



FOREVERWELL



ForeverWell Newsletter • August 2023 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Summer is flying by! I found myself reflecting recently about how in the spring, I prayed for the warm summer days, and now spend my evenings enjoying the air conditioning. I even find myself already searching autumn recipes and thinking about pumpkin farms. It reminded me of an article that was shared with me from the Daily Stoic which is a website that celebrates Stoicism (A philosophy designed to make us more resilient, happier, more virtuous and more wise). It stated: "Be wary of the urge to be constantly on the move. As the Stoics

would say, you will not find what you think you are looking for- happiness, joy, serenity, peace, fulfillment- in externals. You can only find it internally. You have to build a life, a self, you don't want to escape from."

The other evening, I enjoyed watching the rain from my front porch and this morning, I rushed outside to enjoy tending to the garden with my morning tea. I've started making yoga a more regular routine and enjoy how rested and refreshed I feel after. I was lucky enough to join in on two recent day trips with our YMCA members as well as some hikes. During these opportunities I find I'm anxiously squeezing in a moment to catch up on emails and return phone calls. I will continue to work towards reminding myself, that where I currently am is exactly where I need to be.

Enjoy every ounce of the rest of your summer.

See you at the Y!

Kate Yates
ForeverWell Program Director

WHAT'S GOING ON AT THE Y?

The Importance of Massage

Apple Creek

Thursday, August 24, 2023

9:00-10:30 AM

Appleton YMCA

Thursday, August 10, 2023

9:30-10:30 AM



Join us to see how massage can be an important part of your healthy lifestyle and why so many people enjoy it and its therapeutic benefits.

Fee: FREE

Brunch and Learn

Appleton YMCA

Monday, August 14, 2023

10:00-11:00 AM

Bring a dish to share and learn more about Appleton History from the Appleton Library.

Fee: FREE



More Medicare 101 dates are listed in the ForeverWell Fall 1 Program Guide.

[View Program Guides](#)



Medicare 101

Appleton YMCA

Tuesday, August 8, 2023

6:00-7:00 PM

Fox West YMCA

Wednesday, August 9, 2023

11:30 AM-1:00 PM

Heart of the Valley YMCA

Wednesday, September 6, 2023

11:30 AM-1:00 PM

Join us for these educational opportunities surrounding Medicare. Learn about what it is, how it works as well as all your options. We have partnered with some area experts to answer your questions. Adults of ages are welcome.

Fee: FREE

Coffee Walk

Neenah-Menasha YMCA

Monday, August 7, 2023

8:00-9:30 AM

Join us every month as we explore local coffee shops here in Neenah. Participants will meet at the Neenah-Menasha YMCA and then walk together to our featured coffee location. This month's coffee shop is Globe Coffee.

Fee: FREE



Art of Aging Series Ogden YMCA

Yarn Art • August 10, 2023
Canvas Art • August 24, 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 August 10**](#)

[**Register for August 24**](#)

LIVESTRONG at the YMCA®

LIVESTRONG at The YMCA is a structured exercise program set in a supportive environment to help ease cancer survivors back into activity.

The program is designed to improve your cardiovascular fitness, strength, balance and flexibility, and your whole body, mind & spirit.

Your regular attendance and participation create the group experience and supportive environment, which you will discover is a valuable part of the program.

The program is 12 weeks, with 2 classes each week. Membership for this period is free and can include a support person to join.



[**Learn More About LIVESTRONG® at the YMCA**](#)

Blood Pressure Screenings

Appleton YMCA

4th Tuesday of the month

9:00-10:00 AM

Fox West YMCA

2nd Tuesday of the month

8:30-10:00 AM

Heart of the Valley YMCA

3rd Wednesday of the month

9:30-10:30 AM



FREE blood pressure screening at your neighborhood Y. No appointments necessary.

UPCOMING TRIP OPPORTUNITIES

Lions, Tigers and Ducks-Oh My!

