



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

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STAFF CONTACTS

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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+) Exercise Classes (\$10.50 or \$21.00 punch card or YMCA membership) classes include Chair Yoga, Simply Fit, Strength-Stretch-Balance, F.A.B.S., Silver Sneaker Classics. Walking Club, Line Dancing, Stepping on, Strong Bones, Tai Chi, Card Playing Groups, Knitting Club, Quilting Club, Garden Club, Care Club, Shuffleboard, Games Groups, Art Classes, Dial-A Ride, Computer usage, Health Screenings, Wellness room, Lunch & Learns, Advocap meal site and various Special events.

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. \$26.00 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)
Chair Yoga - 10:00-10:45 AM (Upper Gym)
Water Exercise - 10:00-10:45 AM (Yard Pool)
Knitting/Crochet Club (Creating for a Cause) - NOON-2:00 PM - Riverside Room

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
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)
Strong Bones – 10:00 -11:00 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)
Chair Yoga – 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)
Strong Bones – 10:00 -11:00 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 (Gloria Dei Lutheran Church, Tullar Road)
Water Interval Exercise – 8:00-8:45 AM (Diving Well)
H2O Exercise – 9:00-9:45 AM (Yard Pool)
Chair Yoga – 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)

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 2018 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.

VIRGINIA BEACH & BILTMORE ESTATE	8- DAYS	APRIL 28 – MAY 5
BARN QUILTS- EXPLORE SHAWANO		THURSDAY, MAY 17
HIGHGROUND TOUR		SATURDAY, JUNE 2
ARK ENCOUNTER & CREATION MUSEUM	5-DAYS	JUNE 4-8
UNDER THE BIG TOP		TUESDAY, JUNE 12
EXPLORE KOHLER		THURSDAY, JUNE 21
CHARTER FISHING		WEDNESDAY, JUNE 27
CAPE COD & THE ISLANDS	7- DAYS	JULY 8-14
LOVE LAVENDER- WASHINGTON ISLAND		TUESDAY, JULY 17
BREWERS VS NATIONALS BASEBALL GAME		WEDNESDAY, JULY 25
RUDOLPH GROTTO & DAIRY STATE CHEESE		MONDAY, JULY 30
SUNDROP & SUNFLOWERS		THURSDAY, AUGUST 2
WISCONSIN STATE FAIR		TUESDAY, AUGUST 7
IRISH FEST- MILWAUKEE		SUNDAY, AUGUST 19
CLYDESDALES & MORE		WEDNESDAY, AUGUST 29
QUILTS GALORE – FINE ARTS & EXPO		THURSDAY, SEPTEMBER 6
EXPLORE NEW GLARUS		WEDNESDAY, SEPTEMBER 12
WASHINGTON DC & GETTYSBURG	8- DAYS	SEPTEMBER 27- OCT 4
EXPLORE THE DOOR - FALL FESTIVAL		FRIDAY, OCTOBER 12
ROSEWOOD "CRUSIN" MUSIC SHOW & LUNCH		TUESDAY, OCTOBER 23
MAGNIFICENT MILE – CHICAGO		SATURDAY, DECEMBER 1
CLAUSON HOLIDAY SHOW		THURSDAY, DECEMBER 13

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.

THOMPSON CENTER ON LOURDES LANGUAGE, COMPUTER, FITNESS

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

All Summer Session: June 11-August 26, 2018
Summer Session 2: July 23-August 26, 2018

Summer Session 1: June 11-July 22, 2018
This is a working document and is subject to change.

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
- 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

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