work with a personal trainer in a group setting to create healthy habits that will get you back on track. This four-week class will provide education, proper technique and support to build a routine that works best for you. Personalized adaptations and modifications to your needs will build the framework to help you achieve your health & fitness goals, long-term. Walk away with ideas for continued independent workout sessions as well as pointers on healthy eating habits. Pre- and post-tests will keep you motivated to see the results you have worked so hard for. Bring workout attire and be prepared to move! Registration required.

COST: \$65 for Members and \$75 for General Public.

Tuesday and Thursdays, January 6-29, 9:00-10:00 AM

UNDERSTANDING ROTATOR CUFF PAIN: CAUSES & SYMPTOMS (ACY)

Do you experience shoulder pain or mobility issues? We'll explore the rotator cuff muscles, and how common symptoms like stiffness, weakness, and pain may signal a problem. You'll learn about typical causes such as wear and tear, inflammation, and repetitive movements, along with practical tips for managing discomfort and maintaining shoulder health. Presented by Dr Schubkegel from OSI. COST: FREE. Registration required.

Thursday, January 22, 1:00-2:00 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

WOMEN'S BIBLE FRIENDSHIP GROUP (APY)

Meets on the first Friday of each 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, January 2, 11:00 AM-NOON

Friday, February 6, 11:00 AM-NOON

MOBILITY SERIES WITH PT SOLUTIONS (APY)

This functional movement class is designed to enhance mobility, build practical strength for everyday activities, and reduce the risk of falls. Through targeted joint-specific exercises and balance training, participants will improve coordination, flexibility, and confidence in movement. Whether you're reaching, bending, walking, or rising from a chair, each session focuses on skills that support safe, independent living. Ideal for older adults or anyone looking to move with more ease and purpose. Registration is required. COST: FREE for Y Members.

Tuesday, February 5, Noon-1:00 PM

Tuesday, February 24, Noon-1:00 PM

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. Beginners to advanced crafters welcome. Ideas, patterns, and supplies can be provided. Meets on the 1st and 3rd Tuesdays of the month. COST: FREE

Tuesdays, January 6 and 20, 9:30-11:00 AM

Tuesdays, February 3 and 17, 9:30-11:00 AM

NAMI LUNCH & LEARN (APY)

This interactive presentation is designed to help older adults strengthen emotional well-being through accessible, research-informed practices. We'll explore how self-love, gratitude, and a positive mindset contribute to better mental health, improved relationships, and a greater sense of life satisfaction. Registration is required. COST: FREE

Wednesday, February 18, 11:30 AM-1:00 PM

CHECK-IN CHATS (APY)

This will be a peer group discussion led by a facilitator. Discussion topics include self-love, gratitude, positive thinking, and review of previous NAMI presentations. You'll use this time to process out loud and together. Please join us even if you are unable to attend the NAMI presentations. Registration is required. COST: FREE

Thursday, February 26, 9:00 AM-10:00 AM

TECH TALK (APY)

Learn the basics of navigating your smartphone. Download apps, change settings, customize homescreen, and more. Get your questions answered and make your phone work for you. Bring your cell phone for hands-on help! COST: FREE to Y Members.

Thursday, January 22, Noon-1:00 PM

Thursday, February 19, Noon -1:00 PM

BEGINNER OPEN 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 for some friendly competition, until 2PM. COST: FREE for Y Members; \$3 Program Pass for General Public

Thursdays, NOON-2:00PM

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, January 20, 11:00 AM-NOON

Tuesday, February 17, 11:00AM-NOON

AGELESS AGILITY (FWY)

This dynamic workshop is designed to maintain one's 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 II: Strong Foundations - Lower Body Resilience and Injury Protection. COST: FREE. Registration required

Wednesday, January 14, 11:00 AM-NOON

COFFEE TALK W/ CAREPATROL (FWY)

Join us for FREE coffee and comradery. You can swing by to "Ask the Advisor", Tyler from CarePatrol, any question you may have. Enjoy the coffee, meet a new friend, and start your day with us. Sponsored by Care Patrol. COST: FREE

Tuesday, January 13, 8:30-9:30 AM

Tuesday, February 10, 8:30-9:30 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

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, excluding holidays, for our Tech Talk! COST: FREE for Members.

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

INTRO TO PICKLEBALL (HVY)

Brand new to the game and want to learn the basics? This 2-day class is for those that 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 is required. COST: FREE for Y Members

Tuesday, January 6 and Thursday, January 8, 10:00-11:00 AM

Tuesday, February 3 and Thursday February 5, 10:00-11:00 AM

COOKING CLASS (HVY)

Join Deb for this Take and Bake Lasagna class. You will prepare a bread pan size lasagna that can be baked and served when you get home or freeze for when it is convenient for you. It is a perfect way to enjoy a comforting meal without the need for prepping or fuss. Registration required. COST: \$20 for Members and \$30 for General Public

Thursday, January 15, 1:00-3:00 PM

CRAFT TIME (HVY)

Make and Take craft. This is your chance to learn how to crochet. No experience necessary. You will learn the basic stitches and create a project to take home. COST: Prices will vary. Registration is required. COST: \$5 for Members and \$10 for General Public.

