



FOREVERWELL



ForeverWell Newsletter • June 2023 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



With the rise of technology, people are spending more time indoors. So much, in fact, that this day and age is increasingly being referred to as the “indoor generation”, with several studies estimating that Americans spend nearly 90% of their time inside.

I think we are finally seeing signs of summer in the Fox Cities. Warmer weather gives us the opportunity to take advantage of more time outside. Spending time in nature has been linked to a number of physical and mental health benefits, from improving mood to a reduced risk of disease.

A number of our locations are offering many program opportunities to get you outside. Walking groups, outdoor picnics, hiking, biking and kayaking trips are just some of the ways the Y is expanding their programming to support more time outdoors.

We hope to see you outside!
Kate Yates
ForeverWell Program Director

WHAT'S GOING ON AT THE Y?



Nature Walk and Plant Identification with Shane

Apple Creek YMCA

Wednesday, June 7, 2023

9:30-11:00 AM

Take a hike along Purdy trail with our Environmental Education Director and learn more about local plants. Make sure to dress accordingly and wear sturdy shoes. Meet in the Lobby.

Sign up at Apple Creek YMCA Member Services desk.

Fee: FREE



Apothecary Workshop

Apple Creek YMCA

Saturday, June 24, 2023

10:00 AM-Noon

The plants in your yard can be more than beautiful (or more than weeds)! Learn how you can use many of the plants growing in your yard for fun and helpful purposes. Learn about several common plants and enjoy some samples of prepared recipes. Be prepared to walk on the trails.

You can register online, or at any YMCA of the Fox Cities Member Services desk.

Fee: \$15

Register Now



Dementia Education

Appleton YMCA

Thursday, June 15, 2023

9:30-10:30 AM

Sarah Swant from Fox Valley Memory Project will join us to talk about dementia. Learn more about the signs, symptoms, how to help, resources and so much more.

Fee: FREE



Brunch and Learn Potluck

Appleton YMCA

Tuesday June 20, 2023

9:30-10:30 AM

Time to meet new people, have lunch, and learn with our very own YMCA member RN, Leta. Leta will be discussing the importance of patient advocacy during doctor appointments.

Please bring a dish to pass; main, side, or dessert and the recipe to share.



Faith and Fitness

Fox West YMCA

Mondays, June 19, July 17, July 31, August 14, August 28, 2023

7:30-8:30 AM

In fitness, we typically think solely about our body. Let's start incorporating our spirit. Join us for low-impact fitness that incorporates aspects of both physical and spiritual fitness. Each class will be different. Meet at the front desk. Program will be outdoors, weather permitting.

Fee: FREE



Funeral Planning: How to be Prepared

Heart of the Valley YMCA

Wednesday, June 14, 2023

11:15 AM-12:15 PM

Join Lisa Brennan, Advanced Funeral Planner to learn about the benefits of pre-planning. You will also have the opportunity to ask questions.

Fee: FREE



Walk with a Physical Therapist

Heart of the Valley YMCA

Every other Wednesday, beginning May 31, 2023

8:00-8:45 AM

Join Dr. Will Hartman, PT, DPT, OSC, CSCS every other Wednesday morning, for a casual walk, with a question-and-answer session, along the CE Trail (Wellness track if there is inclement weather). Check-in and meet near the front entrance.

Fee: FREE



Wellness Through Art

Heart of the Valley YMCA

June 12, 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!

Registration can be completed online or at any YMCA of the Fox Cities Member Services desk.

Fees will vary by date based on project.

**Register for
June 12**

**Register for
July 10**

**Register for
August 14**



Intro to Geocaching and Demo

Ogden YMCA

Tuesday, June 20, 2023

11:00 AM-Noon

An opportunity to learn the about the healthy brain and body benefits of geocaching. Ashley Conner, ForeverWell Specialist will share her passion for geocaching and provide highlights of past experiences. Learn what it is, how to participate on foot, bike or boat, different apps to use as well as all different kinds of local and worldwide events.

Fee: FREE



Register Today!

Bicycle Tour to Twin Oaks Gardens

Wednesday, July 12, 2023

9:00-11:00 AM

Starting at the Neenah-Menasha YMCA, we will take a 12-mile bicycle ride around Neenah. On our Way, we will stop at Twin Oaks Gardens for a tour and to learn about 'lasagna gardening'. Once back in town, we will stop at a local coffee shop to conclude our morning ride.

Fee: Y Member - FREE

General Public - \$5

A DAY IN THE PARK BINGO PARTY



Signature Sponsor



Coordinating Sponsor



A Day in the Park Bingo Party

Tuesday, September 12, 2023

9:00 AM-1:00 PM

Fritsch Park • Fox Crossing

Join us for A Day in the Park to meet friends and have fun. Come try your luck at bingo for a chance to win great prizes. A boxed lunch, t-shirt and entertainment included.

\$12 on or before August 11, 2023.

\$15 after August 11, 2023.

Registration closes on August 25, 2023 or when all spots are filled. **Space is limited, register today!**

Fritsch Park is located at 1651 Sandys Lane, Menasha.

