



**FOREVERWELL**



## ForeverWell Newsletter • May 2023 YMCA OF THE FOX CITIES

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### A NOTE FROM KATE



Thank you for being a Y member! The summer brings a busy time for us all. Don't forget to scan in when you're visiting us for fitness, enrichment opportunities, even to enjoy watching your grandkids in the pool or at their game. Each time you swipe in, it brings us closer and closer to our membership goals. We appreciate your dedication to our Y family!

Kate Yates  
ForeverWell Program Director

### WHAT'S GOING ON AT THE Y?



## Adult Field Trips

### Registration Now Open

Hiking, biking, golfing, oh my! Check out our fun adventures to local destinations designed to explore all the amazing things the Fox Cities has to offer while learning and connecting with others.

Register today, spots will go fast!

[Learn More About Field Trips](#)

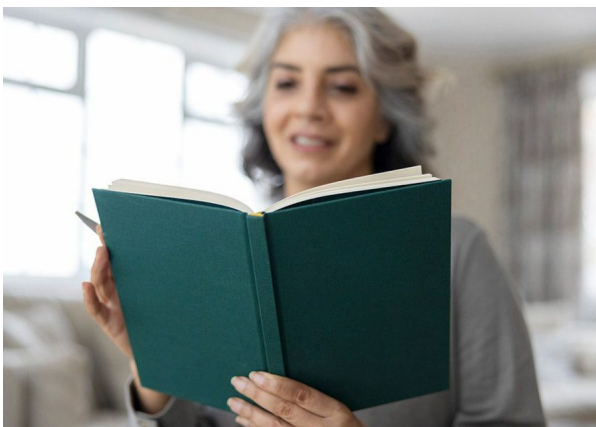
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## Second Bus Added for Lake Geneva!

Bus trips are a great way to see our beautiful state. We have just added a second bus for our Lake Geneva Trip on June 7, 2023, seats will go fast so get registered today!

[Learn More About Bus Trips](#)

[Register for Lake Geneva](#)



## Self-Care Series

### Neenah-Menasha YMCA

### Tuesday, May 16, 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.

**Journaling** • Come join us for our two-part journal journey. For our first part you will learn journaling to help organize your thoughts and your life. We will

follow up these teachings with writing for emotional wellness. With props we will use journaling to explore our inner self.

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### **Beginner Bridge**

**Appleton YMCA**

**Mondays, May 8-June 19, 2023**

**2:00-4:00 PM**

Have you ever wanted to learn the card game bridge? Here is your chance! This 6-week course welcomes new and beginner skill levels. Registration required.

Free for Y Members

\$12 for General Public



### **Spring Luncheon**

**Appleton YMCA**

**Friday, May 19, 2023**

**12:15-1:15 PM**

The leaves are green and the flowers are blooming. It is time to celebrate Spring! Bring a dish to share (main, side or dessert).

Enter into the FREE raffle and leave a winner!

Contact Luann with any questions at 920-954-7643 or

[LLuehring@ymcafoxcities.org](mailto:LLuehring@ymcafoxcities.org).

### **Chef Shelly**

**Apple Creek YMCA**

**Heart of the Valley 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 and Fun Brunch Dishes**

Friday, May 12, 2023 • 11:00 AM • Heart of the Valley YMCA

### **Cooking on a Budget**

Friday, May 19, 2023 • 11:00 AM • Apple Creek YMCA

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### **STEM for Seniors**

**Fox West YMCA**

**Monday, May 15, 2023**

**1:00-2:00 PM**

Science, Technology, Engineering, and Math aren't just for kids in school. At FWY, we want to engage the mind in learning more about S.T.E.M., carrying out hands-on science experiments, and having tons of fun along the way. Each month a new topic will be discussed, experimented with, and explored.

Registration can be completed online or at the Member Service desk at any YMCA of the Fox Cities location. Prices will vary.

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### **Flight Based Trips are Back!**

Come learn about our trip to the beautiful all-inclusive Club Med resort and excursions we are planning for Punta Cana, Dominican Republic in January 2024.

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### **Informational Meeting**

Monday, May 15, 2023 • 1:00PM

Heart of the Valley YMCA



## **CONSTRUCTION INFORMATION AROUND THE APPLETON YMCA**

As road upgrades will begin around the Appleton YMCA, we want to provide you a traffic flow update. The construction may impact your normal route to the Y, but please be assured you will continue to have access to Y's parking ramp at all

times in addition to short term drop-off parking. The construction will be completed in two phases:

### PHASE 1 | April 24–Approximately July 10:

- Morrison St. and Lawrence St. around the Y will be **CLOSED**.
- Access to the parking ramp will be available.
- **To access to the YMCA parking ramp:** Take Oneida St. or Appleton St. to Lawrence St. and enter the ramp.
- **When exiting the parking ramp:** Take a right on Oneida St. to get to College Ave. or turn left and then right onto Lawrence St.
- **Drop-off Parking: Short term (10 minute) drop-off parking will be available in the lot across from the YMCA.**
  - Traffic flow for drop-off will be one-way.
  - To access, take Oneida St. or Appleton St. to Lawrence St. and turn right on Allen St. (Behind Mosaic) to side/back entrance of parking lot.
  - To exit the lot, turn left onto Durkee St.
  - **Please note:** For general parking, please use the YMCA ramp. Users parking in the short-term lot for longer than 10 minutes will be ticketed, or membership privileges revoked.
- **Who should use Drop-off Parking?**
  - Childcare
  - Classes
  - Camps
  - Short-term delivery

### PHASE 2 DETAILS TO COME

Phase 1 Map

## UPDATED RAMP INFORMATION FOR THE APPLETON YMCA

**OUR RAMP IS BETTER THAN EVER AND READY FOR YOU ON MAY 1!**

Below you will find information on quality improvements and how to access the ramp along with some common questions.

