



THIS IS YOUR TIME

The Y offers fitness programs for older adults like water exercise, yoga and stretching classes. But, we know that older adults also want a sense of community and to strengthen social ties.



ACTIVE OLDER ADULTS

UPDATED ON: NOVEMBER 1, 2016

STAFF CONTACTS

ACY - Chelsey Latimer Fitness Coordinator P 733.9622 E clatimer@ymcafoxcities.org
APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org
FWY - Jennifer Ruis Health & Fitness Coordinator P 560.3407 E jruis@ymcafoxcities.org
HVV - Paula Beyer Wellness Director P 830.5708 E pbeyer@ymcafoxcities.org
NMY - Jean Wollerman Active Older Adults Director P 886.2152 E jwollerman@ymcafoxcities.org
MSC - Barb Taylor Active Older Adults Assistant P 967.3530 E btaylor@ymcafoxcities.org

SENIOR FRIENDS

Open to the Winnebago County Community

SENIOR DONATION PASS - (55+) County Community Senior Donation Pass – (55+) Available at the Neenah-Menasha YMCA and the Menasha Senior Center for social activities.

MENASHA SENIOR CENTER - (55+) Cards, coffee, computer usage, Large screen T.V., health screenings, resource center, Wii, shuffleboard, dartball board, quilting, wireless internet, exercise classes (\$10.50 and a \$21.00 punch card to include Zumba Gold, Gentle Stretch, Silver Sneaker Classic, F.A.B.S. (linedancing classes), art classes, computer classes, Dial a Ride tickets, speakers, bus trips, friends and fellowship, special events, Advocap meal site.

SENIOR PROGRAM PASS (60+) - Available at the Neenah-Menasha YMCA only. Winnebago County Residents only. Calumet County if you are paying City of Menasha taxes. Must show proof of residency. \$22.00 per month + \$50 registration deposit for new participants. Monday-Friday (Times may vary for each activity.) YMCA Solarium – Senior Social area for coffee and treats, Cribbage/Cards, Game tables, Speakers, luncheons, Blood Pressure Screening, “Y-Not” Singers, Knitting Club and Book Club, Wireless internet and Special Events.

YMCA SENIOR MEMBER OR INSURANCE BASED MEMBERSHIPS (65+)

Includes membership to YMCA and also Senior Friends Program. Inquire within the YMCA for Adult, Family, Membership Rates. Monthly and yearly memberships available.

SENIOR PROGRAM PASS SCHEDULE:

MONDAY

Coffee, treats, cards, fellowship - Solarium - 8:00 AM-3:00 PM
Strength Training Center/Aerobic Training Ctr. – 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts – 6:30 AM-NOON
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)
Lap Swimming - 6:30 AM-NOON
Water Exercise - 10:00-10:30 AM (Yard Pool)
Water Walking - 10:45-11:00 AM (Yard Pool)
Knitting Club - NOON to 2:00 PM – Riverside Room

Fall Session 1: September 6-October 23, 2016
Fall Session 2: October 24-December 18, 2016
This is a working document and is subject to change.

(Monday classes prorated for Labor Day)
(No Classes November 2, 2016)

TUESDAY

Cards & fellowship - Solarium - 8:00 AM-3:00 PM
Lap Swimming – 6:30 AM-NOON
Strength Training Center/Aerobic Training Ctr. - 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts – 6:30 AM-NOON
Cardio Gold - 9:00-9:45 AM (Upper Gym)
Water Exercise - 11:00-11:45 AM (Yard Pool)

WEDNESDAY

Coffee, treats, cards, fellowship - Solarium - 8:00 AM-3:00 PM
Strength Training Center/Aerobic Training Ctr. – 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts – 6:30 AM-NOON
Lap Swimming – 6:30 AM-NOON
Water Exercise - 10:00-10:30 AM (Yard Pool)
Water Walking - 10:45-11:00 AM (Yard Pool)
Gentle Stretch – 10:00-10:45 AM (Keller Room)

THURSDAY

Cards & fellowship - Solarium - 8:00 AM-3:00 PM
Lap Swimming – 6:30 AM-NOON
Strength Training Center/Aerobic Training Ctr. - 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts – 6:30 AM-NOON
Cardio Gold - 9:00-9:45 AM (Upper Gym)
Water Exercise - 11:00-11:45 AM (Yard Pool)

FRIDAY

Coffee, treats, cards, fellowship - Solarium - 8:00 AM-3:00 PM
Strength Center/Aerobic Training Ctr. – 6:30 AM-NOON
Use of the walking/running track/gyms/racquetball courts – 6:30 AM-NOON
Lap Swimming – 6:30 AM - NOON
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)
Y Nots Chorus Practice - 9:00-11:00 AM (Plexus Room)
Water Exercise - 9:00-9:45 AM (Yard Pool)
Gentle Stretch - 10:00-10:45 AM (Upper Gym)
Water Exercise - 11:15-11:45 AM (Yard Pool)

Other YMCA Exercise Classes: Non-Member Rates apply for these classes with Senior Program Pass.

Additional opportunities for Senior Program Pass participants and are held during the hours of the Senior Friends Program. Inquire at the Member Service Desk for fees and times.

Strength & Resistance
Pilates
H2O Exercise
Power Yoga
Personal Training
Deep Water Workout
H2O Challenge
H2O Strength & Stretch
Joint Efforts Water Arthritic Class
More in Program Brochure

Riverside Cafe - Open 8:00 AM-1:00 PM. Breakfast, lunch, snack items, hot & cold beverages and fresh fruit.

