



FOREVERWELL

FOREVERWELL® (Ages 55+)

STAFF CONTACTS:

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See YMCA of the Fox Cities APP or go to [Group Exercise Schedules - YMCA of the Fox Cities](#) for a schedule of current exercise programming. (Paper copies available at branches).

TRAVEL: BUS TRIPS & FLIGHT-BASED EXCURSIONS

You can find the most updated list of trips here at [Trips Overview - YMCA of the Fox Cities](#). For more information on bus trips, contact Julie Swiecichowski at 920.886.2177; jswiecichowski@ymcafoxcities.org.

For more information on flight-based trips, contact Kate Yates at 920.886.2105; kyates@ymcafoxcities.org.

ASSOCIATION-WIDE PROGRAMS

Book Club

Join us each month for our Book Club — a welcoming space to relax, explore new reads, and enjoy thought-provoking conversation with fellow book lovers.

- **Appleton:** 1st Thursday of the month (excluding holidays), 9:15–10:30 AM
- **Heart of the Valley:** 1st Wednesday of the month (excluding holidays), 1:00–3:00 PM

Registration: Not required — just drop in.

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

Dominoes

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 a great chance to enjoy friendly competition and socialize while keeping your mind sharp. Just drop in, grab a seat, and let the games begin!

- **Apple Creek:** Mondays, 1:00–3:00 PM
- **Fox West:** Mondays, 11:15 AM–1:15 PM

Registration: Not required — just drop in.

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

Mah Jongg

Join in the fun of this exciting tile-based game involving strategy, skill, and a bit of luck. Drop-ins are welcome as you learn to play, meet new folks, and have fun along the way!

- **Apple Creek:** Chinese Mah Jongg, Open Play — Mondays, 1:00–3:00 PM
- **Fox West:** Chinese Mah Jongg, Beginners — Wednesdays, 11:15 AM–12:45 PM
- **Fox West:** Chinese Mah Jongg, Intermediate/Advanced — Wednesdays, 12:45–2:15 PM
- **Heart of the Valley:** American Mah Jongg, Beginners — Tuesdays, 1:00–3:30 PM
- **Heart of the Valley:** American Mah Jongg, Intermediate/Advanced — Thursdays, 1:00–3:30 PM
- **Neenah-Menasha:** American Mah Jongg, Open Play — Thursdays, 1:00–3:00 PM

Registration: Not required — just drop in.

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

Coffee and Conversations

Join us for complimentary coffee, great company, the latest program updates, and engaging conversation.

- **Appleton:** Tuesdays, 8:30–9:30 AM
- **Neenah-Menasha:** Mondays, 8:00–9:00 AM

Registration: Not required — just drop in.

Cost: FREE for Members

Visit with Samaria: The Comfort Dog

Samaria is a comfort dog whose calming presence helps people open their hearts and find comfort in times of need. Come meet Samaria and experience her gift. Open to folks of all ages.

- **Fox West:** Tuesdays, September 15 and October 20, 11:00 AM–NOON
- **Heart of the Valley:** Wednesdays, September 2 and October 7, 1:00–2:00 PM
- **Neenah-Menasha:** Fridays, September 11 and October 9, 12:30–1:30 PM

Registration: Not required — just drop in.

Cost: FREE

Gut Health with Dr. Riska

Functional Medicine Practitioner Dr. Mikhaila Riska discusses how the digestive system influences nearly every aspect of health. Learn common signs of an unhealthy gut, simple nutrition and lifestyle strategies to improve digestion, and practical steps for a healthier microbiome as you age.

- **Apple Creek:** Tuesday, September 15, 1:00–2:00 PM
- **Ogden:** Wednesday, September 30, 10:30–11:30 AM

Registration: Required.

Cost: FREE

Falls Prevention Educational Talk

It's Falls Prevention Week! Join Jennifer Thompson from PRN Cares to learn about falls prevention and safety awareness in your own home, and how to live more safely to help prevent falls.

- **Fox West:** Monday, September 21, 10:00–11:00 AM
- **Ogden:** Wednesday, September 23, 10:30–11:30 AM

Registration: Required.

