



ForeverWell Newsletter • October 2023

YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Fall is my favorite time of year. I love the cooler weather, changing leaves and harvesting from our garden. Unfortunately, fall also brings the cold and flu season. The Y offers so many ways to keep you physically, mentally and spiritually well.

Come visit us at our Health Fair on Thursday, October 5, 2023 from 8:00-11:00 AM at the Heart of the Valley YMCA to gather information about other local area resources and what they have to offer.

The Y is proud to partner with so many different organizations in the Fox Valley, that focus on the health and wellbeing of our adults.

See you at the Y!

Kate Yates
ForeverWell Program Director

Active Aging Week
October 2-8, 2023

Active Aging Week encourages adults over the age of 55 to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving! We encourage you to try new programs, visit our Health Fair and bring a friend during Active Aging Week.

Active Aging Week Health Fair Information

Active Aging Week Buddy Pass

FOR YOUR INFORMATION

Medicare Memberships

The YMCA of the Fox Cities is proud to partner with SilverSneakers®, Renew Active® and Silver&Fit® to provide membership through your Medicare Advantage or Supplement Plan at no cost to you. Have you ever wondered how it works for the Y?

- The Y receives payment for your membership based on your usage.
- The Y receives a per visit reimbursement.
- Your insurance provider is only charged after you visit the Y.
- There are no minimum or maximum number of visits required through these programs.

To maximize this benefit for your physical and mental wellness, we recommend visiting the Y 2-3 times per week.

If you have questions, you can contact the Member Services Desk at any YMCA of the Fox Cities location.

WHAT'S GOING ON AT THE Y?

Retirement Planning
Neenah-Menasha YMCA
Monday, October 16, 2023
1:00 PM

Heart of the Valley YMCA
Wednesday, October 25, 2023
1:00 PM

Learn how to build a solid retirement plan that suits your lifestyle, budget and goal. With a well-designed plan, you can make the most of your savings and enjoy a comfortable retirement.

Presented by Capital Credit Union

Fee: FREE



Register for October 16

Register for October 25



Chronic Disease Prevention

Fox West YMCA

Thursday, October 19, 2023

11:45 AM

Do you know someone with a chronic disease such as high blood pressure, high cholesterol or diabetes? One in two Americans have at least one chronic condition. Two thirds of chronic diseases are behavior-related, where interventions may have an impact to lessen, and even eliminate these conditions. Learn how to equip yourself with the knowledge to better your health.

Fee: FREE

Self Defense Class

Appleton YMCA

Thursday, October 5, 2023

11:00 AM-Noon

Don't let danger catch you off-guard. Learn how to defend yourself against real-world threats.

Come join Mr. Hagman from Thrive Martial Art and learn some very important safety techniques. This class will be a combination of discussion and active practice. Wear your comfortable clothes and tennis shoes. Acceptable for all levels of fitness.

Register by contacting Luann Luehring at lluehring@ymcafoxcities.org or 920.954.7643

Fee: FREE



Funeral Planning: How to be Prepared

Fox West YMCA

Monday, October 16, 2023

10:00-11:00 AM

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

UPCOMING HIKES



Fall Colors Hike **Apple Creek YMCA** **Thursday, October 5, 2023** **9:00 AM**

Did you know that the Y has its own Nature Preserve? Join Shane on this hike to learn all about the preserve, how it came to be in our possession, how the hiking trails were created, what programs use the preserve and so much more. Make sure to dress accordingly and wear sturdy shoes. Meet in the Lobby. Registration Required

Fee: Free

Register Now!

Heckrodt Wetland Reserve **Wednesday, October 18, 2023** **8:00 AM**

Heckrodt Wetland Reserve is a 91-acre non-profit urban nature reserve with habitats including forested wetland, cattail marsh, open water, created prairie, open field and upland forest.

We will plan to walk approximately 1.5 miles. There will be spots for rest. This outing is geared toward the beginner. We will meet at the trailhead at 1305 Plank Rd, Menasha. Registration required.

Fee:
Members-Free
General Public-\$5



Register Now!



Bruce B. Purdy Nature Preserve

Apple Creek YMCA
Thursday, October 26, 2023
8:00 AM

This hike is geared towards the more experienced hiker. The hike could be about 3 miles. The trail is challenging, with uneven terrain and occasional inclines/hills. Meet at the Apple Creek YMCA.

Fee:
Members-Free
General Public-\$5

Register Now!

FOREVERWELL ART CLASSES

All Things Art
Appleton YMCA
Thursday, October 19, 2023
9:15-11:00 AM

It is almost Halloween. Let's make pumpkins like you never have before- with Mason jar rings! Join us for this fun project. All supplies included. Register online by October 12, or in person at any YMCA Member Service desk.

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



Register Now!



Art Therapy: Discover Color Coding

Neenah-Menasha YMCA
Wednesday, October 25, 2023
10:00-11:00 AM

Uncover the meanings behind the colors we choose. Learn more about the psychology behind color coding through a guided art project. Schedule by registering online, or at any YMCA Member Service desk.

Register Now!

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

Art of Aging: Fall Decor

Ogden YMCA

Thursday, October 26, 2023

10:30 AM-Noon

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!

ONGOING PROGRAMS

Medicare 101

Appleton YMCA

Wednesday, October 4, 2023 • 9:00-10:00 AM

Neenah-Menasha YMCA

Wednesday, October 11, 2023 • 10:00-11:00 AM

Conversations with a Cop

Fox West YMCA

Monday, October 2, 2023 • 8:00-9:00 AM

Appleton YMCA

Thursday, October 12, 2023 • 9:30-10:30 AM

Ted Talks

Neenah-Menasha YMCA

Tuesday, October 24, 2023 • 11:00 AM-Noon

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:



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