Thursday, February 12, 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

Wednesday, January 21, 11:00 AM-Noon

Wednesday, February 18, 11:00 AM-Noon

BIRTHDAY BREKKIE (NMY)

Birthdays are a privilege denied to many—so Let's celebrate YOU! This monthly celebration is for anyone 55+ with a birthday this month! Enjoy a light breakfast and festive company. Birthday guests can enter a FREE prize drawing! Join us on the first Wednesday of each month. Registration is preferred, but walk-ins are welcome. COST: FREE to Members.

Wednesday, January 7, 8:00-8:45 AM

Wednesday, February 4, 8:00-8:45 AM

NAMI TALKS: NEW YEAR, NEW YOU (NMY)

In this presentation, we will discuss how mental illness manifests as we age, identify what mental illness is and is NOT, and talk through helpful resources and supports to navigate any mental health challenges we may encounter. Registration is required. COST: FREE.

Tuesday, January 13, 10:00-11:00 AM

NAMI TALKS: THE IMPORTANCE OF SELF-LOVE (NMY)

Self-love isn't selfish! In this presentation, we will focus on "self-love" strategies that promote our mental well-being. We'll also have the opportunity to put some of those strategies into practice. Registration is required. COST: FREE.

Tuesday, February 10, 10:00-11:00 AM

GET CONNECTED, STAY CONNECTED (NMY)

Join us for a monthly technology talk, where new concepts are introduced and discussed.

Previous topics include using AI, QR codes, cleaning up smart phones, cell phone photography and more! Check online for updated topic descriptions and to register. COST: FREE for Members and \$3 Program Pass for General Public.

HOUSEPLANTS 101 (OGY)

Have questions or concerns about your houseplants? In this program, local plant enthusiast, Joanie Reuss, will assist participants by offering tips and tricks for keeping your houseplants happy and healthy. Bring one or two of your houseplants into the Y along with your questions/concerns, and Joanie will help you get to the bottom of how best to care for your green babies! Registration is required. COST: FREE for Members and \$3 Program Pass for General Public.

Tuesday, January 27, 10:30-11:30 AM

WINTER WINE BOTTLE PAINTING (OGY)

Come and create a serene and snowy scene on a beautiful blue wine bottle--complete with twinkling faerie lights inside! It makes a great decorative piece in your home all winter long.

Registration is required. COST: \$15 for Members and \$20 for General Public.

Wednesday, February 11, 10:30 AM-Noon

BALANCE AND STRENGTH: TRAINING FOR FALL PREVENTION (OGY)

Take an active step toward better balance, strength, and confidence. This 8-week small group class is designed to increase strength, improve balance and help prevent falls. Participants will be led in this individualized setting by a healthcare specialist who is professionally trained in fall prevention. Class size is limited to 8 people to promote personalized attention and modifications as needed.

Registration is required. COST: \$128 for Members and \$192 for General Public.

Tuesdays and Thursdays, January 6–February 26, 9:30-10:15 AM

WHOLE FOODS FOR A HEALTHY HEART (OGY)

Join registered dietitian, Kate Jenkins, for a discussion on the benefits of whole foods for a healthy heart. Whole foods offer key nutrients, fiber, healthy fats and more without the added sugar, salt, and sodium that may negatively affect heart health. Discussion will include the "why" but also practical strategies to implement more whole foods into your diet.

Registration is required. COST: FREE for Members and \$3 Program Pass for General Public.

Monday, February 16, 9:45-10:45 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, rllee@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)

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

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

MODERN DANCE MOVEMENT FOR PARKINSON'S (HVY)

This a program tailored for those living with Parkinson's disease, their family members, and care partners, of all abilities and mobilities, focusing on the joy of moving to music while offering physical and emotional benefits. Our qualified and experienced staff lead sessions based on core principles of dance and movement. Drawing from modern dance techniques and expressive movement the program is designed to be inclusive, adaptable, and deeply rooted in the therapeutic power of dance. Registration is required. COST: FREE for Members and \$5 for General Public.

Wednesday, November 5, 12:45-1:30 PM

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

LIVESTRONG

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, increase 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.

COST: 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: Natalie McVeigh (P) 920.702.2317 (E) nmcveigh@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 (E) cbaumgartner@ymcafoxcities.org