Cost: FREE

Memory in Motion

In collaboration with the Fox Valley Memory Project, this program is designed to assist individuals experiencing memory loss or brain changes, combining brain and physical exercises. Each class has a theme around memory, balance, and chair-based exercise options. Open to the individual and a support person as needed.

- **Fox West:** Mondays, September 28–November 2, 10:15–11:15 AM
- **Appleton:** Wednesdays, September 30–November 4, 11:00 AM–NOON

Registration: Not required — just drop in.

Cost: FREE

Medicare 101

Join us for an insightful educational session on Medicare, where you can gain a comprehensive understanding of this crucial healthcare program. Empower yourself with knowledge to make informed decisions about your healthcare future.

- **Dates and times vary by location** — contact your favorite YMCA of the Fox Cities location to get started.

Registration: Not required but preferred — drop-ins welcome.

Cost: FREE

Forever Wellness

Your journey toward lifelong health starts here! In your first session, you'll be introduced to our cardio equipment with a friendly wellness team member guiding you, plus an overview of wellness center etiquette — no prior knowledge needed. In your second session, a wellness associate walks you through our circuit machines. Complete the series with a fitness class designed for all ability levels.

- **Dates and times vary by location** — contact your favorite YMCA of the Fox Cities location to get started.

Registration: Required.

Cost: FREE for Members

APPLE CREEK YMCA

Cooking with Chef Shelly: End of Summer Garden

What to do with all those pots of herbs, buckets of tomatoes, and piles of zucchini? Chef Shelly helps you make the most of the season's bounty with a Quinoa Tabouleh Salad with Tomato and Parsley, a Choose Your Adventure Herb Pesto, and Silky Zucchini Parmesan Pasta.

- Friday, September 18, 11:00 AM–12:30 PM

Registration: Required.

Cost: \$25 for Members and General Public

Falls Prevention Week: Balance Workshop

Stay steady, strong, and confident in your daily movements with this balance workshop designed for older adults. In recognition of Falls Prevention Week, this session focuses on improving stability, coordination, and mobility through simple, evidence-based exercises. Presented by Physical Therapists Jenn Oberg and Emory Weeden from PT Solutions.

- Friday, September 25, 12:30–1:30 PM

Registration: Required.

Cost: FREE

Active Aging Week: Pelvic Floor Health

An informative and approachable presentation on pelvic floor health and its role in overall wellness — including bladder control, core stability, posture, and daily movement. Presented by PT Solutions.

- Thursday, October 8, NOON–1:00 PM

Registration: Required.

Cost: FREE

Cooking with Chef Shelly: Chilly Fall Day Lunch

Enjoy the produce and spices of fall cooking with a cozy lunch menu: Creamy Coconut Butternut Squash Soup, Green Chile Chicken Burgers, and Chunky Spiced Apple Pear Sauce.

- Friday, October 16, 11:00 AM–12:30 PM

Registration: Required.

Cost: \$25 for Members and General Public

Monster Mash Cupcakes

A lighthearted decorating class where we turn cupcakes into adorable little monsters! Learn simple frosting piping techniques to create fun textures, silly faces, and colorful designs. All supplies provided, and you'll take home your own creations. Open to ALL ages — grandparents and grandkids alike!

- Tuesday, October 27, 1:00–2:00 PM

Registration: Required.

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

APPLETON YMCA

Crafting for a Cause

Join fellow crafters, knitters, and crocheters to create one-of-a-kind items gifted to our YMCA LIVESTRONG® Program graduates. Beginners to advanced crafters welcome; ideas, patterns, and supplies can be provided.

- 1st and 3rd Tuesdays of the month

Registration: Not required.

Cost: FREE

Book Club Movies

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

- Thursdays, September 17 and October 15, 1:30–4:00 PM

Registration: Required.

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

Seasonal Craft

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

- Thursdays, September 10 and October 8, 1:00–3:00 PM

Registration: Required.

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

Understanding AI for Seniors

In collaboration with the Appleton Public Library, learn what AI is, how it's used in everyday life, and ways it can make tasks simpler. Each week covers a different topic. No technology background needed.

- Tuesdays, September 8, October 6, and November 3, 11:00 AM–NOON

Registration: Required.

