



# 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+)** 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 Simply Fit, Gentle Stretch, Silver Sneaker Classic, F.A.B.S., line dancing 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 (\$300 annually) + \$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 or 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  
Simply Fit - 8:30-9:30 AM (Aerobic Studio)  
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

#### 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

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

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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  
Simply Fit – 8:30-9:30 AM (Aerobic Studio)  
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 8:30 AM-1:30 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.

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**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.

## **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.

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## **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