

FOREVERWELL® (Ages 55+)

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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— Thursdays, 1:00–3:00 PM
- **Fox West:** Chinese Mah Jongg, Beginners— Wednesdays, 11:15 AM–12:45 PM
  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
  American Mah Jongg, Experienced— Thursdays, 1:00–3:30 PM
- **Neenah-Menasha:** American Mah Jongg, Open Play— Tuesdays & 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, November 17 and December 15, 11:00 AM–NOON
- **Heart of the Valley:** Wednesdays, November 4 and December 2, 1:00–2:00 PM
- **Neenah-Menasha:** Fridays, November 13 and December 11, 12:30–1:30 PM

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

Information Validation Series

Think before you click! In this three-session series on information validation, discover how information spreads, how bias can influence your perspective, and how social media and AI can shape how you view the world.
Part I: Misinformation, Malinformation, & Disinformation.
Part II: Confirmation Bias and the Ideological Echo Chamber.
Part III: Clickbait, Social Media, and AI.

- Tuesdays, November 3, 10, and 17, 1:00–2:00 PM

Registration: Required.

Cost: FREE

Healthy Habits for Healthy Kids (& Grown-ups!)

A one-hour interactive program for children ages 5 to 9, focusing on "Keeping well kids well", with Heidi Meadows, a retired critical care RN. The program encourages children to be proactive about their health and well-being from an early age.

- Saturday, November 14, 9:00–10:00 AM

Registration: Required.

Cost: FREE

NAMI: Grief Around the Holidays

The holiday season can bring a mix of emotions, especially for those experiencing loss. This presentation will explore the challenges of grief during the holidays, offer practical coping strategies, and provide support for navigating expectations while caring for your emotional well-being.

- Wednesday, November 18, NOON–1:00 PM

Registration: Required.

Cost: FREE

Cooking with Chef Shelly: Autumn Comfort

Nothing says comfort like the flavors of Fall in warm cozy dishes, perfect for family dinner or a post-game gathering. Chef Shelly will bring in autumn favorites like apples and squash to create an easy & satisfying meal. Easy skillet chicken and dumplings, sweet & savory sage butternut squash and baked cinnamon apple chips.

- Friday, November 20, 11:00 AM–12:30 PM

Registration: Required.

Cost: $25 for Members and General Public

Learn How to Use the YMCA of the Fox Cities App & Website

Learn how to navigate the YMCA of the Fox Cities app and explore our new website with confidence. Discover how to find and register for programs, manage your account, and make the most of the digital tools available to enhance your YMCA experience.

- Thursday, December 10, 1:00-2:00 PM

Registration: Required.

Cost: FREE

Cooking with Chef Shelly: Healthy Holidays

Whether you are fighting off a cold or want to stay strong during the flu season, good nutrition is key! Chef Shelly will treat you with nutrient-dense delicious dishes – a needed break from all the sugary treats – that can help us all sail thru the busy holidays. Lemon orzo chicken soup,

vitamin-loaded veggie chop salad with maple mustard dressing and turmeric orange honey ginger tonic.

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

Registration: Required.

Cost: $25 for Members and 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

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.

- Tuesday, November 3, 11:00 AM–NOON

Registration: Required.

Cost: FREE

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.

- Fridays, November 6 and December 4, 11:00 AM–NOON

Registration: Not required — just drop in.

Cost: FREE

NAMI Presentation: Caregiver Stress & Self-care

Caring for others can be deeply meaningful, but it can also take a toll on your own well-being. This presentation will explore the unique challenges of caregiving, recognize signs of caregiver stress, and provide practical self-care strategies to help you care for yourself while caring for others.

- Wednesday, November 11, 5:00-6:00 PM

Registration: Required.

Cost: FREE

Seasonal Craft

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

- Thursdays, November 12 and December 10, 1:00–3:00 PM

Registration: Required.

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

Book & Puzzle Swap

Get ready for the long, cold days by adding new books and puzzles to your collection. Drop off your old books and puzzles at the front desk or women's fitness center during the month of October.

- Tuesday, November 17, 9:00 AM-NOON

Registration: Not required— just drop in.

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, November 18 and December 16, NOON–1:00 PM

Registration: Required.

Cost: FREE for Members

Book Club Movies

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

- Thursdays, November 19 and December 17, 1:30–4:00 PM

Registration: Required.

