



FOREVERWELL



ForeverWell Newsletter • September 2023 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



I recently read a quote that really stuck with me:

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."
Maya Angelou

So often, we are rushing through life with goals of just making it through the day. I just need to get the kids off to school, I just need to make it to Friday, I just need to get dinner on the table.

We are so worried about hitting the bare minimum and so exhausted, that we don't make the time to focus on what truly fulfills us. But what if making time for what truly brings us joy and purpose, also made us feel rejuvenated and ready to conquer more?

I will focus more on thriving and change my perspective from surviving. To truly enjoy every day. The ForeverWell program provides so many opportunities for you to enrich your life and continue to grow in knowledge, skill, health and happiness.

Are you thriving or surviving?

See you at the Y!

Kate Yates
ForeverWell Program Director

WHAT'S GOING ON AT THE Y?



Register Now!

Conversation with a Cop

Appleton YMCA

Thursday, September 7, 2023

9:00-10:30 AM

Series Partnership with Appleton Police Department's Sergeant Christopher Biese. This series will be offered monthly and topics will change. All ages are welcome.

September: Fraud Prevention, Staying Safe and Open Question Session- Hear some updated information on fraud prevention techniques today and have the opportunity to openly ask questions on a variety of topics.

Fee: FREE

Falls Prevention Class

Heart of the Valley YMCA

Monday, September 18, 2023

1:00-2:30 PM

Join Nancy Krueger, MSW, CPT, the Health and Wellness Coordinator for the Aging and Disability Resource Center (ADRC) in a presentation on falls prevention.

Topics covered will include proven strength and balance exercises, home and community safety, how to get up from a fall as well as the role vision, medication management and footwear play in fall prevention.

Fee: FREE



Football Pool
Appleton YMCA
Wednesdays beginning September 6, 2023
9:30-10:30 AM

Join the First ever Appleton YMCA ForeverWell Football Pool.

Fill out your weekly game board, check out the status board, have a cup of coffee, watch some sports on TV, and socialize. Win prizes, bragging rights, and have fun! Must attend the first meeting to get set up.

Contact Luann Luehring at lluehring@ymcafoxcities.org or 920.954.7643. Please leave your name, number and that it is for the Football Pool.

ForeverWell Balance Training
Heart of the Valley YMCA
Tuesdays & Thursdays
September 5-28, 2023

9:00-9:30 AM

Join a Certified Personal Trainer in the Wellness Center to improve your balance and build strength with exercises that will help lower the risk of falls, secure your independence and boost confidence when walking and standing. Registration can be completed online or at any YMCA Member Service desk.

Fee: \$50



Register Now!



View Movie Schedule

Film Series: Hollywood Master Directors **Neenah-Menasha YMCA**

The Neenah-Menasha YMCA's ForeverWell department is celebrating Neenah's 150th year with a new film series. This film series will feature Hollywood Director and former Neenah resident, Howard Hawks.

Join us in this three-part film series, highlighting three of Hawk's classic hits! Pizza provided by Sammy's Pizza of Neenah.

Any additional questions can be directed to Janice O'Connell at 920.702.2319 or joconnell@ymcafoxcities.org.

Fee: Free

Ted Talk Series

Neenah-Menasha YMCA

Tuesday, September 26, 2023

11:00 AM-Noon

TED is an organization on a mission to spread ideas that spark imagination, learning and further discussion. TED talks are an opportunity to learn something new, or see something from a new perspective.

"Do Schools Kill Creativity?"- Creativity expert, Ken Robinson, challenges the way we educate children.

Fee: FREE



Register Now!

Funeral Planning: How to be Prepared

Heart of the Valley YMCA

Wednesday, September 13, 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

Cooking with Shelly

Heart of the Valley YMCA

Friday, September 29, 2023

11:00 AM-12:30 PM

Join Chef Shelley to learn some 'Leftover Makeovers':

- Pork Pineapple Stir Fry
- Chicken Quesadillas with Salsa and Avocado
- Refrigerator Cobb Dinner Salad

Fee: \$25



Register Now!

