



FOREVERWELL

FOREVERWELL® (Ages 55+)

STAFF CONTACTS

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FWY-Anne Reynolds, FOREVERWELL Specialist: 920.886.2158; areynolds@ymcafoxcities.org

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

NMY-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).

TRAVEL: BUS 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.

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 (July rescheduled to July 8 due to holiday), from 1:00 PM-3:00 PM.

No registration required.

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 Program Options](#)

COST: FREE for Members

MEDICARE 101 (ACY, APY, FWY, HVY, NMY)

Join us for an insightful educational session on Medicare, where you can gain a comprehensive understanding of this crucial healthcare program. Don't miss this chance to empower yourself with knowledge and make informed decisions about your healthcare future. Registration is not required, but preferred. To find a class nearest you and to register: [Medicare 101 Program Options](#).

COST: FREE

LUNCH & LEARN: FOOT & ANKLE CLINIC (ACY)

Learn how foot and ankle health influences mobility and daily activity in this seminar with Dr. Gearin Green. Registration is required.

COST: FREE

Thursday, July 9, 12:00-1:00 PM

PLANT ART: POUNDING FLOWERS (ACY)

Get creative! Join us for a class perfect for beginners on creating your very own "make and take" craft using fresh flowers! Registration is required.

COST: \$7 for Members; \$12 for General Public

Tuesday, August 4, 1:00-2:00 PM

PERIMENOPAUSE AND MENOPAUSE MAP (ACY)

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, balanced, and supported during this stage of life. Registration is required.

COST: FREE

Wednesday, August 26, 1:00-2:30 PM

COFFEE AND CONVERSATIONS (APY)

Join us Tuesdays for complimentary coffee, great company, the latest program updates, and the occasional special guest! No registration required.

COST: FREE

Tuesdays, 8:30 AM-9:30 AM

INFORMATION VALIDATION SERIES (APY)

Boost your information literacy in this series with the Appleton Public Library. Learn how to verify sources, how the online algorithm and confirmation bias works, plus more to keep you informed and up to date on this ever-changing age of technology. Registration is required.

COST: FREE

Wednesdays, July 1, 9:30-10:30 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. Beginners to advanced crafters welcome. Ideas, patterns, and supplies can be provided. Meets on the 1st and 3rd Tuesdays of the month. No registration required.

COST: FREE

Tuesdays, July 7 and 14, 9:30-11:00 AM

Tuesdays, August 4 and 18, 9:30-11:00 AM

BOOK CLUB MOVIES (APY)

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

Registration is required.

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

Thursday, July 16, 1:30-4:00 PM

Thursday, August 20, 1:30-4:00 PM

APPLETON LOCKS WALKING TOUR (APY)

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

Registration is required.

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

Tuesday, July 21, 10:00 AM-NOON

AVOIDING SCAMS WITH THE APPLETON POLICE DEPARTMENT (APY)

Stay informed and confident when dealing with scams. Learn how to recognize fraud, protect personal information, and what to do if something just doesn't feel right.

Registration is required.

COST: FREE

Tuesday, August 18, 10:00-11:00 AM

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. No registration required.

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

Mondays, 7:45-8:45 AM

DOMINOES (FWY)

Connect with others through the timeless game of dominoes. Open to beginners and seasoned players alike—everyone has a place at the table. No registration required.

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

Mondays, 11:15 AM-1:15 PM

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. No registration required.

COST: FREE

Tuesday, July 14, 8:30-9:30 AM
Tuesday, August 11, 8:30-9:30 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. No registration required.

COST: FREE for Members

Tuesday, July 21, 11:00 AM-NOON
Tuesday, August 18, 11:00 AM-NOON

ICE CREAM SOCIAL (FWY)

This ice cream social brings together kids and our Forever Well folks for sweet connections, laughter, and community fun. As generations mingle over scoops of ice cream and favorite toppings, smiles are shared and new friendships are formed. Join us! Registration is required.

COST: FREE for Members; \$4 for General Public

Tuesday, August 4, 10:00-11:00 AM

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

Thursday, August 6, 1:00-2:00 PM

COOKING CLASS (HVY)

Come join us for a new recipe with Deb. She is sure to have a recipe that makes mealtimes yummy!! Registration is required.

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

Thursday, July 9, 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, August 13, 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. No registration required.

COST: FREE for Members

Mondays, 8:00-9:00 AM

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 and 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! No registration required.

COST: FREE for Members

Tuesdays, 8:15-8:45 AM, excluding August 18

GET CONNECTED, STAY CONNECTED (NMY)

This summer, we will continue to facilitate a Get Connected Stay Connected open forum. If there is something you would like to discuss/learn more about, please bring your questions to class or reach out to Julie Swiecichowski in advance at jswiecichowski@ymcafoxcities.org. We look forward to having a fun, diverse conversation about all things technology this summer!

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

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

ACRYLIC CANVAS DAISY PAINTING (NMY)

Join Artist and FOREVERWELL Specialist Stacy Parish for this simple and charming painting, perfect for an accent to your home décor. All materials included. Registration is required.

COST: \$10 for Members; \$15 for General Public

Wednesday, July 8, 1:00-2:30 PM

NUTRITION IN MOTION (NMY)

Join certified sports dietitian Kate Harrell Jenkins, and learn key nutrition strategies to support active older adults. Whether you are a regular gym goer, a pickleball player, or gardener extraordinaire, Kate has some great energy, nutrient and timing strategies to help you recover faster, prevent injury and best support an active, healthy you! Registration is required.

COST: FREE

Monday, July 13, 11:15 AM-12:15 PM

GET TO KNOW YOUR ADRC (NMY)

Have you heard of the ADRC? Come join the staff of the Aging and Disability Resource Center of Winnebago County as they present on their various roles and the assistance and services that they provide. ADRC's can help to connect people to resources that provide the support that you may need in the community. Registration is required.

COST: FREE

Monday, August 3, 11:00 AM-NOON

Y360 HEALTHY COOKING (NMY)

Did you know that in addition to fitness classes, Y360 offers a wide variety of programming from mindfulness to art classes to cooking tutorials? In this program we'll use Y360 as our educational tool, to learn some simple healthy recipes including breakfast cookies, sweet potato toast and more healthy swaps in the kitchen! Registration is required.

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

Wednesday, August 12, 11:00 AM-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 : Leah Leonard, leonard@ymcafoxcities.org; 920.770.2673

Fox West: Mark Helminski, mhelminski@ymcafoxcities.org; 920.954.7643

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 are 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 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 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

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:

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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