



# FOREVERWELL

## FOREVERWELL (Ages 55+)

### STAFF CONTACTS

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APY-Luann Luehring Program Assistant 920.954.7643; [lluehring@ymcafoxcities.org](mailto:lluehring@ymcafoxcities.org)  
FWY-Jenn Ness ForeverWell Specialist 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-Janice O'Connell ForeverWell Specialist 920.702.2319; [joconnell@ymcafoxcities.org](mailto:joconnell@ymcafoxcities.org)  
OGY- *Kate Yates Temporary Contact*  
Assoc-Kate Yates ForeverWell Director 920.886.2105; [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)

See 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).

### TRIPS/FIELD TRIPS

You can find the most updated list of trips here at [ymcafoxcities.org/adult-bus-trips](https://ymcafoxcities.org/adult-bus-trips), or <https://www.ymcafoxcities.org/adult-field-trips>. You may also pick up a paper brochure at your local YMCA branch. For more information, contact Julie Swiecichowski at 920.886.2177, or [jswiecichowski@ymcafoxcities.org](mailto:jswiecichowski@ymcafoxcities.org).

### FLIGHT-BASED EXCURSIONS

Information is coming soon! Stay tuned for updated information on our website and in our monthly newsletter.

### 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.

**Heart of the Valley:** First Wednesday of the month, from 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
May 24 – Topic Coming Soon!	ACY	18+	F	11:00 AM	12:30 PM	\$25	\$25

## 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:** The Fox West YMCA Memory 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:** The Heart of the Valley Memory Café meets the second Thursday of every month from 1:30PM-3:00PM. 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. Schedule a one-on-one class now by registering online, or at any YMCA Member Service desk. 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](mailto:kyates@ymcafoxcities.org).

## LUNCH & LEARN: EDNA FERBER (ACY)

Christine Williams of the Appleton Historical Society will discuss Edna Ferber, one of America's most successful writers in the first half of the 20th century. Notable works include Showboat, Cimarron and Giant. Ferber won the Pulitzer for "So Big" in 1925. COST: FREE

**Wednesday, May 1, NOON- 1:00 PM**

## WHAT IS FUNCTIONAL LIVING? (ACY)

Do you want your home to feel more functional & supportive, but don't know where to begin? We'll walk you through an easy process of how to enjoy your home and "Live in Place". COST: FREE

**Tuesday, May 14, 10:30-11:30 AM**

## **GARDEN CLEAN UP (ACY)**

WE ARE LOOKING FOR YOUR HELP! Dreaming of daffodils? Spring is here! Enjoy the outdoors and join us for a garden clean up day! Please bring gloves & boots, and dress for the weather! Meet at the Garden!

**Tuesday, May 21, 9:00-10:30 AM**

## **BLOOD PRESSURE SCREENING (ACY)**

Celebrate National Senior Health & Fitness Day with a free blood pressure screening from Hometown Pharmacy. COST: FREE

**Wednesday, May 29, Morning Hours To Be Determined**

## **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**

## **CRAFT CLUB (APY)**

BYOC- Bring Your Own Craft. Have fun and socialize while doing what you enjoy. A chance to connect with others and share your DIY passion. COST: FREE for Y Members; \$3 for General Public

**First and 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

**Fridays, May 3, 11:00 AM-NOON**

## **GAME DAY (APY)**

Escape the winter blues, and come play games with other like-minded people. There will be many different games/cards available to choose from. Meets the second and fourth Wednesday of each month. COST: FREE for Y Members; \$3 for General Public

**Second and fourth Wednesday of the month, 1:00 PM-3:00PM**

## **ALL THINGS ART (APY)**

*Clothes Pin Wreath:* This fun and easy décor item is sure to draw lots of attention. Make your wreath to fit your color and style of choice. All supplies included. COST: \$13 for Y Members; \$18 for General Public

**Thursday, May 16, 9:15 AM- 11:15 AM**

## **WALKING GROUP (APY)**

Enjoy the signs of spring, get some exercise, and meet new people. Each month we will walk to a new location. This month we will walk a trail and end our walk at Lawlss coffee shop. Coffee on your dime. Meet at front lobby of YMCA to start our walk. COST: FREE for Y Members; \$3 for General Public

**Thursday, April 25, 9:15-10:45 AM**

Enjoy the signs of spring, get some exercise, and meet new people. Each month we will walk to a new location. This month we will walk to Hearthstone House and take the tour. Cost is \$12 at

the door. Meet at front lobby of the YMCA to start our walk.

