



FOREVERWELL

FOREVERWELL (Ages 55+)

STAFF CONTACTS

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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, FWY, 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.

Fox West: Second Monday of the month, from 10-11 AM

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

COST: FREE for Members

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. No registration required.

COST: FREE for 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 Open Play on Wednesdays, 11:15 AM-12:45 PM and Chinese Mah jongg- Intermediate/Advanced Open Play on Wednesdays, 12:45-2:15 PM

Heart of the Valley: American Mah jongg- Open Play on Tuesdays, 1-3:30 PM and American Mah jongg- Intermediate/Advanced Open Play on Thursdays, 1:00-3:30 PM.

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

THE MENOPAUSE AND PERIMENOPAUSE MAP: UNDERSTANDING SYMPTOMS, HORMONES, AND SUPPORT STRATEGIES (FWY, NMY)

Perimenopause and Menopause are powerful transitional phases that affect far more than just the reproductive system. We will break down what that truly is, how the moving targets of hormones affect you, and how to address symptoms such as fatigue, weight gain, mood swings, sleep disturbances, brain fog and more. The goal is to empower women with knowledge and actionable tools through nutrition, supplements, sleep, exercise, and stress relief so we can feel strong, balance and supported during this stage of life. Registration is required.

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

Fox West: Monday, March 16, 10:30-11:30 AM

Neenah-Menasha: Wednesday, April 22, 11:00 AM-NOON

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
March 20–First Day of Spring	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
April 17– Gotta Get Those Greens!	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

DOMINOES (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 Members; \$3 Program Pass for General Public

Mondays, 1:00-3:00 PM

UNLOCK YOUR POTENTIAL: GOAL SETTING (ACY)

Part 1 of 2

Join us for the first part of our two-part series, an engaging presentation designed to help you set meaningful, achievable goals that support overall well-being. We'll explore practical strategies for creating realistic plans, staying motivated, and celebrating progress—whether your goals involve fitness, hobbies, or personal growth. This session will provide simple tools and tips to make goal setting enjoyable and effective at any stage of life. Registration is required.

COST: FREE

Tuesday, March 10, 1:00-2:00 PM

GOAL SETTING FOLLOW UP (ACY) - Join us for a follow-up session to review key takeaways from the recent goal-setting presentation. This meeting will provide an opportunity to clarify concepts, share insights, and ask questions in a small group format. Registration is required.

COST: FREE

Tuesday, March 24, 1:00-1:30 PM

CAREGIVING EDUCATIONAL SERIES (ACY)

Join us for our first part of a three-part series: This class explores the role of the caregiver and changes they may experience, how to build a support team, and ways to manage caregiver stress. Registration is required.

COST: FREE

Wednesday, March 25, 2:00-3:00 PM

AROMATHERAPY MAKE & TAKE WORKSHOP (ACY)

Join us this April as we recognize Stress Awareness Month with a hands-on aromatherapy experience designed to help you relax and recharge. In this interactive workshop, you'll learn about the benefits of essential oils for stress relief and create two personalized items to take home: a soothing roller ball blend for on-the-go calm and a natural hand sanitizer with stress-busting aromas. Discover simple strategies to manage stress while enjoying a creative, wellness-focused activity. All materials are provided—just bring your curiosity and leave with tools to support your well-being! Registration is required.

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

Friday, April 3, 2:00-3:00 PM

UNLOCK YOUR POTENTIAL: BUILDING CONFIDENCE (ACY)

Part 2 of 2

Boost your confidence in a supportive and welcoming environment! This class is designed for individuals who want to feel more empowered in their wellness endeavors. Learn practical strategies to improve self-assurance, enhance social connections, and embrace new experiences at the gym or in wellness spaces. Join us to strengthen your mind and body, while building confidence that lasts. Registration is required.

COST: FREE

Tuesday, April 7, 1:00-2:00 PM

Follow-up Session on Tuesday, April 28, 1:00 PM

COFFEE AND CONVERSATIONS (APY)

Join us Tuesdays for complimentary coffee, great company, the latest program updates, and the occasional special guest!

COST: FREE

Every Tuesday, 8:30 AM-9:30 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. 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, March 3 and 17, 9:30-11:00 AM

Tuesdays, April 7 and 21, 9:30-11:00 AM

NAMI: 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

Wednesday, March 4, 9:00 AM-10:00 AM

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 anyone looking to move with more ease and purpose. Registration is required.

COST: FREE for Members

Tuesday, March 5, NOON-1:00 PM

Tuesday, March 26, NOON-1:00 PM

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, March 6, 11:00 AM-NOON

Friday, April 3, 11:00 AM-NOON

SEASONAL CRAFT CLASS (APY)

Enjoy socializing with others, learn some new skills, and create a beautiful seasonal craft to take home! Registration is required.

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

Thursday, March 12, 9:30 AM-11:00 AM

Thursday, April 9, 9:30 AM-11:00 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!

COST: FREE for Members

Wednesday, March 18, NOON-1:00 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. Registration is required.

COST: FREE

Wednesday, April 15, 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! Registration is required.

COST: FREE

Wednesday, April 22, NOON-2:00 PM

PLANNING AHEAD PROGRAM (APY)

Planning AHEAD is a 3-session series that guides participants through examining health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end-of-life decisions, dealing with grief, and the emotional ramifications of all the above.