[View Registration Form](#)

[Register Today!](#)

A Day in the Park is coordinated by the following agencies:

Appleton Parks and Recreation • Fox Crossing Park and Recreation • Menasha Parks and Recreation • Menasha Senior Center • Neenah Parks and Recreation • Thompson Center on Lourdes • YMCA of the Fox Cities.

FROM OUR Y EXPERT



Paula Beyer is the Health and Fitness Director for the Heart of the Valley YMCA, she has over 30 years of experience in the fitness industry; over 20 years of which has been with the Y.

Paula worked at the Appleton YMCA as the Employee Wellness Coordinator for the Appleton Area School District for two years before moving to her current position at the Heart of the Valley YMCA where she oversees the fitness and ForeverWell programming.

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Parkinson's Disease – what is it and does exercise help?

Parkinson's Disease is a disorder that affects the nervous system and the parts of the body that are controlled by nerves. It is a progressive disorder whose signs and symptoms begin slowly and can be different for everyone.

Common symptoms include:

Tremors: normally begins in a limb – commonly hands or fingers.

Slowed movement: steps become shorter while walking, difficulty rising from a chair, dragging or shuffling the feet while walking.

Rigid muscles: stiffness can occur in any body part; can be painful and limit range of movement.

Impaired posture and balance: posture may become stooped; falls and balance concerns may also occur.

Speech changes: speech may be soft or quick, may slur or hesitate before speaking.

Benefits of exercise for Parkinson's Disease include:

Improved gait and balance.

Improved flexibility and posture.

Improved endurance.

Improved motor coordination.

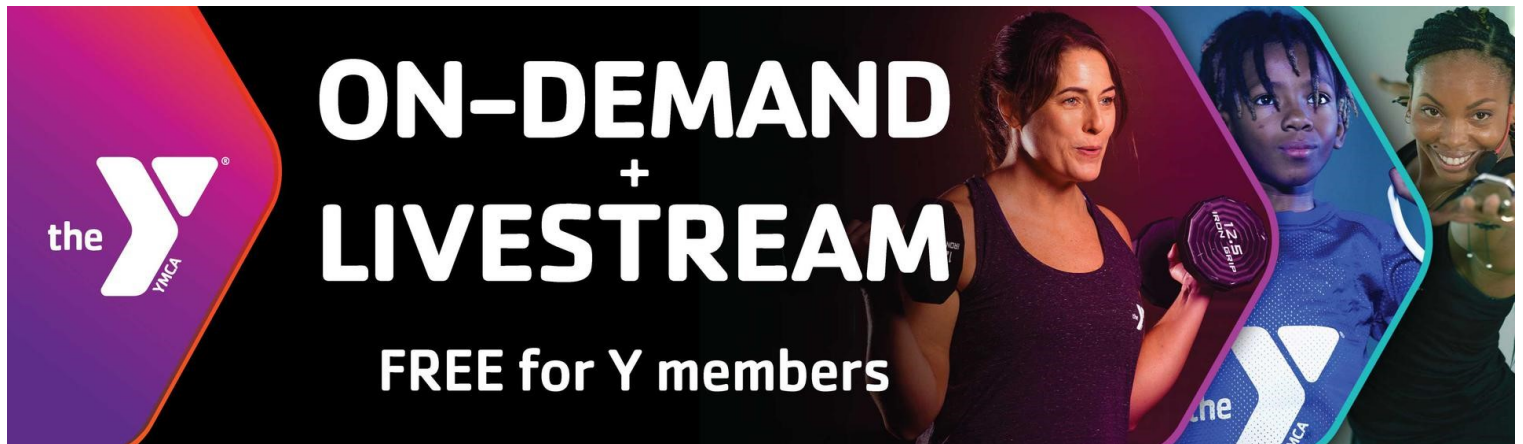
Improved quality of sleep.

At the YMCA of the Fox Cities, we offer the Pedaling for Parkinson's program which is an 8-week program designed for a Parkinson's patient and their care giver. Class consists of two 60-minute sessions per week in which participants utilize our group cycling bikes and are led by a trained cycling instructor.

Classes are currently being held at the Fox West YMCA and the Heart of the Valley YMCA.

Pedaling for Parkinson's

A LITTLE BIT OF FUN FOR YOU



Summer brings busy schedules of travels, special events and even changes in child care schedules.

Taking a trip and want to still get a quick workout in? Though we hope to see you in person and even join us in some outdoor programming, we understand that there is a need for flexibility for our adults on the go!

YMCA 360 allows you to stream a huge amount of fitness options, no matter where you are. Even while traveling, you can still make sure you get your workout in.

YMCA360 is an added benefit of membership that allows you to customize your health and wellness journey at our state-of-the-art facilities or at any other place life takes you.

- A healthy living network for people of all ages and activity levels.
- Livestream and on-demand classes taught by instructors from around the country.
- 1000+ pieces of content for the mind, body and spirit.
- Exercise classes, dance fitness, nutrition/cooking classes, personal training, meditation and more.

[Learn More about YMCA360](#)

[Visit YMCA360](#)

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.