**Thursday, May 23, 9:30-11:30 AM**

### **ART COMMOTION (FWY)**

Do you love art? Each month we will introduce a new artist. You will have the opportunity to learn about their life, their inspiration(s), and their artwork. You will also be able to complete your very own project inspired by their work. Many artists use a variety of different medias, so each month will be new and exciting! Registration can be completed online or at any YMCA Member Service desk. COST: Prices will vary

**Wednesday, May 22, NOON- 1:30PM**

**Tuesday, June 25, NOON-1:30PM**

### **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 every Thursday from Noon 2PM for some friendly competition. COST: FREE for Y Members; \$3 for General Public

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

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

Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist, Jenn. COST: FREE for Y Members; \$3 for General Public

**Mondays, 10:00 AM-11:00 AM (No walk on May 27)**

### **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 for General Public

**Mondays, April 10, 24, May 8, 22, June 5, 19, 11:15 AM-12:45 PM**

### **BIBLE STUDY (HVV)**

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**

### **COFFEE CHATS (HVV)**

Designed for those ages 55+ to enjoy coffee on us and chat about upcoming programming and community happenings. COST: FREE

**First and Third Wednesday of the Month, 10:00 AM-11:00 AM**

### **CRAFT OF THE MONTH (HVV)**

Art and craft topics will change each month. Tap into your artistic side with these fun projects. COST: Prices will vary

**Thursday, May 9, 1:00 PM-2:30 PM**

### **FILM SERIES: HOLLYWOOD MASTER DIRECTORS (NMY)**

*A film series presented by Walt Ulbricht*

Join us as we continue to showcase Neenah native Howard Hawks. Pizza provided, compliments of Sammy's Pizza of Neenah. COST: FREE for Y Members; \$3 for General Public

**Wednesday, May 15, 1:00PM**

## **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**

## **SIMPLY ART (NMY)**

Yarn Wrapped Bottle Vases-Use your creativity as we weave together vases with yarn for Spring flowers. All bottles/vases provided as well as various colors of yarn. Registration can be completed online or at any YMCA Member Service desk. COST: \$7 for Y Members; \$12 for General Public

**Wednesday, May 15, 10:00AM-11:30AM**

## **SMALL GROUP TECHNOLOGY INTRODUCTIONS (NMY)**

A short introduction to various technology topics and techniques. Topics change each month. Register online, or at any YMCA Member Service desk. COST: FREE for Y Members; \$3 for General Public

*Your Camera and Photo Library*

**Tuesday, May 14, 10:00 AM and 11:00 AM** (same topic offered twice)

## **CREATE A GOOGLE DOC (NMY)**

In this class, we will look at the Shutterfly website and setup an account. Then, we will create an album. By the end of the class, you will have an album that can be printed and then shared with family & friends. Please bring both your laptop and cell phone and their chargers to class. COST: \$10 for Y Members; \$20 for General Public

**Thursday, May 23, 1:00 PM-3:00 PM**

## **AQUATICS DEPARTMENT**

Both Appleton and Neenah-Menasha branches 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.

**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. Please call to make an appointment. Please 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: \$32

### BLOOD PRESSURE SCREENINGS

A great opportunity to check your heart health! Free blood pressure screenings are available at your Y.

## CONDITION SPECIFIC PROGRAMS

### INJURY SCREENS (ACY, APY, FWY, HVY, NMY)

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 (ACY, APY, FWY, HVY, NMY, OGY)

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 (ACY, APY, FWY, HVY, NMY, OGY)

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.

**Session Dates:** April 22-June 13, 2024

**Times:** FWY – M/W – 2:00-3:00 PM

**COST:** HVY – T/TH – 11:00 AM - NOON  
Y Member - \$48  
General Public - \$65

**Contact:** FWY-JJ Guttman, Wellness Director P 920.560.0421 [jguttman@ymcafoxcities.org](mailto:jguttman@ymcafoxcities.org)  
HVY-Paula Beyer, Health & Fitness Director P 920.830.5708 E  
[pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

## **CANCER SURVIVOR PROGRAM: LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM (APY, FWY, NMY, HVY)**

**APY:** M/W – 10:30-11:45 AM  
T/TH – 6:00-7:15 PM  
**FWY:** T/TH – 2:30 – 3:45 PM  
**HVY:** M/W – 11:00 AM-12:15 PM  
**NMY:** M/W - 11:00 AM-12:15 PM  
M/W – 1:00-2:15 PM  
T/TH - 5:30-6:45 PM

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 (ACY, APY, FWY, HVY, NMY)**

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.