



ForeverWell Newsletter • May 2024 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



On May 29, 2024 we are celebrating National Senior Health and Fitness Day. Health and fitness can mean so many different things for so many people. For some, it could mean keeping a regular schedule of attending fitness classes or wellness room routines. For others, it could mean engaging in a book club, or bible study. Maybe it means taking up a new hobby with your first art or dance class. Maybe it means rehabbing from a recent injury. Maybe it means making a larger investment in your stretching routine, to stay flexible and strong. Maybe it means

walking the track to better keep up with grandkids on the playground this summer. Whatever it may mean, many people walk through our doors every day with different definitions of what it means to focus on their health and fitness. Here at the Y, we strive to provide many opportunities for you to take advantage of all different ways to keep you healthy, mind, body and soul.

Join us in celebrating National Senior Health and Fitness Day on Wednesday, May 29, 2024. Watch our website and Facebook page for updates on special offerings we are planning to run that day!

Kate Yates

[Visit Our Events Webpage](#)

[Visit Our Facebook Page](#)

OVERNIGHT TRAVEL OPPORTUNITIES

Special Presentation for San Antonio Holidays
A Trip with Premier World Discovery
Appleton YMCA
Thursday, May 9, 2024
2:00 PM

Learn more about our exciting holiday trip to San Antonio this December. Meet our Premier World Discovery travel representative and ask whatever questions you may have.

Trip highlights include:

- San Antonio and Austin City Tour
- Alamo
- Riverwalk Cruise
- Tower of the Americas
- Fiesta de las Luminarias
- Fredericksburg
- Lyndon B. Johnson Ranch as well as Library and Museum at the University of Texas
- Roundtrip airfare from Appleton with bus transportation from Fox West YMCA
- Featuring one hotel stay

2025 travel locations will also be highlighted!

Attendees may utilize the parking ramp adjacent, for free, by taking a ticket and getting it validated when inside.

If you have any questions, please contact Kate Yates at 920.886.2105 or kyates@ymcafoxcities.org.



Fiesta de las Luminarias in San Antonio



Alamo in San Antonio

Upcoming Trips

San Antonio
December 4, 2024

Washington D.C.
April 7, 2025

Canadian Rockies
August 17, 2025

WHAT'S HAPPENING AT THE Y

Lunch & Learn: Fox River Locks

Apple Creek YMCA
Tuesday, May 7, 2024
Noon-1:00 PM

Christine Williams of the Appleton Historical Society will give a presentation on the history of the Fox River locks system. The locks were built beginning in the late 1840s allowing navigation from the Great Lakes to the Mississippi River.

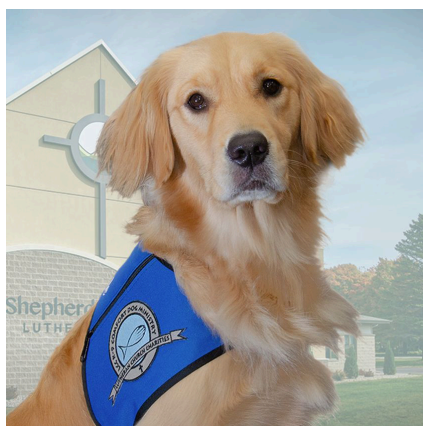
Learn how the hand-operated lock works, the lives of the lockmaster who lived with their family in government-owned houses adjacent to the locks, and the fight to preserve the system which led to the transfer of the locks from the U.S. Army Corps of Engineers to the State of Wisconsin in 2005.

Fee: Free
Registration required for lunch count.



Register Today!

Thank you to Primrose Retirement Communities in Appleton for sponsoring lunch.



Meet Samaria the Comfort Dog
Fox West YMCA
Monday, May 6, 2024
11:30 AM

Samaria is a comfort dog that brings a calming influence, allowing people to open their hearts and receive help in their time of need. Come learn more about Samaria and experience her gift.

Fee: Free

Monthly Craft: Paint, Pot and Plants, Oh My!

Heart of the Valley YMCA
Thursday, May 9, 2024
1:00-2:30 PM

Design and paint a terra-cotta pot and choose from a variety of houseplants, flowers and/or herbs to complete your project. Mix and match plants while enjoying time with our Master Gardner, Donna.

Fee: Y Member \$7



Register Today!



What is Functional Living
Apple Creek YMCA
Tuesday, May 14, 2024
10:30-11:30 AM

Do you want your home to feel more functional & supportive, but don't know where to begin? We'll walk you through an easy process of how to enjoy your home and "Live in Place".

Fee: Free

Register Today!

Capital Credit Union Financial Education Series: Retirement Planning
Appleton YMCA
Wednesday, May 15, 2024
5:30-6:30 PM

Are you planning for retirement, or do wish to be more informed about retirement to plan for the future? Join us for an informative in-person session at the Appleton YMCA and learn how to build a solid retirement plan that suits your lifestyle, budget, and goals. Learn about different investment options, how to maximize your savings, and tips for a comfortable retirement. Don't miss out on this opportunity to secure your financial future!