YMCA ADULT BUS TRIPS (ACY/APY/FWY/HVY/NMY)

Bus trip information can be found in the *Education & Leadership* section of this program *guide* and on fliers in Y facility lobbies. The Bus Trip Booklet for 2016 is available on the YMCA website as well as in all the YMCA of the Fox Cities branch lobbies. Trips are arranged by the Appleton YMCA Adult Department for all Y Members as well as the General Public.

TALL SHIP FESTIVAL- GREEN BAY	Friday, August 5
BRISTOL RENAISSANCE FAIRE	Saturday, August 20
THE MUSIC OF JOHNNY CASH – CLAUSON DINNER SHOW	Wednesday, August 24
HISTORIC FOX LOCKS CRUISE	Wednesday, September 14
BEAUTIFUL MAINE 9-Days	September 24-October 2
	October 15- October 23
HARLEY-DAVIDSON & SPRECHER TOURS	Tuesday, October 11
CRANBERRIES, DINOSAURS AND CHEESE OH MY	Wednesday, October 19
MAGNIFICENT MILE - CHICAGO	Saturday, December 3
OLD WORLD CHRISTMAS MARKET & WREATH FACTORY	Friday, December 9

AOA-FRIENDLY SOCIAL BALLROOM DANCE classes are offered at the Appleton YMCA. Information about these classes can be found in the *Dance* section of this program guide.

CONTRACT BRIDGE classes are offered at the Appleton YMCA. Information about these classes can be found in the *Educational and Leadership* section of this program guide.

PRIVATE ADULT PIANO LESSONS are offered at the Appleton YMCA. Information about lessons can be found in the *Music* section of this program guide. Develop new neural pathways and add life to your years by learning or continuing to increase your skill level at the piano. 30-minute piano lessons available. Contact the Appleton Y Arts & Humanities Department 920.954.7602 to arrange your lesson time.

THOMPSON CENTER ON LOURDES HEALTH/WELLNESS, LANGUAGE, COMPUTER

Thompson Center on Lourdes is located at 2331 E Lourdes Drive, Appleton WI, 54915 and is committed to enhancing the quality of life of adults and their families through a network of activities and services that focuses on improving emotional, intellectual, physical, social and spiritual wellness. The center serves baby boomers, older adults and their families. Thompson Center on Lourdes reception desk is open from 8:30 AM until 4:30 PM, however, the YMCA has both day and evening programs there. Evening Y class instructors provide access to the facility shortly before class begins. Most classes have a 7 week session duration and are open to ages 18+ unless noted otherwise.

Their monthly newsletter "The Buzz" contains information about all programs and services.

Registration for all classes can be done at any YMCA of the Fox Cities Locations.

HEALTH/WELLNESS STRENGTH AND RESISTANCE

Learn the basics of strength training using multiple tools (free weights, small weighted balls, exercise bands) and your own body weight. Participants can work from a seated position or standing based on their own ability level. Everyone can benefit from strength training. Reduce body fat and improve bone density. Exercises are adaptable to all fitness levels. Warm-ups and cool downs with each class.

YOGA/CHAIR YOGA

This gently-paced yoga class is designed for anyone who would like take yoga. Yoga poses are modified so that if you cannot stand or get to the floor, you can a version of the pose. With instructor guidance, participants using chairs can do versions of twists, hip stretches, forward and backward movements. Yoga poses can be adapted to all fitness levels. If you can stand as well as get on and off the floor, you are welcome in this class, too. Learn to focus, work on breathing techniques and improve (or maintain) your wellness.

Fall Session 1: September 6-October 23, 2016
Fall Session 2: October 24-December 18, 2016

(Monday classes prorated for Labor Day)
(No Classes November 21-27, 2016)

This is a working document and is subject to change.

ADULT LANGUAGE

SPANISH 1 - ADULT (APY/TCL)

Information about these classes can be found in the *Education and Leadership* section of this program guide. Classes usually run 14 weeks in Fall; 21 weeks in Winter/Spring; 10 weeks in Summer and are open to ages 16+ unless noted otherwise. 60-minute class. Motivated students may join on-going classes at the discretion of the teacher.

SPANISH 2 - ADULT (APY/TCL)

Information about these classes can be found in the *Education and Leadership* section of this program guide. Classes usually run 14 weeks in Fall; 21 weeks in Winter/Spring; 10 weeks in Summer and are open to ages 16+ unless noted otherwise. 75-minute class. Motivated students may join on-going classes at the discretion of the teacher.

COMPUTER CLASSES FOR ADULTS

ADULT COMPUTER CLASSES AND PRIVATE COMPUTER LESSONS

MICROSOFT OFFICE SOFTWARE & HAND HELD GIZMOS (APY/TCL)

Information about these classes can be found in the *Education and Leadership* section of this program guide. Private lessons (30/60 minutes) are available by contacting the Appleton Y Adult Department 920.954.7610 to arrange your lesson time.

Classes include:

- Windows 10- a class for students learning the new Windows 10 software
- Apple iPad Basics- a beginning level class for students
- Applet iPad Step 2- an intermediate class for students who know the basics

Private lessons include:

- Smartphone (iPhone & Android)
- Facebook for all devices
- Windows 7
- Windows 8/8.1
- Windows 10
- Intro to Microsoft Office Suite
- Ms Word & Ms Excel Intermediate
- Applet iPad
- Tablets other than iPad