Cost: FREE

Falls Prevention Week: Balance, Mobility, and Agility Workshop

Work through practical exercises to improve balance, strength, and mobility to keep you sure-footed and prevent falls and injuries.

- Wednesday, September 23, 12:15–1:00 PM

Registration: Required.

Cost: FREE

Tech Talk

Learn the basics of navigating your smartphone: download apps, change settings, customize the home screen, and more. Bring your cell phone for hands-on help!

- Wednesdays, September 16 and October 21, NOON–1:00 PM

Registration: Required.

Cost: FREE for Members

Women's Bible Friendship Group

Grow in your faith and deepen your trust in God by sharing and discussing relevant Bible devotions. Handouts are provided — just bring a Bible.

- Friday, October 2, 11:00 AM–NOON

Registration: Not required — just drop in.

Cost: FREE

Active Aging Week: YMCA360 Demos

Explore the YMCA 360 app and YMCA360 InStudio options to stay active at home and on the go. Find your favorite classes and build your go-to watch list!

- Monday, October 5, 12:30–1:00 PM
- Wednesday, October 7, 12:30–1:00 PM

Registration: Not required — just drop in.

Cost: FREE for Members

FOX WEST YMCA

Walking Group

Ready to walk the trails? Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist Anne.

- Mondays, 10:00–11:00 AM

Registration: Not required.

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

Care Patrol

Join us for FREE coffee and camaraderie. Chat with Tyler from CarePatrol and other YMCA members — meet a new friend and start your day with us. Sponsored by Care Patrol.

- Tuesdays, September 8 and October 13, 8:30–9:30 AM

Registration: Not required— just drop in.

Cost: FREE

Falls Prevention Educational Talk

It's Falls Prevention Week! Join Jennifer Thompson, from PRN Cares, to learn more about Falls Prevention and Safety Awareness in your own home. Jennifer will teach us how to more safely live in our homes to help prevent falls from occurring.

- Monday, September 21, 10:00–11:00 AM

Registration: Required.

Cost: FREE

Uncovering the Hidden Causes of Digestive Distress

In this educational workshop, you will learn why simply managing symptoms isn't enough, and what practical, natural strategies can help support better digestion and increase energy. This session is designed to empower you with clear, science-based guidance so you can feel more confident, comfortable, and in control of your digestive health.

- Wednesday, September 30, 10:00–11:00 AM

Registration: Required.

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

What Makes Food Organic?

Have you ever wondered what organic really means? Is it worth the extra dollars to buy organic? This presentation will discuss the requirements that make food organic. We will bring in local produce, both organic and non-organic, to see for ourselves if there are differences.

- Monday, October 5, 10:00–11:00 AM

Registration: Required.

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

HEART OF THE VALLEY YMCA

Intro to Strength Training Workshop

Open to individuals of all levels who want to learn more about getting stronger in the gym. Physical Therapist Kaelyn Wagner covers strength training principles, updated research, and modifications so you feel confident using equipment and progressing at your own pace.

- Wednesday, September 2, 10:00–11:00 AM

Registration: Required.

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

Cooking Class

Looking for a hearty make-ahead dish that turns 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?"

- Thursday, September 10, 1:00–3:00 PM

Registration: Required.

Cost: \$20 for Members; \$30 for General Public

Falls Prevention Presentation

Join Physical Therapist Kaelyn Wagner for a workshop on improving stability, balance, and overall strength — helping build your confidence through everyday movements.

- Wednesday, September 23, 10:00–11:00 AM

Registration: Required.

Cost: FREE

Tech Talk

Do you have trouble navigating your smartphone? Would you like to ask questions about your phone's capabilities? Stop by the HVY Conference Room for our Tech Talk!

- Thursday, October 1, 1:00–2:00 PM

Registration: Not required.

Cost: FREE for Members

Craft Time

Come join the fun and learn a new craft.

- Thursday, October 8, 1:00–3:00 PM

Registration: Required.

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

Health Fair

Discover the resources available to you in the Fox Cities. Our health fair features community partners who will show you how to achieve balance in your overall well-being.

- Thursday, October 8, 8:30–11:30 AM

Registration: Not required.