### NEW/UPDATED INFORMATION

- Both entry & exit kiosks have improved scanner strength for your ease at the gate! Keep cards/phones (barcodes) 6-12" from scanner for optimum use and **ensure cards/devices do not touch the screens**.
- Consistent scanning for improved traffic flow and faster entry & exit.
- When you are not using the YMCA, please take a ticket. **\$2/hour fee will apply outside of YMCA hours of operation.**

- From another branch? If you are a member of another branch, please take a ticket and visit member services so we can add you to our parking system.

## HOW TO USE THE APPLETON YMCA PARKING RAMP

- Scan your YMCA membership card at the parking lot entrance gate.
- Scan your membership card at the member services desk inside the Appleton YMCA.
- Scan your membership card at the parking lot exit gate.
- **Failure to complete all steps will result in parking charges.**

## GENERAL INFORMATION

- **3-hours of FREE** parking per day when visiting the Appleton YMCA.
- Your YMCA membership card (**physical or electronic**) will be needed for entry and exit. It is recommended to add your YMCA membership card to your mobile device for easy access. Installation of the YMCA app is required for electronic access.
- Scan your membership barcode upon entrance and exit to raise gate.
- If you have a unique situation where your visit is beyond 3 hours, please talk to Member Service staff for options.
- Guests of members will be required to take a ticket on entry. Tickets must be validated **FREE** at the Member Service desk upon entry to the YMCA.
- **No reverse parking.** All vehicles must be parked front first.
- **Please watch for pedestrians.** Traffic flows one-way throughout the parking ramp.

**Learn How to Add Membership Card**

**Important Information & Common Questions**

## FROM OUR Y EXPERT

Patti Stinski is our Pickleball Coordinator at the Ogden YMCA and Valley Tennis Center. She has been with the Y since we acquired Valley Athletics in 2021 and was with Valley Athletics for many years prior to the acquisition in the same role. Patti works to coordinate open pickleball as well as classes for those interested in learning how to play.

Patti would like to share the top 6 health benefits to playing pickleball.

1. **It's a great cardio workout.** Pickleball is an aerobic exercise and it is estimated that a game of pickleball can burn up to 600 calories per hour, which is a great way to maintain a healthy weight.
2. **It helps you stay sharp.** Pickleball is a fast-paced game that requires last second decisions. It has been shown that playing pickleball can help improve mental function and memory recall. Because it is a quick thinking sport it also helps to improve eye-hand coordination.

3. **It's easy on the joints.** Unlike tennis or running, pickleball does not put a lot of stress on your joints and muscles. With the smaller court size and serving underhand; it reduces strain on your knees, hips, ankles, and shoulders. This makes pickleball an ideal sport for all ages.
4. **It's good for your heart.** Pickleball is such an intense cardio workout, it's great for your heart health. One study did show that playing pickleball may lower your risk of heart disease.
5. **It can relieve stress.** Not only is pickleball an excellent exercise for your body, but also for your mind as it can distract you from stresses that may be weighing on you and allow you to focus on something positive, fun, and enjoyable.
6. **It's a social sport.** Pickleball requires at least two people to play so it is a social sport. It is a great way to meet people and make new friends. Not only will you get to socialize, but you will get some exercise too.

I believe the best benefit of all is that pickleball is just fun! If you are looking for an enjoyable way to get active, pickleball is your game!!!

### Pickleball Schedules

## STAFF HIGHLIGHT



**Luann Luehring • Appleton YMCA**

Say hello to Luann Luehring. She has been with the YMCA about 5 months. She is the Program Assistant and ForeverWell Specialist at the Appleton YMCA and comes to us with years of experience as well as a bachelors degree in Human Services.

"Working at the Y has been so enjoyable. I love interacting with all the members and staff on a daily basis. People are so kind, friendly and helpful. The Y truly follows their core values of "caring, honesty, respect, & responsibility." The Y is a wonderful place, whether you are a member or an employee.

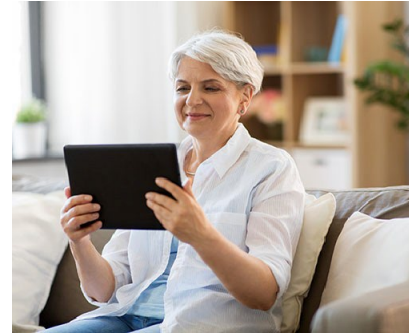
Growing up I was blessed to have my grandparents in my life until I was well into adulthood. I have special memories of them, and they were a huge part of my growing up. I believe that is why I have a special interest in the ForeverWell program here at the Y. Our ForeverWell members have so much to offer the younger generation today, and I enjoy creating as many opportunities as possible for them."

## A LITTLE BIT OF FUN FOR YOU

Looking to pass the time in a new and fun way?  
Check out one of these online games. They are free  
and do not require any sort of registration. There are  
card games, arcade games, word games and many  
more.

Enjoy passing the time without fear of ads or spam.

Have fun!



[\*\*Play Today!\*\*](#)

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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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