



ForeverWell Newsletter • February 2024 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Happy Valentine's Day! Do you celebrate this holiday? Although, the origins are a bit murky, there are many theories as to how our modern-day Valentine's Day came to be. Stories of Roman festivals and Christian saints have been the most well-known roots to this holiday, with the sharing of "valentine's" not appearing in history until the 1500s, with commercially printed cards starting in the late 1700s, in Europe. We didn't start participating in the celebration in the states until the 1800s.

February can bring grey skies and colder temperatures, but it is bright and warm at your neighborhood Y! I encourage you to check out some of the fun opportunities we have throughout the month in our ForeverWell department, to try something new and maybe even meet a new friend. Come by for a game group, fitness class, art project, film series and much more. Opportunity awaits!

Kate Yates
ForeverWell Program Director

WHAT'S GOING ON AT THE Y?

2024 Day Trips

2024 Day Trip brochures are on the way! We are looking forward to another wonderful trip season, full of unique opportunities to experience Wisconsin. We are expecting to see our books the first week of February but you can get this information on our website.

Registration begins February 19, 2024!

2024 Trip Information



Y-Not Chorus Group

The YMCA has a chorus group and they are looking for singers! The chorus is comprised of adults ages 55+, that all want to share their love of music with others. Their performances entertain at YMCAs, other local businesses and assisted living communities throughout the Fox Cities. The group practices at Gloria Dei Church in Neenah on Friday mornings.

This is a fun group, who enjoys making new friends, entertaining their community and a good laugh!

For more information on joining in on the fun, please contact Kate Yates at 920-886-2105, or kyates@ymcafoxcities.org.

Groovin' with a Grown Up Gala Heart of the Valley YMCA Friday, February 16, 2024 6:00-8:00 PM

Dust off your dancing shoes and create lifelong memories your grandkids won't forget! Registration includes, music, dancing, craft, refreshments, photo booth, use of the Family Fun Center (for those ages 9 and under) and one raffle ticket.

Semi-formal attire is suggested but not required.

**Fee: \$20 for 1 adult & 1 child
\$5 for each additional adult**



Register Today!



Bingo Time

Appleton YMCA

Thursday, February 29, 2024

9:30-10:15 AM

Everyone bring three \$1 unwrapped prizes to be used for the game. Coffee and treats provided.

Fee: Y Members - FREE
General Public - \$5

Register Today!

WHERE DO I FIND ADDITIONAL INFORMATION

Our locations offer a variety of ways to connect, from educational seminars to bible studies, book clubs, art classes, pickleball, snowshoe, balance classes, film and 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

PROGRAM HIGHLIGHT

Get Connected Stay Connected, Technology Programs

In December 2019, we were awarded a \$50,000 grant from Bader Philanthropies to address social isolation through the use of technology. This grant funding would allow us to create a new program where we could help our community learn more about their technology and how to take full advantage of their devices. Unfortunately, just as we were preparing to begin this new programming through our **Get Connected Stay Connected** program, the country shut down. As you know, we all were immediately thrown into a world where we were required to use our technology to stay connected.

When the Y was able to open programming again and started offering Get Connected Stay Connected, we quickly learned how much this programming was needed. In 2021, we had 16 participants attend our small group classes and 88 attend a one-on-one appointment. In 2022, the growth continued, and we had 166 participants attend our small group classes and 209 attend a one-on-one appointment.

At the end of 2022, when the grant funding was exhausted, the Y committed to continue offering our community this technical support. As a result, the Get Connected Stay Connected programming expanded in 2023 from one location, the Neenah-Menasha YMCA, to three facilities including Fox West YMCA and

Ogden YMCA. This year, with the introduction of the new Tech Lab, powered by Plexus, at the Neenah-Menasha YMCA, we will be expanding again!

We are excited about this growth and hope you will consider taking advantage of this no-cost or low-cost technical support/training. Please consider joining us at one of our upcoming programs.

One-on-One Technology Appointments

Fox West YMCA
Neenah-Menasha YMCA
Ogden YMCA
Dates and times vary

**Register
Today!**

**Fee: Member - \$5
General Public - \$10**

Group Technology Introductory Classes

Neenah-Menasha YMCA
Second Tuesday of each month
10:00-11:00 AM
11:00 AM-Noon

Monthly Topics

February - Navigation Tools
March - Google Applications
April - Artificial Intelligence and how it can help
May - Your phone camera and photo library

Fee: - Free

Tech Lab Classes-Coming Soon!

Neenah-Menasha YMCA - Tech Lab

Creating a Google Doc - Registration Opens February 19, 2024

Tuesday, March 21, 2024
10:00 AM-Noon

Upcoming topics include: Setting up a virtual assistant and creating a Shutterfly album.

**Fee: Members - \$10
General Public - \$20**

We want to hear from you! What types of classes and information are you hoping to see from your technology programming in the future. Please take our quick survey by February 18, 2024.

Get Connected Stay Connected Survey

MEMBER HIGHLIGHT

Delores Coopman is the daughter of Frank and Marie Manderfield, founders of Manderfield's Bakery but we know her as Lori. She began her journey at the Neenah-Menasha YMCA with her husband in 1997. Walking our indoor track and attending deep water exercise classes is where her engagement first began. Lori went on to attend a variety of fitness classes offered at the YMCA including Zumba, Yoga, and Cycling, meeting many friends along the way. Great friends and community became important to her after being diagnosed with Stage 3 colon cancer in 1999. Her continued commitment to staying physically active is what she credits as having played a big role in overcoming cancer. Lasting friendships formed at the Neenah-Menasha YMCA have also helped see her through her husband's death in 2019.

At 91, you can still find Lori upstairs, every day at 6:00 AM using our weight machines as she follows up with a swim, similar to where she began here 26 years ago. She enjoys connecting over coffee Monday mornings in the Neenah-Menasha YMCA café with another group of strong individuals who have also overcome cancer. Lori is also passionate about spending time with her five children, many grand-children and many more great grand-children.



A LITTLE BIT OF FUN

Looking for a way to connect and meet new people? We have a few options throughout the association, to come play cards, dice and other games.

Mah Jongg

Mah Jongg is a multiplayer tile game of skill and strategy that is similar to Rummy. Join us as we learn how to play Mah Jongg, meet new folks, and have fun along the way.

Fox West YMCA: Every other Wednesday, February 14 & 28, 9:00-10:00 AM

Open Game Time

Escape the winter blues, and come play games with other like-minded people. There will be many different games/cards available to choose from, or bring a favorite from home!

Appleton YMCA: Second and fourth Wednesday of each month, 1:00-3:00 PM

Neenah-Menasha YMCA: Tuesdays, 10:00 AM-NOON

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.

YMCA of the Fox Cities

Click the name of the YMCA for more information on each location.

Apple Creek YMCA • 2851 E. Apple Creek Rd, Appleton WI 54913

Appleton YMCA • 218 E. Lawrence St, Appleton WI 54911

Fox West YMCA • W6931 School Rd, Greenville, WI 54942

Heart of the Valley YMCA • 225 W. Kennedy Ave, Kimberly, WI 54136

Neenah-Menasha YMCA • 110 W. North Water St, Neenah, WI 54956

Ogden YMCA & Valley Tennis Center • 720 E. Shady Ln, Neenah, WI 54956

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