



FOREVERWELL



ForeverWell Newsletter • November 2023 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Though I can't say I'm thrilled to be saying goodbye to warmer weather, weekend farmer's markets and sunshine, I couldn't be more excited for the holidays. November kicks off the holiday season. It is a time to reflect on all the things we are grateful for and perhaps, the things we take for granted.

This year, in our facilities, you may see requests for donations for those in need, that could include, diapers, pantry food items, jackets and even holiday

gifts. Not all of us are as fortunate and there are many in our community that rely on and appreciate your thoughtfulness during this time of year.

For instance, the Neenah-Menasha YMCA will be hosting a food drive from November 6-9. We will be collecting non-perishable Thanksgiving food items to donate to the St. Joseph Food Program. If you would like to donate, please place your donated items in the 'ForeverWell' box. (The departments are participating in a little friendly competition to see who can raise the most donations). Your contributions help provide a family with a holiday meal. We appreciate your consideration.

Happy Thanksgiving to all!

See you at the Y!

Kate Yates

ForeverWell Program Director

**Neenah-Menasha YMCA
Food Drive**

ANNUAL CHRISTMAS CONCERT For Kids From 1 to 92



NEW THIS YEAR • MATINEE PERFORMANCE AT 1:00 PM

**Thursday, December 21, 2023
1:00 PM and 7:30 PM
Fox Cities Performing Arts Center**

Please join us in supporting the Y's 2023 Christmas Concert featuring Steve March-Tormé and Vic Ferrari's Michael Bailey in a very special holiday show, "For Kids From 1 to 92"!

Purchase tickets through the P.A.C. ticket office in person or by calling 920.730.3760, or through Ticketmaster.

***For best prices contact the P.A.C. ticket office directly.**

**Annual Christmas Concert
Information**

**Purchase Your Tickets
Today!**

WHAT'S GOING ON AT THE Y?



Scam, Traps and Avoiding Identity Theft

Heart of the Valley YMCA

Thursday, November 9, 2023

1:00-2:00 PM

Neenah-Menasha YMCA

Thursday, November 30, 2023

10:00-11:00 AM

We will address how to recognize a scam, things you can do to avoid fraud and what to do if you find yourself a victim of identity theft, so it doesn't happen to you.

Presented by Goodwill Industries

Part of the Capital Credit Union
Financial Education Series

Fee: FREE

Register for November 9

Register for November 30

Walking Group

Fox West YMCA

Mondays

10:00-11:00 AM

Don't let the cooler weather hold you back! Bundle up and meet at the front desk to enjoy a social walk outside on Fox West's beautiful outdoor trails.

Fee: FREE



A Journey Back in Time

Neenah-Menasha YMCA

Tuesday, December 5, 2023

10:00-11:00 AM

Take part in celebrating Neenah's 150th anniversary with a presentation from the Neenah Historical Society.

Fee: FREE

Conversations with a Cop

All ages are welcome. Please register online, or in person at any YMCA Member Service desk.

Appleton YMCA
Thursday, November 9, 2023
11:00 AM-Noon

Series Partnership with Appleton Police Department: Sergeant Christopher Biese. Topic is community safety: Personal safety, how to stay safe while driving, Run-Hide-Fight and more!

Neenah-Menasha YMCA
Wednesday, November 8, 2023
11:00 AM-Noon

Series Partnership with Neenah Police Department: Officer Joe Benoit. We will discuss fraud prevention surrounding the holidays and how to keep yourself safe.

Fee: FREE



Cookies and Carols
Apple Creek YMCA
Wednesday, December 6, 2023
8:30-9:30 AM

Celebrate the Holidays with a good old fashioned Cookie Swap. Please bring one dozen cookies to share, we'll sample the delicious treats while enjoying refreshments and listening to holiday themed music. Join us for an hour of socialization and celebration. Door prize awarded at the end!

Fee: FREE

BUS TRIP SEATS ADDED



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



Register Today!

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

FOREVERWELL ART CLASSES

Holiday Card Making

Neenah-Menasha YMCA

Wednesday, November 29, 2023

10:00-11:30 AM

Tis the season! Join us as we handmake Holiday cards together. Each participant will create several unique cards to take home. Register online, or in person at any YMCA Member Service desk.



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

Register Now!



Art of Aging: Fall Decor

Ogden YMCA

Thursday, November 9, 2023

Thursday, November 30, 2023

10:30 AM-Noon

Art and craft topics will change each month. Tap into your artistic side with these fun projects. Register online, or in person at any YMCA Member Service desk.

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

Register for November 9

Art Commotion

Fox West YMCA

Wednesday, November 15, 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! Register online, or in person at any YMCA Member Service desk.



Register Now!

Fee: Prices vary based on project

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. She has a Bachelors Degree in Health Fitness and a Masters Degree in Health Education from Central Michigan University.

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 fitness and wellness programming.

Benefits of Reading

Many of us enjoy picking up a good book and getting lost in its pages. Sometimes we even read the same book multiple times because we love the story so much. Besides giving us the opportunity to lose ourselves for a while in the story, reading has many other wonderful benefits, particularly for the older adult mind.

A few of those benefits include:

- Stress reduction
- Enhanced sleep
- Preserved memory skills
- Sharpened decision-making

It is even speculated that reading helps to delay the onset of dementia. It has been found that reading helps preserve the brain structures that are important to cognition later in life.

If you are interested in reading good books and meeting new friends, the YMCA of the Fox Cities has two wonderful opportunities for you. The Appleton YMCA and the Heart of the Valley YMCA offer book clubs that meet monthly and are free of charge to YMCA members. Books are available for pick up one month prior.

Appleton YMCA
Book Club Information

Heart of the Valley YMCA
Book Club Information

STAFF HIGHLIGHT

Sandy is joining our Heart of the Valley YMCA team as their Wellness Director. She brings with her a wealth of knowledge and over 25 years of experience. She has a Masters Degree in Health Promotion from the University of Iowa and has been with the YMCA of the Fox Cities since 2013.

She has always made a tremendous impact on her clients with her ability to educate and guide people of all ages and abilities to live a healthy lifestyle.

Sandy will be leading our ForeverWell Programming at the Heart of the Valley YMCA, and is looking forward to getting to know more people and helping the program grow into something everyone is excited about.



A LITTLE BIT OF FUN

This easy crockpot apple cider is a must-have drink for this fall and winter! An easy way to elevate one of your favorite cold weather drinks.



GIVING TUESDAY NOVEMBER 28, 2023



Learn more at our
Giving Tuesday Website

Get ready to unlock the power of giving! Let's activate our Fox Cities community with generosity that knows no bounds. This Giving Tuesday your contribution isn't just a donation; it's a commitment to our shared vision to strengthen the foundation of our community. Find your Y and be part of our mission to foster connections, empower dreams and build a healthier spirit, mind and body.

In celebration of Giving Tuesday, an anonymous donor will be matching every donation dollar for dollar up to the first \$25,000 raised for this promotion. The proceeds will support the Y's Annual Campaign.

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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