This class is FREE but you must register.



Register Today!



Tech Lab: Creating a Photo Book
Neenah-Menasha YMCA
Thursday, May 23, 2024
1:00-3:00 PM

In this class, we will look at the Shutterfly website and setup an account. Then, we will create an album. By the end of the class, you will have an album that can be printed and then shared with family & friends.

Register Today!

Please bring both your laptop and cell phone and their chargers to class.

**Fee: Y Member \$10
General Public \$20**

**Walking Group: Hearthstone
Appleton YMCA
Thursday, May 23, 2024
9:30-11:30 AM**

Enjoy the signs of spring, get some exercise, and meet new people. Each month we will walk to a new location. This month we will walk to Hearthstone House and take a tour. Meet at front lobby of the YMCA to start our walk.

**Fee: \$12 at the door for
Hearthstone tour.**



Register Today!

Learn About Hearthstone

NATIONAL SENIOR HEALTH & FITNESS DAY

**National Senior Health & Fitness day
Wednesday, May 29, 2024**

Regular physical activity is one of the best things you can do for your health. In recognition of National Senior Health and Fitness Day, here are a few other ways to celebrate around the Y.



Apple Creek YMCA: Blood Pressure Screenings

Drop In from 8:00-10:00 AM

Jessica Haufschildt, owner and Pharmacist of Hometown Pharmacy Northland will be available for **FREE** Blood Pressure screenings.

Heart of the Valley YMCA: Poker Walk

Drop In from 7:30-10:30 AM

Walk the indoor track and pick up a new card each lap. After 5 laps, play your hand against those walking with you. No prior knowledge of Poker needed and all walking levels welcome!

Appleton YMCA

10:30-11:00 AM

Balance Demo: Learn some basic balance exercises to keep you strong. – Spirit, Mind, Body Studio

11:15 AM-12:15 PM

Join Hometown Pharmacy to learn more about supplements and the importance of Blood Pressure screenings. – Plexus Room

10:00 AM-NOON

Join Kaci from Chiropractic Health for a **FREE** muscle tension scan – Pool Viewing area

10:00 AM-NOON:

Test out our Compression Therapy with **FREE** mini sessions – Pool Viewing area

PROGRAM HIGHLIGHT

Compression Therapy Appleton YMCA

NormaTec Compression Therapy is a treatment method that uses pulse massage patterns to boost recovery. Compression therapy is known for its ability to provide a fast recovery and improved performance.

Compression Therapy is for anyone looking to improve blood and fluid circulation. Individuals wanting to recover quicker from an intense workout or injury, suffering from chronic pain, diabetes, varicose veins, lymphedema or just suffering from poor circulation can benefit from Compression therapy.

You can register online for a Compression Therapy session. Use the promo code **1OCTHERAPY** for \$10 off your first purchase.

- 1 Session: \$20
- 4 Sessions: \$70
- 8 Sessions: \$120

For more information or any questions, you can reach out to:
Loel Kreger, Wellness Director at lkreger@ymcafoxcities.org
Patti Lynn, Health & Wellness Coordinator at plynn@ymcafoxcities.org



VOLUNTEER OPPORTUNITES



**Community Garden Clean-up
Apple Creek YMCA
Tuesday, May 21, 2024
9:00-10:30 AM**

Join us at the Apple Creek YMCA to help with our Community Garden. We are looking for assistance in prepping our garden for the season. Bring your garden gloves and come ready to get dirty with cleaning-up and weeding the space. We are also looking for volunteers to help with ongoing weeding, maintenance and watering this summer.

If you have any interest in volunteering, please reach out to Natalie McVeigh at 920-702-2317, or nmcveigh@ymcafoxcities.org.

YMCA CAMP NAN A BO SHO

Gift your grandchildren the opportunity of an unforgettable experience at camp this summer. Camp teaches life skills and creates lasting memories. Camp Nan A Bo Sho is our overnight resident camp located in Lakewood, WI.

Camp is open for ages 5-17 and there are 1 and 2 week sessions available.

Gift your grandchildren this opportunity through a gift card today!



Want to Join the Fun?

**Family Camp at Camp Nan A Bo Sho
July 26-28, 2024**

Family Camp provide time for families to connect in the unique camp environment. Spend family time in a peaceful, natural setting. We cook the food, plan the activities and the best part – we clean! All you have to do is relax and enjoy your time together. Whether you come with your children, grandchildren or the whole family, we promise a weekend you'll cherish forever!

A LITTLE BIT OF FUN

Spring has sprung and it is time to get those plants going. Check out this great planting video from Jill Rasmussen, our Executive Director at the Apple Creek YMCA.



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](#)

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

Follow us on:



YMCA of the Fox Cities | 218 E Lawrence Street Appleton, WI 54911

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