



**FOREVERWELL**



## ForeverWell Newsletter • January 2024 YMCA OF THE FOX CITIES

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### A NOTE FROM KATE



On behalf of the ForeverWell Department, I would like to say a heartfelt thank you for all of your support over the past year. Your support has been the key to our success. Our team is developing new and exciting opportunities that we hope you continue to explore in the new year!

If you have any program or event suggestions or thoughts, do not hesitate to share! Let us know what branch you frequent and what you would like to see. Click on the Email Kate link above to share your thoughts.

Wishing you the Happiest New Year!

Kate Yates  
ForeverWell Program Director

# WHAT'S GOING ON AT THE Y?

## Brunch and Bingo Potluck

Apple Creek YMCA  
Friday, January 26, 2024  
11:00 AM-Noon

Break out of those winter blues and join us for some bingo! Prizes to be awarded to the winners. Please bring a dish to share. Registration required.

**Fee: Members FREE**  
**General Public \$5**



**Register Today!**



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## Lunch and Learn: Functional Living

Apple Creek YMCA  
Tuesday, January 9, 2024  
11:00 AM-Noon

Are you feeling overwhelmed? Do you want your home to feel more functional & supportive but don't know where to begin? Join April from "Functional Living with April" as she walks you through a process to help you enjoy your home and to Live in Place. Registration required.

**Fee: Members FREE**  
**General Public \$5**

## Brunch and Learn: Helping Combat Loneliness

Appleton YMCA  
Tuesday, January 30, 2024  
9:30-11:30 AM

In 2023, the United States Surgeon General released an Advisory calling attention to the public crisis of loneliness, isolation and lack of connection in our country. Our very own YMCA member and RN, Leta will talk about how to support yourself and those around you through navigating this crisis. Please bring a dish to pass.

**Fee: FREE**





## Game Groups

Appleton YMCA

Second & Fourth Wednesday of the month

1:00-3:00 PM

Neenah-Menasha YMCA

Tuesdays beginning January 9, 2024

10:00 AM-Noon

Escape the cold outdoors and join us inside for game day. There will be many different games/cards available to choose from.

**Fee: FREE**

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## Snowshoe Group

Fox West YMCA

Mondays

January 8 & 22, February 5 & 19

10:00-11:00 AM

Meet at the front desk to enjoy a social snowshoeing adventure around the Fox West YMCA Trails with ForeverWell Specialist, Jenn. Snowshoes can be provided, but are limited (first come, first served). If you have your own pair, please bring them.



**Fee: FREE**



## Aging Mastery Program

Fox West YMCA

Mondays

January 22-February 19, 2024

Noon-2:00 PM

Build your own personal playbook for aging well. This fun, innovative program empowers you to improve your well-being and strengthen ties to your community. Learn how exercise, sleep, financial wellness, healthy relationships and community engagement, all play a key role in navigating longer, happier lives. Light lunch provided.

Sponsored by Fox Valley Advance Care Planning Partnership & University of Wisconsin-Madison Outagamie Extension

Register by calling the Outagamie Extension Office at 920.832.5121.

**Fee: \$25**



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## **Bible Study**

**Heart of the Valley YMCA**

**Tuesdays**

**January 2-February 27, 2024**

**11:00 AM-Noon**

Take a verse a week and apply its meaning to our everyday life. Enjoy an opportunity to reconnect with friends and faith.

**Fee: FREE**

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## **Balance Class**

**Heart of the Valley YMCA**

**Tuesdays & Thursdays**

**January 9-February 8, 2024**

**10:15-10:45 AM**

We can all use some help with balance and stability. Having good balance helps in preventing falls, injury and simply making your daily activities easier to perform. This 5-week class will teach you exercises to improve your balance both with and without equipment.

**Fee: Members \$50  
General Public \$65**

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## **Craft of the Month**

**Heart of the Valley YMCA**

**Thursday, January 11, 2024**

**1:00-2:30 PM**

Art and craft topics will change each month. Tap into your artistic side with these fun projects.

**Fee: Prices vary by project**



**Register for January 11**

## **WHERE DO I FIND ADDITIONAL INFORMATION**

This newsletter gives highlights of things happening across our association. We are offering additional opportunities like book clubs, memory cafes, technology programs, crochet/kitting and other craft clubs, a chorus group, special events and so much more!

To see a full listing of your opportunities, or your home branch's monthly calendar, you can visit our webpage. Click on the ForeverWell Program Guide to see all your opportunities in one document.

## Visit Our ForeverWell Webpage

# MEDICARE MEMBERSHIP REMINDERS

If you have a fitness benefit through your Medicare Advantage or Supplement plan for 2024, and have not already provided us with your eligibility, please visit Member Services at your Y location to update this information with us. This information needs to be updated each year for you to keep this benefit with the Y.

If you will no longer have this benefit for 2024, please visit Member Services to review all your membership options.

## Check Out the Amenities You Receive as a Y Member

As always, please remember to swipe your YMCA membership card when you come into our facilities. Whether it's the card, key fob, or app, that swipe is essential in tracking our growth and progress which in turn, provides us with the resources we will need to continue to serve you to our best ability!

# MEET YOUR FOREVERWELL EXPERTS

Many of our staff throughout the association play a role in creating your ForeverWell opportunities, there are too many to name! However, there are key people at each location that can help answer questions for you, get you registered for a program, or connect you with someone else who might be able to help. See below to learn who the ForeverWell Experts are at each Y.



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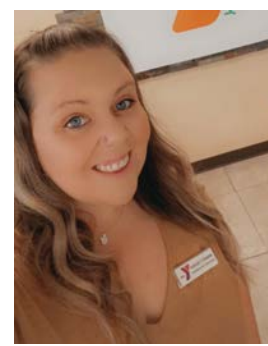
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**Our Mission:** To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.

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**Follow us on:**



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