COST: FREE

Thursdays, April 23 and 30, 9:00-11:00 AM (session 1 & 2)

Session 3: Date and time coming soon

MEMORY CAFÉ (FWY)

Memory Cafes welcome people experiencing memory loss, along with family and friends who love and care for them. The cafe is meant for both the individual and their support system to join. Meeting topics vary each month and may include social and educational presentations, games, crafts, and chair exercise. The Memory Cafe is offered in support by the Fox Valley Memory Project. No registration required.

COST: FREE

First Wednesday of the month, 1:30 PM- 3:00 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 Members; \$3 Program Pass for General Public

Thursdays, NOON-2:00PM

PELVIC FLOOR AND BREATHWORK FOR CORE STABILITY (FWY)

Discover how your breath 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 not required.

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

Monday, March 23, 9:30-10:30 AM

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 Members

Tuesday, March 17, 11:00 AM-NOON

Tuesday, April 21, 11:00 AM-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. This workshop is focused on Upper Body Empowerment - Protecting Shoulders, Arms, and Spine. Registration is required.

COST: FREE

Wednesday, April 15, 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, March 10, 8:30-9:30 AM

Tuesday, April 14, 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, 1:00-2:00 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 Members

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

INTRO TO STRENGTH TRAINING WORKSHOP (HVY)

The Intro to Strength Training class is open to individuals of all levels who are interested in learning more about getting stronger in the gym. This class will be led by Physical Therapist, Kaelyn Wagner from Advanced Physical Therapy and Sports Medicine. She will provide a comprehensive overview of strength training principles, updated research, and modifications to help you feel confident utilizing equipment in the gym and progressing based on your individual ability.

Contact kwagner@advancedptsm.com with any questions.

COST: FREE for Members

Monday, March 9, 10:00-10:45 AM

COOKING CLASS (HVY)

Join Deb as you make a cheesy beef dip. Get ready to wow your friends and family with a rich and flavor-packed cheesy beef dip -perfect for game days, parties, or cozy nights in! You will get step-by-step guidance, a recipe card to take home and you will leave with a tasty side dish. It is always fun to learn new recipes with others. Hope to see you in class! Registration is required.

COST: \$15 for Members; \$25 for General Public

Thursday, March 12, 12:30-1:30 PM or 2:00-3:00 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. Registration is required.

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

Thursday, April 9, 1:00-3:00 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 for Members

Mondays, 8:00-9:00 AM

GET CONNECTED, STAY CONNECTED GROUP CLASSES (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; \$3 Program Pass for General Public

Second Tuesday of the Month, 10:00-11:00 AM

BIRTHDAY BREKKIE (NMY)

Birthdays are a privilege denied to many—so Let's celebrate YOU! This monthly celebration is for everyone 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 for Members

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

Wednesday, April 1, 8:00-8:45 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, March 4 and 18, 11:00 AM-NOON

Wednesday, April 1 and 15, 11:00 AM-NOON

NEENAH HISTORICAL SOCIETY: YWCA CELEBRATING WOMEN (NMY)

Did you know that the Neenah-Menasha YMCA began as the Young Women's Club (YWC) in 1911? The organization provided social, educational, and recreational opportunities for young working women and went on to affiliate itself with the YWCA in 1929. In the 1970's the YWCA merged with the YMCA and created a unified community center that continues to serve the Fox Valley region today. Join us and learn more about this fascinating story and the women behind it with Miranda Ridener, Museum Coordinator, from the Neenah Historical Society. Registration is required.

COST: FREE

Tuesday, March 24, 11:30 AM-12:15 PM

WATERCOLOR WORKSHOP (NMY)

Join local artist and instructor, Anne Griggs-Anderson, in creating beautiful and charming expressions of Spring! You'll be led through watercolor fundamentals, and all participants will create whimsical designs with a focus on spring flowers! No experience needed.

COST: \$12 for Members; \$17 for General Public

Tuesday, April 14, 1:30-3:00 PM

BETTER THAN BUNNIES: CHOCOLATE WORKSHOP (OGY)

Join us and make your own chocolate treats just in time for Easter! We'll be working with white, milk and dark chocolates. Join us for this fun, social and educational project. Registration is

required.

COST: \$15 for Members; \$20 for General Public

Wednesday, March 25, 10:30-NOON

SPRING TRAIL WALKING (OGY)

Step into Spring with a Trail Walking Group! Join us as we explore local paths at your own pace—enjoying fresh air, some energizing movement, and great company. Come rediscover joy on the trail—one refreshing step at a time! Should inclement weather arise, we will walk the track.

Registration is required.

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

Tuesdays, April 7, 14, 21, and 28, 8:30-9:15 AM

MINDFULNESS FOR SPRING (OGY)

Start fresh this spring! Join us and enjoy a deeply relaxing guided journey with mindfulness and yoga teacher Jennie Eastman-Kiesow—featuring a body scan and visualization designed to help release stress. We'll explore the benefits of mindfulness, try some restorative breathwork, and practice awareness-based meditation. Registration is required.

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

Friday, April 24, 10:30-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

MESSAGE 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: \$40

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 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

BLOOD PRESSURE SELF-MONITORING PROGRAM (ACY)

Help achieve your goal of lowering and managing blood pressure in this 4-month evidence-based program. Participants will meet with a Healthy Heart Ambassador twice a month, attend nutrition seminars once a month, and learn proper measuring techniques using an Omron blood pressure monitor. For more information, please contact Natalie McVeigh (P) 920.702.2317
(E) nmcveigh@ymcafoxcities.org

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: FREE while participants actively attend 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: Mariah Egger (P) 920.886.2144 (E) megger@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