Cost: FREE

NEENAH-MENASHA YMCA

Empowered Lines Project

Think you're not an artist? This workshop is for you! Join Artist and ForeverWell Specialist Stacy Parish for a step-by-step, simple drawing and painting experience focused on process over product — while starting your own art journaling practice.

- Wednesday, September 9, 11:30 AM–12:30 PM

Registration: Required.

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

Pelvic Health for Men

Join licensed pelvic health therapists Jill Van De Loo and Danielle Warmbier from Orthopedic and Spine Therapy to learn how breathing, core strength, and pelvic floor function support men's health and daily movement — addressing concerns such as urinary leakage, pelvic or testicular pain, prostate-related issues, and post-prostate surgery recovery.

- Tuesday, September 22, 10:00–11:00 AM

Registration: Required.

Cost: FREE

Leaf Printing Workshop

Celebrate fall by creating nature-printed designs using real leaves! Bring your own T-shirts, sweatshirts, dish towels, or bags to print on and take home a unique piece of the season.

- Tuesday, October 6, 1:00–2:00 PM

Registration: Required.

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

Letting Go: Mindfulness for Fall

Enjoy a deeply relaxing, guided journey with mindfulness and yoga teacher Jennie Eastman-Kiesow, featuring a body scan and visualization to help release stress. Explore mindfulness, restorative breathwork, and awareness-based meditation.

- Wednesday, October 14, 11:30 AM–12:30 PM

Registration: Required.

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

Spooky Chocolate Treats

Make your own spooky chocolate treats just in time for Halloween, working with white, milk, and dark chocolates. A fun, social, and educational project geared toward adults 55+.

- Tuesday, October 27, NOON–1:30 PM

Registration: Required.

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

OGDEN YMCA

Houseplants 101: 3-Part Series

Have questions about bringing your houseplants inside after summer? Local plant enthusiast Joanie Reuss covers transitioning plants indoors, trimming, and creating starters (Part I); soil, containers, and fertilizers (Part II); and insects, watering, and maintenance (Part III). Bring one or two of your houseplants along with your questions.

- Part I: Wednesday, September 16, 10:30–11:30 AM
- Part II: Wednesday, October 21, 10:30–11:30 AM
- Part III: Wednesday, November 18, 10:30–11:30 AM

Registration: Not required.

Cost: FREE

Falls Prevention Educational Talk

It's Falls Prevention Week! Join Jennifer Thompson, from PRN Cares, to learn more about Falls Prevention and Safety Awareness in your own home. Jennifer will teach us how to more safely live in our homes to help prevent falls from occurring.

- Wednesday, September 23, 10:30–11:30 AM

Registration: Required.

Cost: FREE

Gut Health After 50: The Foundation of Healthy Aging

In this engaging and practical presentation, Functional Medicine Practitioner Dr. Mikhaila Riska will discuss how the digestive system influences nearly every aspect of health. Participants will learn common signs of an unhealthy gut, simple nutrition and lifestyle strategies to improve digestion, and practical steps to support a healthier microbiome for better aging.

- Wednesday, September 30, 10:30–11:30 AM

Registration: Required.

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

Memory In Motion: A Music Bingo & Drums Alive Pop-up!

Join us for Active Aging Week! In collaboration with the Fox Valley Memory Project, this pop-up program is specifically designed to assist individuals experiencing memory loss or brain changes. The program includes a combination of brain and physical exercises. The goal is to promote both physical and mental wellness for participants.

- Wednesday, October 7, 11:00 AM–NOON

Registration: Required.

Cost: FREE

OTHER DEPARTMENTS OF INTEREST

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

All open pickleball and basketball hours can be found in our Sports Program Guide here: <https://www.ymcafoxcities.org/program-pdfs>.

Registration: Not required – Drop-ins welcome.

Cost: Guest passes are \$10 and only available if accompanied by a Y member.

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 foot soaks, 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 options available. For additional information or to register, please contact: Loel Kreger, Wellness Director (P) 920.954.7658 (E) lkreger@ymcafoxcities.org

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

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 the 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:

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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 Vandelist (P) 920.560.0001 (E) cvandelist@ymcafoxcities.org