Wednesday, September 20, 2023

Travel to southwest Wisconsin where we'll visit [Big Cat Rescue and Education Center](#); a place of refuge for abused and mistreated big cats. Here you will learn about and see lions, tigers, and leopards! You'll receive a guided tour of the property and hear stories of each cat. Bring a bag lunch and eat at their designated picnic grounds.

Next, we'll head to Wisconsin Dells for an [Original Wisconsin Duck®](#) Tour. With the ideal combination of spectacular scenery, thrilling adventure, fascinating legends and history, these tours have been a favorite for over 70 years.

Fee:

Y Member - \$114

General Public - \$119

Includes: deluxe transportation, tours and admissions



Register Today!



Old World Market and the Wreath Factory

Wednesday, December 6, 2023

Our first stop will be at a spectacular market event located in Elkhart Lake.

[Old-World Christmas Market](#) offers the warmth and merriment of Old-World tradition. Enter a grand heated tent bedecked with fragrant boughs and tantalizing scents of roasted almonds as you browse for unique and specialty items among international and regional artisans.

Lunch is on your own at the market; options include German fare like sauerbraten, dumplings, schnitzel, potato pancakes, red cabbage, pulled pork and apple strudel.

Our next stop will be at the [Wreath Factory at Otter Creek](#). Here you'll shop and wander the aisles of trees, décor, and wreaths. You will also be able to watch a wreath making demonstration for some inspiration!

Fee:

Y Member - \$64

General Public - \$79

Includes: deluxe transportation, admissions and tours



Register Today!

Fireside Dinner Theater presents 'Scrooge the Musical

Thursday, December 14, 2023

Join us for this merry, sparkling, tuneful, boisterous Broadway musical version of the world's most beloved Christmas story – Dickens' A Christmas Carol. Based on the popular musical movie starring Albert Finney, [Scrooge the Musical](#) tells this time-honored tale of redemption and love – with a beautiful and rousing musical score, breath-taking dancing, beautiful period costumes, uproarious comedy and heart-warming drama.

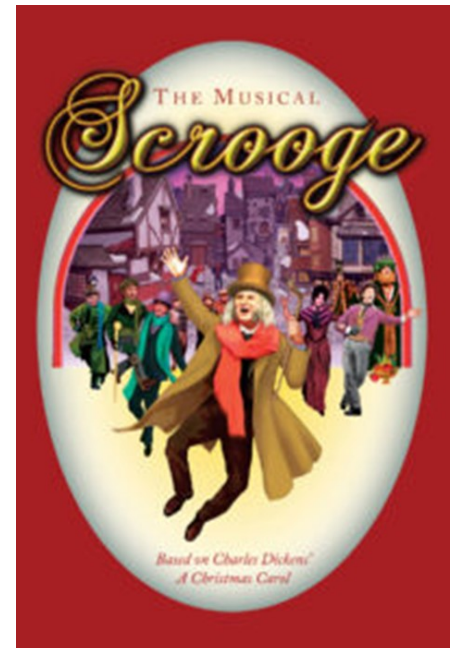
Enjoy a delicious meal and a timeless holiday classic.

Fee:

Y Member - \$139

General Public - \$154

Includes: deluxe transportation, theater ticket and meal



Register Today!

STAFF HIGHLIGHT



Janice O'Connell ForeverWell/Membership Specialist Neenah-Menasha YMCA

Janice has spent the majority of the last 15 years working as a child care provider in addition to caring for her own three beautiful children. Together, enjoy spending lots of time outside going for walks and spending time by the lake.

In Fall of 2021 she began her journey as a college student at NWTC pursuing her Associate's Degree in Health and Wellness Promotion. She is most looking forward to building upon the relationships she has already formed with the members and staff at the Neenah-Menasha YMCA.

A LITTLE BIT OF FUN FOR YOU RECIPE ADDITION

Mexican Street Corn Pasta Salad

Looking for something fun and new to bring to your next summer cookout? Try this delicious summer pasta salad. This tangy side dish will be the hit of the party.

Recipe



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.
