



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

ACY – Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@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, quilting, wireless internet. Exercise classes (\$10.50 and a \$21.00 punch card) which includes Gentle Stretch, Silver Sneaker Classic, Simply Fit, 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. Some classes require a small fee if you have a YMCA membership exercise classes are included in your membership.

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, and 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)
Chair Yoga (formerly called Gentle Stretch) – 10:30-11:15 AM (Upper Gym)
Water Walking - 10:45-11:00 AM (Yard Pool)
Knitting Club - NOON to 2:00 PM – Riverside Room

Winter Session 1: January 8-February 25, 2018

Winter Session 2: February 26-April 15, 2018

This is a working document and is subject to change.

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
Silver Sneakers Classic - 9:00-9:45 AM - (Upper Gym)
Water Exercise - 10:00-10:30 AM (Yard Pool)
Water Walking - 10:45-11:00 AM (Yard Pool)
Chair Yoga (formerly called 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
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)
Chair Yoga (formerly called Gentle Stretch) - 10:00-10:45 AM (Upper Gym)
Water Exercise - 11:00-11:45 AM (Yard Pool)

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

STEPPING ON – (AGES 65 AND UP) (MSC)

The YMCA will be offering this new class focused on fall prevention. This is a 7 week class in held on Wednesdays from 1:30-3:30 PM starting March 7th ending on April 18th. Call Winnebago County Wellness Coalition at 920.232.3000 to register for this class. Cost is \$15 for the 7 week session.

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

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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)

Detailed 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 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. Registration for the 2018 Overnight bus trips begin November 1, 2017 at the Appleton YMCA ONLY.

SEE THEM SOAR- BALD EAGLE WATCHING
VIRGINIA BEACH
CAPE CODE & THE ISLANDS

JANUARY 25, 2018
APRIL 28 – MAY 5, 2018
JULY 8 – JULY 14, 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.

BECAUSE WE KNIT (APY)

Join the YMCA's Knitting Circle, where you can practice your skills and learn new techniques while creating knit goods. This opportunity is for like-minded knitters to enjoy the social aspects of knitting together. Please bring your own projects and ideas!

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

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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.

MUG & MUFFINS (ACY)

Once a month, please join us for a healthy snack, cup of coffee AND member connection! Bring your own mug, fill it up, enjoy a tasty treat and socialize with other active older adults. Each month, you will find this wholesome event on the second floor Wellness Center hallway (near the lockers). It's just another way the Apple Creek YMCA desires to help keep you healthy and connected!

Dates: April 17, May 15, June 19

Time: 7:00-9:00 AM

HOLIDAY/ SPECIAL EVENT PARTIES (ACY)

Join us at the Apple Creek YMCA for parties during various holidays throughout the year. These parties are a great time to get to know other Y members, enjoy a pot luck and have a chance to win prizes.

HEART HEALTHY ASSESSMENTS (ACY)

Join us at the Apple Creek YMCA for Heart Healthy Assessments throughout the year. These affordable heart healthy assessment looks at your lipid profile, glucose, blood pressure, BMI, and other vital health information and lifestyle behaviors to determine your health risks and provide you with tips and ideas to help improve your health.

Next One: March 28

Time: 6-10:00 AM

Cost: \$20 - Y Member \$25 - General Public