



FOREVERWELL



## ForeverWell Newsletter • December 2023 YMCA OF THE FOX CITIES

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### A NOTE FROM KATE



December can be a magical time of year. For many, it can be a more triggering and challenging time of year as well.

In my reading, I came across an article and website through the Wisconsin Department of Health Services called, "Resilient Wisconsin." They defined resilience as "the ability to adapt and bounce back from adversity."

They gave 9 ways to maintain your wellbeing during winter celebrations, that I would like to share with you.

1. Plan ahead
2. Simplify your commitments
3. Take care of your body
4. Use your sense of humor
5. Try to be patient
6. Stick to a budget
7. Set realistic expectations
8. Volunteer your time and talents
9. Reach out

To read more in detail about these steps and to see other resources, check out their website here:

## Learn More

This got me thinking differently about my own resilience abilities and to view it more as a muscle- One that will atrophy if not worked on, or maintained. Self-care is not selfish, rather it is a necessity for us to continue to contribute back to our community, our work and our families, especially during the holiday season. I encourage you to please have patience for others in our community that may be struggling this time of year. Remember to take care of yourself this holiday season and that your Y family is always here for you.

Happy Holidays!  
See you at the Y!

Kate Yates  
ForeverWell Program Director

## WHAT'S GOING ON AT THE Y?

### **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**



**Register Today!**

### **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**

## **Holiday Card Making**

**Appleton YMCA**

**Thursday, December 14, 2023**

**10:30-11:30 AM**

Join us in making holiday cards for yourself and others.

Sponsored by the Appleton Library.

**Fee: FREE**



## **Cookie Swap and Tasting**

**Appleton YMCA**

**Thursday, December 14, 2023**

**9:15-10:15 AM**

We will be doing a cookie swap and a taste competition. Please bring a homemade cookie or candy to share! Prizes will be awarded to the person chosen who has the best tasting cookie/candy as well as the best looking cookie/candy.

**Fee: FREE**

## **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!**

## **NEW!! TECH LAB**



The Neenah-Menasha YMCA is now home to a beautiful new Technology Lab. The Tech Lab was made possible by a donation from Plexus Corp. Through their generosity, this lab comes equipped with 20 top-of-the-line gaming PCs with all the bells and whistles. There is also a large lounge area with an Xbox and Nintendo Switch along with two TVs on the wall, to be used for instructor lead trainings and informational displays. This Tech Lab will be used to expand our technology programming for adults as well as support the growing popularity of Esports.

Have you ever heard of Esports? Short for electronic sports, Esports tend to feature the same structure as traditional sports like having leagues, teams and players. This Tech Lab provides the Y with a space to expand our Esports program. When you think of Esports, many people think of just sitting in front of a screen playing games by yourself, but it is much more than that.

With this room/program we are going to be able to create opportunities for our participants to make friends with similar interests and improve their social skills through collaborations in games and activities. We now have the means to offer Esports to anyone, even if they do not have access to this kind of technology at home. In addition, we are also going to be able to run STEM, tech classes, staff trainings, and additional ForeverWell programming in this space. Come check it out!

## **STAFF HIGHLIGHT**



I currently serve as the Health and Wellness Coordinator at the Heart of the Valley YMCA. I joined the Heart of the Valley YMCA after working as the Membership Director at the Woodson YMCA in Wausau, WI. I have a degree in Business Administration from UW-Stevens Point and am a certified personal trainer and soon to be certified LIVESTRONG® trainer. At the Heart of the Valley YMCA, my primary focus is our Wellness Center and supporting our personal trainers and staff in that space, as well as supporting the LIVESTRONG program and future intern projects.



Carson Schemenauer  
Health and Wellness  
Coordinator  
Heart of the Valley YMCA

I have embarked on a personal mission to promote a positive culture between employees and members alike using the YMCA values. Our upcoming Bible Study fits perfectly into this mission! I hope to build lasting relationships with participants of the class by diving into and applying new Bible passages each week. I look forward to establishing this class along with providing more opportunities for class options in the near future.

Bible Study will be hosted at the Heart of the Valley YMCA on Tuesdays from 11:00AM-NOON starting in January. All welcome! (No registration required)

## A LITTLE BIT OF FUN

Learn even more about the people you love the most and take turns sharing around the holiday dinner table. These conversation starters can spark a new holiday tradition for years to come! Cut out the attached conversation starters and pass them out individually, so the question is a surprise to the recipient. Enjoy!



### Conversation Starters

#### **Holiday Riddle**

Where does Christmas come before Thanksgiving?

#### **Holiday Riddle Answer**

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**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.

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