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

NAMI Presentation: When Stress Becomes More Than Just Stress

Stress is a normal part of life, but sometimes it can begin to affect our physical health, emotions, relationships, and daily routines. This presentation will help participants recognize when everyday stress may be becoming something more and explore healthy strategies and resources for managing it.

- Wednesday, December 16, 2:00-3:00 PM

Registration: Required.

Cost: FREE

FOX WEST YMCA

Walking Group

Ready to walk the trails? Meet at the front desk to enjoy a social walk outside, weather permitting, with FOREVERWELL Specialist, Anne.

- Mondays (excluding holidays), 10:00–11:00 AM

Registration: Not required.

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

Planning AHEAD

Join the Outagamie County Extension Office of UW Madison for a six-session program that gives you the tools and resources to help begin the end-of-life planning process, including advanced care planning.

- Tuesdays and Thursdays, November 2, 4, 9, 11, 16 and 18, 11:30 AM–12:30 PM

Registration: Required.

Cost: FREE

Sound Bath

Join us for a meditative experience for deep relaxation, as you allow sounds from crystal singing bowls, chimes, and gongs to wash over you and take away tension and stress.

- Tuesday, November 3, 11:30 AM–12:30 PM

Registration: 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, November 10 and December 8, 8:30–9:30 AM

Registration: Not required— just drop in.

Cost: FREE

Knot Blanket Project

Join Hortonville High School students to collaborate on crafting lap-sized knot blankets that you get to keep. This program goes beyond blanket-making— it's about weaving stories, sharing experiences, and building community. As we tie each knot, we invite everyone to nurture new friendships and inspire warmth. Let's create cozy comforts for chilly winter days, one blanket at a time.

- Wednesday, November 18, NOON-1:30 PM

Registration: Required.

Cost: $25 for Members; $35 for General Public

Mosaic Art

Come join us for a fun mosaic art project. We will use molds and tiles to create a stunning piece just in time for holiday season.

- Tuesday, December 8, 10:00–11:30 AM

Registration: Required.

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

HEART OF THE VALLEY YMCA

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!

- Thursdays, November 5 and December 3, 1:00–2:00 PM

Registration: Not required.

Cost: FREE for Members

Cooking Class

Christmas chocolates, yum! Learn how to make some simple and delicious Christmas treats to share with others.

- Thursday, November 11, 1:00–3:00 PM

Registration: Required.

Cost: $22 for Members; $32 for General Public

Craft Time

Come join the fun and learn a new craft in December.

- Thursday, December 10, 1:00–3:00 PM

Registration: Required.

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

NEENAH-MENASHA YMCA

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 any differences.

- Tuesday, November 10, 11:30 AM–12:30 PM

Registration: Required.

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

Wooden Ornament Workshop: Harvesting Gratitude

Create a beautiful Thanksgiving keepsake using simple decoupage techniques and seasonal designs. Reflect on gratitude, set a personal intention, and leave with a handmade ornament to treasure all season long.

- Tuesday, November 17, 1:00–2:00 PM

Registration: Required.

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

The Gift of Aromatherapy

Attendees will learn the fundamentals of mixing essential oils for targeted health benefits, sample various calming scents, and create a custom foaming soap mason jar for gift giving (or to keep) this holiday season!

- Monday, December 7, 11:00 AM–NOON

Registration: Required.

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

It's A Wonderful Life Movie Day

Join us for a nostalgic afternoon with this holiday classic! Test your knowledge of the film with some trivia, watch the film, enjoy some popcorn and celebrate the people who make YOUR life Wonderful!

- Tuesday, December 15, 12:30–3:00 PM

Registration: Required.

Cost: FREE for Members; $3 Program Pass 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 III: Wednesday, November 18, 10:30–11:30 AM

Registration: Required.

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

Thrive Music Therapy Demo

Designed to bring people together, this program explores how music can enrich our lives as we age. Join us to play instruments, sing, and create music in a welcoming environment where everyone belongs, regardless of musical background. You'll also learn about the benefits of music therapy and its positive impact on the aging process. We're excited to share this joyful journey with you and look forward to creating harmonious moments together. No prior music experience is needed—just bring your enthusiasm!

- Tuesday, December 15, 11:00 AM–NOON

Registration: Required.

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

Holiday Chocolates

Make your own yummy chocolate treats just in time for the holidays! Join us as we work with white, milk and dark chocolates. This fun, social and educational project is geared towards adults aged 55+.

- Wednesday, December 16, 10:30 AM–NOON

Registration: Required.

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

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, lleonard@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

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 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.

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