



FOREVERWELL



## ForeverWell Newsletter • January 2023

### YMCA OF THE FOX CITIES

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### A NOTE FROM KATE

Happy New Year! It's always an exciting time of year to be at the Y. I enjoy meeting new people and talking to them about goals they have for themselves and the year ahead. I also enjoy starting a new year of programming and all the possibilities that come along with that. Our department has seen some amazing growth over this past year, and I want to take a moment to say thank you. Choosing the Y is choosing to make an investment in your community, and I appreciate you choosing us. We have been able to add some staff support to the ForeverWell

program that will further contribute to that growth and development. In the future, you will see opportunities to fill out surveys related to program opportunities you would like to see. Please take a moment to provide your feedback so we can focus our efforts on your areas of interest. Looking forward to another amazing year at the Y!

Kate Yates  
ForeverWell Program Director

## WHAT'S GOING ON AT THE Y?

### National Milk Day!

**Fox West YMCA**

**Wednesday, January 11, 2023**

**8:00 AM-10:00 AM**

Join us to celebrate National Milk Day with fascinating facts about milk and walk away with a free carton of milk (while supplies last).



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## Get Connected Stay Connected

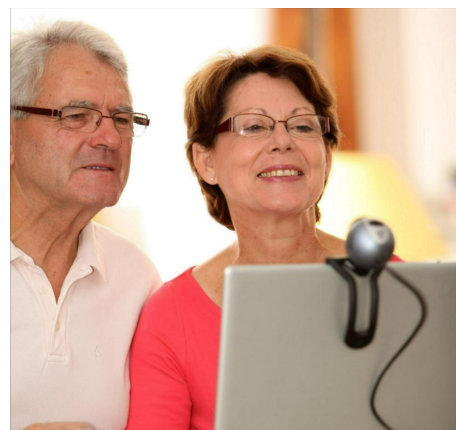
**Fox West YMCA**

**Monday, January 16, 2023**

**Monday, January 30, 2023**

**8:00 AM-Noon**

Not sure how to set up your voicemail? Are you having trouble linking your personal email to your phone? Would you like the ability to problem solve through some issues involving your smart phone? Now is your chance! Stop on by for some quick one-on-one tech assistance.



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## Coffee and Conversations

Enjoy coffee on us, comradery, program updates and occasional special guests.

**Appleton YMCA**

Every Tuesday at 8:30 AM

**Heart of the Valley YMCA**

Fourth Thursday of the month at 10:00 AM

Starting January 26, 2023

**Neenah-Menasha YMCA**

Every Monday at 8:00 AM

tarting January 23, 2023



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## Art Commotion

**Fox West YMCA**

**Wednesday, January 25, 2023**

**Wednesday, February 22, 2023**

**Noon-1:30 PM**

Each month we will introduce a new artist. Learn about their life, their inspiration(s), and their artwork. Complete your very own project inspired by their work. Many artists use a variety of different media, so each month will be new and exciting! Registration can be completed online or at any Member Services desk. Prices will vary.





## FROM OUR Y EXPERT

The YMCA of the Fox Cities offers a wide range of membership options. We would like to share some information from our Membership Expert, Kristin Johnson.

Kristin is our Association Membership Development Manager and has been with the Y for 21 years. During her career she has worked in member services, older adult programming and currently oversees Corporate Partnerships and the ForeverWell Program for our Association.

To learn more about our membership options click the links below.

**Did you know...**the Y has membership options to fit every household? Your Y, Your Way allows you to customize your membership with no contracts.

### Your Y, Your Way

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**Did you know...**the Y offers a Membership for All program? The Y's Membership for All program offers financial assistance for membership, programs and child care.

### Membership For All

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**Did you know...**the Y accepts SilverSneakers, Renew Active and Silver&Fit? These programs may allow you to have your membership fees waived as a benefit of your Medicare Advantage or Supplement plan.

### Medicare Memberships

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**Did you know...**the Y partners with over 80 local companies and over 150 statewide to provide a wellness benefit to their employees?

### Corporate Partnerships

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**Did you know...**the Y offers multiple 24/7 Wellness Centers? The Fox West and Heart of the Valley YMCAs currently offer 24/7 options. The Apple Creek YMCA will offer 24/7 beginning February 1, 2023.

### 24/7 Wellness Center

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If you have questions on Y membership options, you can contact the Member Services Desk at any of our YMCA of the Fox Cities locations.

# A LITTLE BIT OF FUN FOR YOU



## Crossword Puzzle

### Answer Key

#### Crossword Puzzle Fun

Crossword puzzles and other various word games can benefit you in so many ways.

1. They assist in delaying memory loss and help alleviate dementia.
2. They preserve memory, cognitive function, and overall brain strength.
3. Strengthen your vocabulary and spelling.
4. Solving crosswords as a group strengthens social bonds.
5. They can alleviate anxiety, which improves overall mood.

Enjoy a little bit of fun. How far can you get before peeking at the answers?

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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:

