



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULTS

## STAFF CONTACTS

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NMY – Susan Christel Health & Fitness Director P 886.2127 E [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org)

**See YMCA of the Fox Cities APP for schedule of current exercise programming. See directions for downloading the APP below.**

**All group exercise classes, times, days, descriptions, and branch locations can be found on the YMCA of the Fox Cities APP.** The APP is available for iPhones and Androids and can be downloaded at the Google Play Store or iTunes Store.

Here are the steps to find the APP:

- In the APP Store or Google Play Store, search **YMCA FOX CITIES**.
- Download the APP that has the Y logo.
- Select "Allow" for notifications (and location if desired).
- All notifications will be set to OFF. Update those for each branch in the More button/Preferences/Notifications.
- At the bottom of the screen click on the Cards icon.
- Click Add New Card.
- Enter the name of the person whose card number you wish to add.
- Enter your bar code number, then click Save.
- Multiple bar codes can be stored. If you wish to add an additional number, click Add New Card.

## SENIOR FRIENDS (NMY)

Open to the Winnebago County Community

**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 SENIOR MEMBER OR INSURANCE BASED MEMBERSHIPS (65+)**

Includes membership to YMCA and Senior Friends Program. Inquire within the YMCA for Adult, Family, Membership Rates. Monthly and yearly memberships available.

## **GET CONNECTED STAY CONNECTED**

### **Technology Classes**

#### **NEENAH-MENASHA YMCA**

Staying connected with friends and family has never been so easy! Learn the basics of today's technology, and how you can stay up to date with family and friends all over the world. Instruction is available for those age 55 and older. Come meet one-on-one with our volunteers who will work with you on the things you would like to know about your device!

Available Classes:

Learn at your own pace on any device. Schedule a one-on-one class now by contacting:

Julie Swiecichowski

(P) 920.886.2177

(E) [jswiecichowski@ymcafoxcities.org](mailto:jswiecichowski@ymcafoxcities.org).

To help us prepare for your personalized class, please share a few details about what you would like to learn. Our volunteers can help you learn about such things as Phone settings, Facebook, Google, Messaging, Zoom, etc. We will ask you to bring your own device, so you can learn how easy it is to stay connected. Rental equipment is also available for a fee.

COST: FREE

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