



FOREVERWELL



ForeverWell Newsletter • April 2023 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



My whole life, I looked forward to trips to the Fox Valley to visit family. I have many fond memories of going to Smith Park to play on the playground, walking along the water looking for fish and even seeing Santa Clause himself right in the front yard of my Aunt and Uncle's house (who happened to be my very pregnant mother in disguise). I grew up, went to college, moved to another state for 10 years and never would have imagined my path would lead me back to be rooted in Neenah, WI.

I feel incredibly grateful to find that my home away from home grew into my permanent home-base. Beyond my career, the Y has blessed me with community, a new and growing support system, and a place to find mental and physical wellness.

I would love to hear your Y story! What brought you to the Y? How has the Y positively impacted your life?

Happy April!

Kate Yates
ForeverWell Program Director

Send your Y story to Kate: kyates@ymcafoxcities.org

WHAT'S GOING ON AT THE Y?



Cards and Games

Neenah-Menasha YMCA
First Tuesday of the Month
10:00 AM

Come in on the first Tuesday of the month at 10:00 AM to play games. We will provide the cards and cribbage boards. All you need to do is bring your conversations. Let the good times roll.

No registration required

Ballet and Balance

Ogden YMCA
April 24-May 28, 2023
10:30-11:15 AM

For the active adult seeking work on balance, coordination and light strengthening, this class will utilize ballet techniques at the barre and center floor. Low-impact, joint-friendly, fluid movement and relaxed instruction. Previous dance experience is not required! Dancewear or athletic attire and ballet shoes required.



[**Register Now**](#)



Self-Care Series

Neenah-Menasha YMCA
Tuesday, April 4, 2023
11:00 AM-NOON

It's time to take care of you! Join us once a month at the Neenah-Menasha YMCA to learn different ways you can prioritize your health, mind, body and spirit.

Free. No registration required.

Aromatherapy • Do you feel stress and anxiety? Have trouble relaxing at the end of the day? Using a concoction of art and science this class will use essential oils to relieve certain problems. We will be focusing on oils to help sooth body and mind. This is a beginner's course to help you find oil combinations that bring peace to your mind and body.

Ladies Night Pottery Workshop

Neenah-Menasha YMCA

Friday, April 14, 2023
6:30-8:30 PM

Get out for a fun night of crafting with your gal-pals! This workshop is for beginner or experienced students-all levels welcome. Participants will spend time learning hand-building and wheel work and create a fun project to take home.



Register Now



Beginner Pickleball

Appleton YMCA
Wednesdays in April
10:15 AM-NOON

Are you interested in learning how to play pickleball? This class will teach the rules of the game, form/technique, game strategy, and give new players a chance to play in a fun, relaxed, learning environment.

Beginner Pickleball Open Play will follow Noon-1:00 PM.

Register for April 5

Register for April 12

Register for April 19

Register for April 26

FROM OUR Y EXPERT

Maria Bady is our Aquatics Coordinator at Neenah-Menasha YMCA. She has worked in Aquatics off and on for 20 years, starting when she was 14 years old at the Appleton Park and Rec Department. She has a total of almost 7 years of experience at the YMCA, and has been in the Aquatics Coordinator position at the Neenah-Menasha YMCA for almost 2 years.

"I enjoy helping children and adults learn to swim. I also like learning from our regular lap swimmers and water walkers. Our most experienced lap swimmer is 97 years old, and we have several other swimmers at the Neenah-Menasha YMCA who are in their 80s and 90s; I am inspired by them and love to see them having fun at the pool!"

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Maria would like to share 5 ways swimming laps can improve your physical and mental health.

1. Strength

Swimming is a non-impact way to add muscle tone. The gentle resistance provided by the water works all the major muscle groups at once, and especially activates your core.

2. Lungs & Cardio

The breath control and breathing rhythm required in some of the strokes (front crawl, breaststroke) can help to improve your cardiovascular health and your lung capacity.

3. Balance & Flexibility

Many of the different kicks used for swimming can improve hip, leg, and ankle flexibility. Because swimming is a full-body activity, it also loosens up your neck, back, and shoulders. Swimming from hip to hip when doing the front and back crawl (not swimming flat on your front or back) is a great way to work on your balance. Overall, swimming is one of the best ways to keep your mobility strong!

4. Mind and Brain

Studies have shown that swimming can lower stress and provide meditative and therapeutic benefits. Swimming slowly is a good way to get these benefits. Swimming can also help with memory and brain plasticity, which is the ability of the brain to change, grow and reorganize. This brain plasticity occurs when learning new skills. Swimming is a constant learning process because there are always improvements that can be made. This is what makes swimming an amazing lifelong skill!

What amazing information! If you are interested in getting involved with water programs outside of our regular water fitness classes, check out our Y Miler and adult swim lesson programs.

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Y Miler

Appleton YMCA
Fox West YMCA
Heart of the Valley YMCA
Neenah-Menasha YMCA

You can keep track of your laps and receive a t-shirt when you reach milestones. This is a way to incorporate a fun reward program into your swimming workouts!

Contact the Aquatics Department at your branch for more information.

Adult Swim Lessons

Appleton YMCA
Neenah-Menasha YMCA

It's never too late to learn how to swim! So, whether you started learning to swim as a child, but never quite mastered it, or are simply afraid of the water, we're here to help you learn to swim confidently, in a supportive environment.

Register Now

STAFF HIGHLIGHT

Jenn Ness • Fox West YMCA



Say hello to **Jenn Ness**. Jenn has a number of roles at the Fox West YMCA, after joining us just a short 10 months ago. She works in Wellness, ForeverWell, Personal Training, CPR instructor, and Building Supervisor. Jenn holds both a BA and MS in Biology. Jenn says, "I enjoy working with people. I love the camaraderie between co-workers, the wonderful members I call friends, and the fact that no two days are exactly the same. My daily goal is to make others smile by sharing my smile so working at FWY makes that easy!"

When asked what her favorite thing about the Y is, Jenn says, "My favorite aspect of what I do at the Fox West YMCA is to see the progress members make when they train with me and take beginner pickleball classes with me. It makes me smile knowing I had an impact on their success and they are happy they invested in themselves!"

HAPPY EASTER



We would like to wish you and your family a very happy Easter.

As a reminder the YMCA facilities will be closed on Easter Sunday, but our 24/7 Wellness Centers will be available that day. Click [HERE](#) to learn more about our 24/7 locations.

"The Lord is risen indeed!" - Luke 24:34

A LITTLE BIT OF FUN FOR YOU



Easter Facts

1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
2. Eggs have been seen as an ancient symbol of fertility, while springtime is considered to bring new life and rebirth.
3. Americans spend \$1.9 billion on Easter candy. That's the second biggest candy holiday after Halloween.
4. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals and juices.
5. The first story of a rabbit (later named the Easter Bunny) hiding eggs in a garden was published in 1680.
6. The White House Easter Egg Roll event has been celebrated by the President of the United States and their families since 1878.
7. In 1953, when they were still new to the world and were handmade with a pastry tube, it took 27 hours to make one Peep.
8. 59% of people who eat chocolate Easter bunnies, eat the ears first.

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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