



# FOREVERWELL

## FOREVERWELL® (Ages 55+)

### STAFF CONTACTS

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APY-Casandra Stellmacher Health & Fitness Coordinator: 920.954.7633;

[cstellmacher@ymcafoxcities.org](mailto:cstellmacher@ymcafoxcities.org)

FWY-Anne Reynolds FOREVERWELL Specialist: 920.886.2158; [areynolds@ymcafoxcities.org](mailto:areynolds@ymcafoxcities.org)

HVY-Sandy Campbell Wellness Director: 920.830.5726; [scampbell@ymcafoxcities.org](mailto:scampbell@ymcafoxcities.org)

NMY-Stacy Parish FOREVERWELL Specialist: 920.886.2181; [sparish@ymcafoxcities.org](mailto:sparish@ymcafoxcities.org)

OGY-Jenn Ness FOREVERWELL Program Coordinator: 920.886.2147; [jness@ymcafoxcities.org](mailto:jness@ymcafoxcities.org)

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See **YMCA of the Fox Cities APP** or go to [ymcafoxcities.org/group-exercise](http://ymcafoxcities.org/group-exercise) for a schedule of current exercise programming. (Paper copies available at branches).

### TRAVEL: BUS TRIPS

You can find the most updated list of trips here at [ymcafoxcities.org/adult-bus-trips](http://ymcafoxcities.org/adult-bus-trips). For more information, contact Julie Swiecichowski at 920.886.2177; [jswiecichowski@ymcafoxcities.org](mailto:jswiecichowski@ymcafoxcities.org).

### TRAVEL: 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.

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

### 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, 1:00-3:00 PM

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

## **FOREVER WELLNESS (ACY, APY, FWY, HVY, NMY)**

Your journey toward lifelong health starts here! In this 3-session program, you'll meet with our friendly wellness team, guiding you to ensure you feel at ease and self-assured on our cardio equipment and select circuit machines. You will also meet our FOREVERWELL team members as they walk you through which programs are recommended. They will hand-deliver you to a fitness class designed for all ability levels to introduce you to our group fitness classes. Registration is required.

To register, visit the Member Services desk at any of the YMCA of the Fox Cities locations or go online to register or view more information. [Forever Wellness Options](#)

COST: FREE for Members

## **FOREVERWELL HEALTH & FITNESS DAY (ACY, APY, FWY, HVY, NMY)**

Regular physical activity is one of the best things you can do for your health. In recognition of National Senior Health and Fitness Day, on May 27, the Y has planned some special events for you to participate in! Watch for more information to come!

## **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.

<b>Class Name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
May 15 – Seafood Shortcut Meals	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25
June 19 – Everything Strawberry	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! No registration required.

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

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

## **BEGINNER'S SOAP MAKING CLASS (ACY)**

Learn how to make your own handmade soap with step-by-step instruction in a relaxed, friendly atmosphere. Take home a finished bar of soap! Try something new, be creative, and enjoy time with others! Registration is required.

COST: FREE

**Tuesday, May 5, 1:00-2:30 PM**

## **LUNCH & LEARN: INTRO TO CONTAINER GARDENING (ACY)**

Join us for a welcoming and informative Lunch & Learn led by a Master Gardener! This session is perfect for anyone curious about growing plants in small spaces— patios, porches, balconies, or even a sunny windowsill. Learn how to choose the right containers, pick beginner-friendly plants, and create a thriving mini-garden right at home. Whether you're a seasoned gardener or just getting started, you'll walk away with practical tips, simple techniques, and fresh inspiration.

**Wednesday, May 6, 12:00-12:45 PM**

## **CAREGIVER SERIES: RESPONDING TO DEMENTIA-RELATED BEHAVIORS (ACY)**

This class details common behavior changes of individuals with dementia and includes non-medical approaches and recognizing when additional help is needed. Registration is required.

COST: FREE

**Wednesday, May 20, 2:00-3:00 PM**

## **MOBILITY SERIES WITH PT SOLUTIONS (ACY)**

This 4-Part Series is a functional movement class that 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

**Part 1: Thursday, May 21, 12:00-1:00 PM**

**Part 2: Thursday, May 28, 12:00-1:00 PM**

**Part 3: Thursday, June 4, 12:00-1:00 PM**

**Part 4: Thursday, June 11, 12:00-1:00 PM**

## **COFFEE AND CONVERSATIONS (APY)**

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

COST: FREE

**Tuesdays, 8:30 AM-9:30 AM**

## **WOMEN'S BIBLE FRIENDSHIP GROUP (APY)**

Meets 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, May 1, 11:00 AM-NOON**

**Friday, June 5, 11:00 AM-NOON**

## **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, May 5 and 19, 9:30-11:00 AM**

**Tuesdays, June 2 and 16, 9:30-11:00 AM**

## **PLANNING AHEAD (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

**Thursday, May 7, 9:00-11:00 AM**

## **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, May 14, 9:30 AM-NOON**

**Thursday, June 11, 9:30 AM-NOON**

### **BOOK CLUB MOVIE (APY)**

Enjoy popcorn while you watch a movie based on one of our Book Club books!

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

**Thursday, May 21, 1:30-4:00 PM**

**Thursday, June 18, 1:30-4:00 PM**

### **SALAD BOWL STARTER (APY)**

Get ready to eat fresh with your own "salad bowl" planter. Join us as we plant a combination of lettuce and pea seeds.

COST: \$10 for Members; \$16 for General Public

**Wednesday, June 24, NOON-2:00 PM**

### **WALKING GROUP (FWY)**

Ready to walk the trails and socialize with friends or fellow members? Meet at the front desk to enjoy a social walk outside with FOREVERWELL Specialist Anne.

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

**Mondays, 7:45-8:45 AM (excluding Memorial Day)**

### **COFFEE TALK WITH 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, May 12, 8:30-9:30 AM**

**Tuesday, June 9, 8:30-9:30 AM**

### **COFFEE AND CARDMAKING (FWY)**

Join us for a morning of creative handmade greeting card making. Enjoy a cup of coffee and conversation with friends while an instructor assists you in creating a beautiful greeting card of your choice.

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

**Tuesday, May 12, 10:30 AM-NOON**

### **NAMI: THE IMPORTANCE OF SELF-CARE & MENTAL WELLBEING (FWY)**

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.

COST: FREE

**Monday, May 18, 10:00-11:00 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, May 19, 11:00 AM-NOON**

**Tuesday, June 16, 11:00 AM-NOON**

## **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**

## **COOKING CLASS (HVY)**

Are you looking for a hearty make ahead dish that leftovers can be transformed into something new later in the week? Join Deb and make a tasty, hearty take & bake meatloaf. Sure to solve the question "What's for Dinner?" Registration is required.

COST: \$25 for Members; \$35 for General Public

**Thursday, May 7, 1:00-3:30 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: \$10 for Members; \$20 for General Public

**Thursday, June 11, 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, excluding Memorial Day**

## **AGELESS GRACE® (NMY)**

Ageless Grace® is an evidence-based, seated exercise program that uses 21 simple and playful tools to address primary factors that cause aging in the body as well as stimulate and utilize the five areas of the brain: Analytical thinking, Strategic planning, Kinesthetic learning, Memory/recall, Creativity and imagination. With a special emphasis on music and humor, we move our bodies joyfully while challenging our brains at the same time!

COST: FREE

**Tuesdays, 8:15-8:45 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; \$3 Program Pass for General Public

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

## **NAMI: SELF-LOVE THIS SPRING (NMY)**

This interactive presentation is designed to help older adults strengthen emotional well-being through accessible, research-informed practices.

COST: FREE

**Tuesday, May 5, 10:00-11:00 AM**

### **THE CORE CONNECTION: STRENGTH FROM THE INSIDE OUT (NMY)**

Discover how your breath and pelvic floor work together to support your core—and your overall well-being at every stage of life. Join licensed pelvic health therapists from Orthopedic and Spine Therapy for this empowering and educational session designed for women of all ages, including pregnant and postpartum individuals. Enjoy a welcoming, supportive environment focused on helping you build true strength from the inside out. Registration is required.

COST: FREE

**Tuesday, May 12, 6:00-7:00 PM**

### **ADVANCED FUNERAL PLANNING (NMY)**

We invite you to join us for casual conversation and discussion of the benefits of planning funeral services in advance. It's one more way to care for yourself and the people who care about you no matter where life takes you. Registration is required.

COST: FREE

**Wednesday, May 13, 11:00 AM-NOON**

### **CITRUS PRINTED TEA TOWELS (NMY)**

In this fun, hands-on class, we'll use fresh citrus fruit as stamps to create bright, playful prints on tea towels with acrylic paint. Perfect for all skill levels. Each person will print 2 towels. Registration is required. COST: \$10 for Members; \$15 for General Public

**Tuesday, June 2, 1:30-2:30 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, [lleonard@ymcafoxcities.org](mailto:lleonard@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**

#### **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](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 30-75 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](mailto:jguttman@ymcafoxcities.org)

**Heart of the Valley:** Paula Beyer (P) 920.830.5708 (E) [pbeyer@ymcafoxcities.org](mailto:pbeyer@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 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](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 Baumgartner (P) 920-560-0001 (E) [cbaumgartner@ymcafoxcities.org](mailto:cbaumgartner@ymcafoxcities.org)