



FOREVERWELL



ForeverWell Newsletter • July 2023

YMCA OF THE FOX CITIES

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A NOTE FROM KATE



The Fourth of July, America's Independence Day, can mean many things to many people. To me, it means a time celebrating with family in the heat of the summer, sharing good food.

I'm reminded this time every year of both of my grandfathers, their service to our country and both their and their families sacrifices that were made, in order to preserve our freedom.

Thank you to all the individuals who have and are serving our country and to the amazing support systems that surround them.

Happy Fourth of July!

Kate Yates
ForeverWell Program Director

WHAT'S GOING ON AT THE Y?



Walking Groups

Appleton YMCA

Wednesdays

8:30-9:30 AM

Fox West YMCA

July 10, July 24, August 7, August 22

7:30-8:30 AM

Heart of the Valley YMCA

July 12, August 9, August 23

8:00-8:45 AM

Ogden YMCA & Valley Tennis Center

Mondays

9:30-10:30 AM

Take your fitness outdoors! Take a walk and meet new people. Meet at the Member Services Desk of the Y you choose.

Fee: FREE

Reading with the Kids

Apple Creek YMCA

Wednesday July 12, 2023

9:00-10:30 AM

Spend time reading to our little ones and enjoying a snack with them! Meet in the Lobby. Sign up at the Member Services Desk.

Fee: FREE





The Importance of Moving Your Body

Appleton YMCA

Wednesday, July 12, 2023

10:30-11:30 AM

Learn why it is so important to keep your body moving, each and every day.

Fee: FREE

Picnic Potluck in the Pavilion

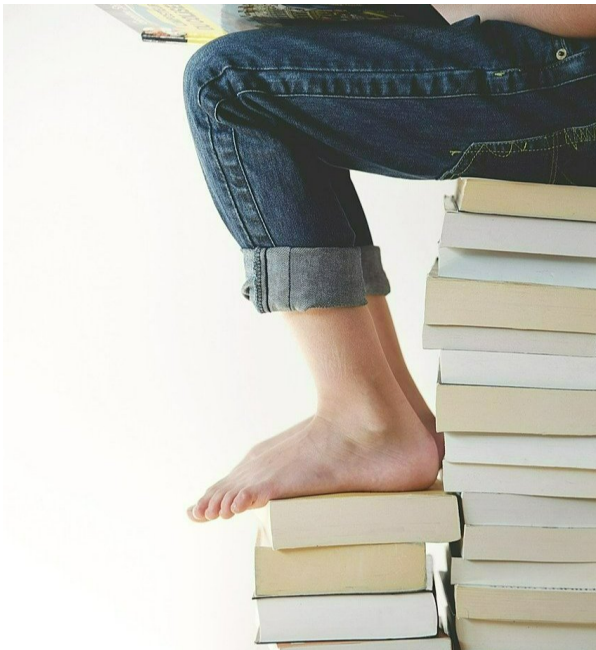
Heart of the Valley YMCA

Wednesday, July 12, 2023

Noon-1:30 PM

Bring your favorite dish to share with your Y community and friends.

Fee: FREE



Puzzle and Book Swap

Ogden YMCA & Valley Tennis Center

Tuesday, July 18, 2023

9:00-11:00 AM

Please bring in your good condition puzzles and books on Monday, July 17. If you believe puzzles to be missing a piece or two, please note on box. Then, join us the following day to shop through new puzzles and books to try at home. Following the event, a Help Yourself Lending Library will be available ongoing.

Fee: FREE

FOREVERWELL ART CLASSES

Art Commotion

Fox West YMCA

Wednesday, July 26, 2023

Noon-1:30 PM

We will learn about the art of mandalas and a US artist by the name of Jamie Locke. Our project will center around painting with the use of stencils and other tools to create our very own version of a mandala.



Fee: Y Member-\$5
General Public-\$7

Register Today!



Wellness Through Art

Heart of the Valley YMCA

July 10, August 14, 2023

1:00-3:00 PM

Former art teacher, Kim Jochman, knows about the healing powers of art. A cancer survivor herself, Kim's goal is to bring joy through art. Beginners welcomed and encouraged!

Register for July 10

Register for August 14

Registration can be completed online or at any YMCA Member Service desk.

Fees will vary by date based on project.

Art of Aging Series

Ogden YMCA

Canvas Painting • July 13, 2023

Trinket Dish • July 27, 2023

10:30-11:30 AM

Art and craft topics will change each month. Tap into your artistic side with these fun projects. Schedule by registering online, or at any YMCA Member Services Desk.



Fee: Y Member-\$5
General Public-\$7

Register for July 13

Register for July 27

FROM OUR Y EXPERT



Kirsten Rice is the Health and Fitness Director at the Fox West YMCA. She has been with the Y for 15 years and enjoys helping people of all ages and abilities get stronger.

Kirsten has a degree in Kinesiology from Michigan State University with an emphasis in Health Promotion Specialization and a Certified Personal Trainer through the American College of Sports Medicine.

Strong Hips and Knees

When it comes to strength training as we age, all muscles are important but in order to stay active we need to use our knees and hips. It is important to put some focus on strengthening the muscles surrounding the knees and hips. Strength in the muscles around a damaged knee or hip can help support that joint by taking over some of its responsibilities. For example, your hips have to do less work to support your body weight if your quadriceps (front of your thigh), gluteals (your behind), hamstrings (back of the leg) and abdominal (tummy) muscles are stronger.

Strengthening the muscles that support your knee will reduce stress on your knee joint. Likewise if we strengthen the muscles that support your hips, it will reduce the stress on the hip joint. Strong muscles help absorb shock and stretching the muscles that you strengthen helps restore range of motion and prevent injury. Our hips are such an important foundation in our bodies it is easy to see why they can become so easily injured. Many common injuries throughout the body have been associated with a weakness at the hips.

You may know someone who has experienced knee pain, IT band syndrome, back pain, shin splints, plantar fasciitis, or other aches/pains/syndromes through the leg. In most of these cases, these individuals demonstrate weakness in the hip muscles.

So what can you do? Take a class, get in the pool, or talk to a personal trainer to learn of a few ways to add strength training for these areas. We want to keep you moving! Remember your speed doesn't matter, forward is forward.

A LITTLE BIT OF FUN FOR YOU

Did You Know The Y Has A Nature Preserve?

The Bruce B. Purdy Nature Preserve was created in 2005 through a donation of 104 acres of land to the YMCA of the Fox Cities from the late Bruce and Barbara Purdy. This unique parcel of land features wooded hills and ravines, open fields, restored prairie, ponds and wetlands, and pine plantations – all accessed through a network of approximately 3 miles of trails.

Located on Appleton's quickly growing north-side, the land within its boundaries is home to a diverse mix of local plant and animal life that is sure to interest all visitors to the preserve.

We ask all visitors to check-in at the Apple Creek YMCA, located at 2851 E. Apple Creek Rd., Appleton, WI 54913. Please enjoy the preserve responsibly while respecting plant life, wildlife and other preserve users. Preserve rules, maps and approximate trail lengths are available below, on the trail entrance kiosks or inside the Apple Creek YMCA.

