



FOREVERWELL



ForeverWell Newsletter • March 2023

YMCA OF THE FOX CITIES

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A NOTE FROM KATE



March marks the beginning of Women's History Month. Amelia Earhart once said, "The most difficult thing is the decision to act, the rest is merely tenacity." Often, when I speak to people about their health journey, we talk a lot about how hard it is to start, but once we adopt a new routine, that everything feels manageable again.

There are so many different benefits of being a part of our Y community and making it a part of your normal routine. From better balance, improved

strength and better sleep to finding a new hobby, and even friendships. To quote another memorable woman of history, "Nothing is impossible, the word itself says I'm possible." - Audrey Hepburn

I'm looking forward to seeing you around the Y! Check out below, for a few featured highlights for this month.

Kate Yates
ForeverWell Program Director

WHAT'S GOING ON AT THE Y?

Breakfast and Bingo

Apple Creek YMCA
Wednesday, March 22, 2023
9:00 AM

Eat breakfast, drink coffee, socialize, play bingo and win some prizes. Breakfast is pot-luck style so please bring dish to share.

Free. Registration required

Register by contacting the Member Services Desk at the Apple Creek YMCA at 920.733.9622.



Chef Shelly

Apple Creek YMCA
Heart of the Valley YMCA
Neenah-Menasha YMCA

Put your cooking hats on! Join Chef Shelly in her series of cooking classes, expand your palate and cook something new. Registration required.

COST: \$25-Members and General Public

Easy Downsized Meals for 1 or 2

Friday March 3, 2023 • 11:00 AM • Heart of the Valley YMCA
Friday, April 21, 2023 • 11:00 AM • Apple Creek YMCA

Deliciously Green St. Patty's Day Lunch

Friday, March 17, 2023 • 11:00 AM • Apple Creek YMCA

Budget Friendly Meals

Friday, March 24, 2023 • 11:00 AM • Neenah-Menasha YMCA
Friday, May 19, 2023 • 11:00 AM • Apple Creek YMCA

Register at any YMCA of the Fox Cities location or online at ymcafoxcities.org.

Craft Club

Appleton YMCA

**First & Third Tuesday of the Month
9:30-11:00 AM**

Bring Your Own Craft (BYOC). Have fun and socialize while doing what you enjoy. A chance to connect with others and share your DIY passion.

Free. No registration required.



Self-Care Series

Neenah-Menasha YMCA

**Tuesday, March 21, 2023
11:00 AM-NOON**

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

Free. No registration required.

Meditation • Learn why it is important, as well as different ways to practice meditation. Take part in a 20-minute guided meditation.

Walking Club

Ogden YMCA & Valley Tennis Center

**Mondays, Starting March 20, 2023
9:30-10:30 AM**

Each step and each mile go towards completing a new adventure all throughout the world.

First stop is New York! Come weekly to complete your walking passport. We will start on the track and then move the walking group outside once weather permits.

Free. No registration required.



ADULT BUS TRIPS



Trip season is back! We are excited to host a variety of amazing trips this summer, as well as our expanding field trip opportunities, details about field trips coming soon.

Registration for bus trips begins on March 13, 2023. Click the button below to check out all the amazing opportunities that have been planned through the end of the year.

[Adult Bus Trips](#)

FROM OUR Y EXPERT



The Y is a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. We would like to share some important information from our Fundraising Expert, Jan Davey.

Jan is our Vice President of Resource Development and has been with the Y for 11 years. Jan and our Resource Development Department lead the fundraising efforts at the YMCA of the Fox Cities.

Each year we raise funds for our Annual Campaign so we can provide financial assistance for members, children and families in the Fox Cities, who otherwise could not afford it due to financial hardship.

Here are some other things you may not know about our fundraising efforts:

Did you know...that becoming a member of the Heritage Club involves a commitment that will add to the Y's Endowment Fund?

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Did you know...that a good estate plan can ensure that your philanthropy continues in your absence and what is important to **YOU** carries on into the future?

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Did you know...the YMCA of the Fox Cities is a 501(c)3 nonprofit organization and donations may be fully tax deductible or offer other tax advantages?

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Did you know...all contributions to the YMCA of the Fox Cities stay local?

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Did you know...planned gifts may be directed to the YMCA of the Fox Cities and can be restricted for the benefit of a branch or a specific program?

Did you know...that the Y's Heritage Club is an option for donors of **all income levels**?

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Did you know...there are several convenient options available for making a significant impact on the Y's future? Learn more about these options at ymcafoxcities.org/legacy-gifts

- Cash
 - Wills
 - Appreciated Assets
 - Existing Life Insurance
 - Trusts
-

If you would like to know more, please contact Jan Davey at 920.954.7637 or jdavey@ymcafoxcities.org.

STAFF HIGHLIGHT



Dee Daniels • ForeverWell and Membership Specialist

Say hello to **Dee Daniels**. Dee is our ForeverWell and Membership Specialist at the Neenah-Menasha YMCA. Dee has been with the Y for a year and a half. She has a background as a personal trainer and fitness instructor and has enjoyed offering stretch and yoga classes as well as assisting with the LiveSTRONG® program.

Dee is pursuing a degree in massage therapy, is a lover of nature and gardening and always has a huge smile on her face. She has a passion for serving her community and will be meeting with members in our Smart Start program, providing tours and offering a variety of program opportunities for members ages 55+. She is very excited about the Self Care Series that starts with a class on Medication at Neenah-Menasha YMCA in March.

A LITTLE BIT OF FUN FOR YOU



Happy St. Patrick's Day

While St. Patrick's Day is now associated with wearing green and parades, amongst other things, the holiday is grounded in history that dates back more than 1,500 years.

The earliest known celebrations were held in the 17th century on March 17, marking the anniversary of the death of St. Patrick in the 5th century.

Enjoy the crossword puzzle below!

[Crossword Puzzle](#)

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.

Follow us on:



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

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