



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: DECEMBER 3, 2018

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
FWY - Kirsten Rice Health & Fitness Director P 560.3413 E krice@ymcafoxcities.org
HVY - Paula Beyer Wellness Director P 830.5708 E pbeyer@ymcafoxcities.org
NMY – Cheryl Richard Active Older Adults Director P 886.2152 E crichard@ymcafoxcities.org
MSC - Barb Taylor Active Older Adults Assistant P 967.3530 E btaylor@ymcafoxcities.org

SENIOR FRIENDS

Open to the Winnebago County Community

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. \$27.00 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
Lap Swimming – 6:30 AM-NOON
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

Winter Session 1: January 7-February 24, 2019

Winter Session 2: February 25-April 14, 2019

This is a working document and is subject to change.

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 - 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)

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 (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 8:30 AM-1:30 PM. Breakfast, lunch, snack items, hot & cold beverages and fresh fruit.

ADULT SOCIAL OPPORTUNITIES

A CHRISTMAS GATHERING (APY) Join us for our annual Christmas gathering with other active older adult friends! Enjoy brunch & great conversations. The YMCA will provide a main dish and beverages. Please bring

Winter Session 1: January 7-February 24, 2019

Winter Session 2: February 25-April 14, 2019

This is a working document and is subject to change.

a dish to pass. Event held in the Plexus Room at the Appleton YMCA. Register at the front desk by December 10, 2018.

DATE: December 11, 2018

TIME: 9:00-11:00 AM

Fee: Free with a dish to pass

MUGS & MUFFINS (ACY)

Join us for a healthy snack, cup of coffee AND great member connections!

Gathering in the Wellness Center the 3rd Tuesday of EACH month from 7-9:00 AM.

COFFEE SOCIAL (APY)

We invite you to join us for a snack, cup of coffee AND socializing with friends! Enjoy a tasty treat and connect with other active older adult members. This wholesome event is held weekly in the commons area of the Appleton YMCA on Tuesday's from 9:00-10:30 AM

ORTHOPEDIC SPINE & THERAPY HEALTH TALKS (ACY)

Join us for FREE health-related talks at the Apple Creek YMCA. Orthopedic & Spine Therapy will provide education on actively aging, how to increase strength and endurance safely, maintain balance and steady gait, discuss complete nutrition for an active older adult, and stay focused on achieving all of your goals. We are here to listen to your concerns and help you look forward to an energetic and pain-free future. Healthy snacks provided during workshop.

Dates: September 24, October 22, November 26, December 17

Time: 8:45-9:15 AM & 9:30-10:00 AM

Cost: FREE

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

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

2018

MAGNIFICENT MILE – CHICAGO
CLAUSON HOLIDAY SHOW

SATURDAY, DECEMBER 1
THURSDAY, DECEMBER 13

2019- (Registration for Overnight Trips: Spring/Summer trip is November 1, 2018. Summer/Fall trip is March 1, 2019)

SPR-	NASHVILLE SHOW TRIP	7- DAYS	MARCH 31- APRIL 6, 2019
SUM-	MACKINAC ISLAND	5- DAYS	JUNE 10-14, 2019
FAL-	AMISH LANDS OF PA & PITTSBURGH EXPRESS	8- DAYS	SEPTEMBER 29-OCTOBER 6, 2019

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

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

BECAUSE WE KNIT classes are offered at the Appleton YMCA. Information about these classes can be found in the *Educational and Leadership* section the Y Programs.

THOMPSON CENTER ON LOURDES • 2331 E LOURDES DRIVE • APPLETON LANGUAGE, COMPUTER, FITNESS

The Appleton YMCA offers small group classes of no more than 8 adult students. For technology Classes, students must bring their own personal laptops/devices. All classes are held at Thompson Center on Lourdes (TCL). TCL 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. Thompson Center on Lourdes reception desk is open from 8:30 AM until 4:30 PM, however, the

Winter Session 1: January 7-February 24, 2019

Winter Session 2: February 25-April 14, 2019

This is a working document and is subject to change.

YMCA has both day and evening programs there. Evening Y class instructors provide access to the facility shortly before class begins. Most classes are open to ages 18+ unless noted otherwise. TCL provides a monthly newsletter "The Buzz" which contains information about all programs and services located at their facility. Registration for all YMCA classes can be done at any YMCA of the Fox Cities Locations.

ADULT LANGUAGE

SPANISH 1, SPANISH 2, SPANISH 3 CLASSES (APY/TCL)

Information about these classes can be found in the *Education and Leadership* section of the Y Programs. Classes usually run 14 weeks in Fall; 21 weeks in Winter/Spring and are open to ages 16+ unless noted otherwise. 60-minute class. *Motivated students may join on-going classes anytime, please contact the Adult Department for pro-rated pricing and registration.*

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 the Y Programs. 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
- Smartphone- iPhone
- Smartphone- Android

Private lessons can 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

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