MEDICARE 101



Are you turning 65 soon? Do you have parents who are on Medicare? Do you want to change your Medicare plan? Do you just want to learn more about Medicare? If you answered yes to any of these questions, join us for one of our Medicare 101 sessions. Register Today!

Fee: Free

**Heart of the Valley YMCA
Wednesday, September 6
11:30-1:00 PM**

**Appleton YMCA
Wednesday, September 13
9:00-10:00 AM**

**Fox West YMCA
Wednesday, September 13
11:30 AM-1:00 PM**

Neenah-Menasha YMCA
Wednesday, October 11
10:00-11:00 AM

FOREVERWELL ART CLASSES

Art Commotion

Fox West YMCA

Wednesday, September 27, 2023

Noon-1:30 PM

Each month we will introduce a new artist and learn about their life, their inspiration(s), and their artwork. Complete your very own project inspired by their work. Many artists use a variety of different medias, so each month will be new and exciting! Registration can be completed online or at any YMCA Member Service desk.

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



Register Now!



Register Now!

Wellness Through Art-Mod Podge Bowls

Heart of the Valley YMCA

Monday, September 25, 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 Member Service desk.

Fee: \$10

Art of Aging: Canvas Art

Ogden YMCA

Thursday, September 28, 2023

10:30 AM-3:00 PM

Art and craft topics will change each month. Tap into your artistic side with these fun projects. Have fun with abstract art on canvas. All supplies included. Schedule by registering online, or at any YMCA Member Service desk.

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



Register Now!

FROM OUR Y EXPERT



Angela Bahrke Stuewer is part of our Human Resources team. Her focus is the recruiting of talent to our programs. She is new to her role but not the Y. Her and her husband have been members of the Y since 2001. Her 8-year old was fortunate enough to have full-time child care at the Child Learning Center from infancy to kindergarten. Being both a Y member & an employee, she has been fortunate to see the Y's mission and impact in action. What she absolutely loves about her role is seeing new faces

join our organization and watching them transform! What a difference making a positive impact in the lives of others, has on ourselves!

As many of you know, the Y is the perfect place to stay engaged and be active. Most of our part-time jobs have a time commitment of as little as 2-hours a week.

Here are roles that may be ideal for you or someone you know!

Custodians – Light cleaning, like vacuuming and wiping down surfaces, during the day.

Lifeguards – Keep our pools safe and receive premium pay for each hour worked before 8:30am.

LIVESTRONG Wellness Instructors – Be a beacon of hope to someone healing from cancer as they resume their journey of well-being.

Membership Associates – Greet members & guests, provide tours and help with program registrations.

School Age Child Care Providers, Before or After School – Provide child care in a safe, designated school space. Held at an elementary school of your choice.

Swim Instructors – Follow a pre-designed swim lesson plan to children, teens and adults through the day and the week. Additional training and job shadowing provided, if necessary.

Swim Coaches – Teach the skills and swimming knowledge to the next generation of athletes. Additional training and job shadowing provided, if necessary.

The YMCA is for all. We make sure that everyone, no matter their age, gender, race, ability, or any other identifier, is welcomed as part of the YMCA family. We are proud to celebrate diversity as an equal opportunity workplace.

[View Current Job Openings](#)

A LITTLE RESOURCE FOR YOU

National Counsel on Aging

Founded in 1950, The National Council on Aging is the nation's longest-serving national organization focused on aging. September 18-22 is Falls prevention Awareness Week. This year's theme is **From Awareness to Action**. In recognition of Falls Prevention Awareness Week, The NCOA has provided a **Falls Free Checkup** tool to assess your current falls risk status as well as provide tools as resource e to lower your fall risk. You have the power to lower the risk of falls!

Falls Free Checkup

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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