



# 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: MAY 26, 2017

### STAFF CONTACTS

ACY - Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org  
APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org  
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NMY - Cheryl Richard Active Older Adults Director P 886.2152 E crichard@ymcafoxcities.org  
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### 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. \$25.00 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: Summer Only

#### 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  
Lap Swimming - 6:30 AM-NOON  
H2O Exercise - 7:00-7:45 AM (Yard Pool)  
H2O Exercise - 9:00-9:45 AM (Yard Pool)  
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)  
Water Exercise - 10:00-10:45 AM (Yard Pool)  
Knitting Club- NOON-2:00 PM - Riverside Room

#### TUESDAY

**All Summer Session: June 12-August 27, 2017**  
**Summer Session 2: July 24-August 27, 2017**

**Summer Session 1: June 12-July 23, 2017**  
This is a working document and is subject to change.

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  
H2O Strength and Stretch – 8:00-8:45 AM (Yard Pool)  
H2O Exercise – 9:00-9:45 AM (Yard Pool)  
Deep Water Exercise – 9:00-9:45 AM (Meter Pool)  
Cardio Gold - 9:00-9:45 AM (Upper Gym)

### **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  
H2O Exercise – 7:00-7:45 AM (Yard Pool)  
H2O Exercise - 9:00-9:45 AM (Yard Pool)  
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)  
Gentle Stretch – 10:00-10:45 AM (Upper Gym)

### **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  
H2O Strength and Stretch – 8:00-8:45 AM (Yard Pool)  
Aqua Zumba – 9:00-9:45 AM (Yard Pool)  
Deep Water Exercise – 9:00-9:45 AM (Meter Pool)  
Cardio Gold - 9:00-9:45 AM (Upper Gym)

### **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  
H2O Exercise – 7:00-7:45 AM (Yard Pool)  
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)  
Y Nots Chorus Practice - 9:00-11:00 AM (Plexus Room)  
Water Interval Exercise – 8:00-8:45 AM (Diving Well)  
H2O 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  
Personal Training  
Arthritis Aquatics Class  
More in Program Brochure

**Riverside Café** - 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)**

**All Summer Session: June 12-August 27, 2017**  
**Summer Session 2: July 24-August 27, 2017**

**Summer Session 1: June 12-July 23, 2017**  
This is a working document and is subject to change.

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 2017 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 and the General Public. Detailed information about these classes can be found in the *Educational and Leadership* section of this program guide.

SAVANNAH, JEKYLL ISLAND & CHARLESTON, SC	APRIL 1-9, 2017
EXPLORE NEW LONDON	MAY 4
CHURCHES & CHOCOLATES	MAY 9
THE ARK ENCOUNTER & CREATION MUSEUM	JUNE 5-9, 2017
CHARTER FISHING	JUNE 14
PLANES, TRAINS AND AUTOMOBILES	JUNE 27
TEMPEL LIPPIZAN HORSE SHOW	JULY 12
EXPLORE KENOSHA: WAR HISTORY, A STREETCAR, CANDY & MORE	JULY 20
BREWERS GAME VS. ST LOUIS CARDINALS	AUGUST 3
WISCONSIN STATE FAIR- FUN FOR ALL GENERATIONS	AUGUST 8
WISCONSIN FAVORITES- BEER & CHEESE	AUGUST 16
MEMORIES THEATER- PORT WASHINGTON	AUGUST 23
S.S. BADGER SHORELINE CRUISE	SEPTEMBER 2
ART & ARCHITECTURE- FRANK LLOYD WRIGHT	SEPTEMBER 6
CRANES & WINES	SEPTEMBER 12
TRAILS & FALLS	SEPTEMBER 20
NEW YORK CITY & THE STATUE OF LIBERTY	SEPTEMBER 26- OCTOBER 3, 2017
RURAL ARTS ROAD TRIP	OCTOBER 14
LOVE YOUR RIVER CRUISE & ST. NORBERT COLLEGE TOUR	OCTOBER 19
MAGNIFICENT MILE-CHICAGO	DECEMBER 2
FEEL THE HOLIDAY SPIRIT- CHRISTMAS FAVORITES	DECEMBER 7
SEE THEM SOAR- BALD EAGLE WATCHING	JANUARY 25, 2018

**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.

**APPLETON BOOK CLUB** offered at the Appleton YMCA. Information about these meetings can be found in the *Educational and Leadership* section of this program guide.

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

### **KNIT FOR A CAUSE CIRCLE (APY)**

Join the YMCA's Knitting Circle, where you can practice your skills and learn new techniques while creating knit goods that will be donated to local non-profit agencies. This circle is 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 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.

## **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
- Apple 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
- Apple iPad
- Tablets other than iPad

**Also see AOA Friendly Health and Fitness classes, Land and Water, in those sections of the program guide.**