



FOREVERWELL



ForeverWell Newsletter • January 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Happy New Year Y Friends!

I hope you all had a wonderful holiday season and are ready to welcome 2025.

The new year brings intentions of resetting, creating goals, and making the most of this fresh start. However, it can be easy to get consumed with ideas of perfection and progress while consistently placing pressure on ourselves.

Here are some reminders for working towards your goals in the new year:

- **Shift the way you look at progress.** Progress is different for everyone. You will experience ups and downs throughout your journey, and that's okay. Treat every moment as an opportunity to learn and grow.
- **Be realistic — change doesn't happen overnight.** Setting goals on Jan. 1 does not mean you will achieve them by Jan. 2; It takes time to accomplish them and cultivate new habits.
- **You can restart anytime.** If the new year is not an ideal time to restart because you are experiencing burnout from the holidays, need rest, or feel sick, that's okay. Every month, day, and hour is a chance to restart and embark on a new beginning. Remember, you are in charge of your own timeline.
- **Say goodbye to comparison.** During this time of year, we're surrounded by others also going after their goals. While this can be motivating, it also fosters the ideal environment for comparison. We're all on different paths, and comparison can be detrimental to our individual progress.
- **Prioritize celebrating yourself.** Celebrate your growth with every opportunity you can. Chances are you've grown more than you may realize. Appreciating even the tiny wins encourages gratitude and self-love. Both of which are motivating when chasing after your goals.
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See you at the Y!

Kate Yates
ForeverWell Program Director

ForeverWell Website

PROGRAM SPOTLIGHT

NEW FOR 2025

Faith & Fitness

Fox West YMCA

Tuesdays, beginning January 21, 2024

10:30 AM

In this 4-week program, you will have the opportunity to transform your mind-body connection as we focus on our relationship between physical fitness and spiritual fitness. As a Personal Trainer, I am well versed in the aspects of Physical Fitness, but as a child of God, I am always looking to develop a stronger connection spiritually. If you have a similar interest or want to try something new, I would love to have you join me on this journey of mind, body, and spiritual growth.

Each week we will focus on a new theme that covers both physical and spiritual fitness: 1-Strength, 2-Balance, 3-Perseverance, and 4-Transformation. Each theme presented over the 4-week program will also change the focus of our workouts.

Fee: Free

Register Today!

Jenn Ness has a number of roles at the Fox West YMCA, she works in Wellness, ForeverWell, Personal Training, CPR instructor, and Building Supervisor. Jenn holds both a BA and MS in Biology. Jenn says, "I enjoy working with people. I love the camaraderie between co-workers, the wonderful members I call friends, and the fact that no two days are exactly the same. My daily goal is to make others smile by sharing my smile so working at FWY makes that easy!"



WHAT'S HAPPENING AT THE Y

ForeverFit **All YMCA of the Fox Cities** **Locations**

SilverSneakers® Classic classes will now be ForeverFit. This new class will be offered at the same times with the same great instructors.

Meet up with your Y friends and move through a variety of exercises to increase muscular strength, range of movement, and activities for daily living skills. Hand-held weights, resistance bands and a ball are offered for resistance; and a chair is used for balance.

Fee: Y Members Free



Snowshoeing Group **Fox West YMCA** **Mondays, beginning January 13** **10:00-11:00 AM**

Meet at the front desk to enjoy a social snowshoeing adventure around the Fox West YMCA Trails with ForeverWell Specialist Jenn. Snowshoes can be provided, but are limited (first come, first served). If you have your own pair, please bring them. If conditions allow for walking instead, then we will walk.

Fee: Y Members Free
General Public \$3

Puzzle & Book Swap

Appleton YMCA

Thursday, January 16, 2025

11:30 AM-12:30 PM

Bring your gently used puzzles and books, along with a dish to share. Enjoy lunch and socializing while browsing for something new to take home.

Extra donations are welcomed and will be kept and used at future swap dates.



Fee: Free



Line Dancing

Heart of the Valley YMCA

Tuesdays & Thursdays beginning

January 7, 2025

1:00-2:00 PM

Line Dancing is a fantastic way to get moving while picking up some new steps! It's no longer just country music—it features music of all genres.

Fee: Y Members Free

Tea Presentation & Sampling

Neenah-Menasha YMCA

Tuesday, January 14, 2025

10:00-11:00 AM

January is National Tea Month. What a great month to learn all about tea, the health benefits, and sample different teas. A huge thank you to Amy from **The Natural Boutique** in Neenah for sharing her knowledge and samples with us.



Registration required.

Register Today!

Fee: Y Members Free

General Public \$3

Program Pass



Explore the World of Video Games

Neenah-Menasha YMCA
Tuesday, January 21, 2025
11:00 AM-Noon

Video gaming has exploded in recent years. It has expanded to help youth build skills that could shape a career, find friends, develop problem solving skills and reduce stress. Learning about gaming could even help you better connect with the youth in your life. You will learn to play a few different games in our state-of-the-art technology lab

Register Today!

Registration required.

Fee: Y Members Free
General Public \$3
Program Pass

Learn to Play

Ogden YMCA & Valley Tennis Center

Five Crowns: Monday, January 20, 2025

Gin: Monday, January 27, 2025
10:30 AM-Noon

Our Wisconsin winters give us some extra time to perhaps, learn something new. A new card game can be a fun way to pass the time. Each week an instructor will teach a new card game. Join us each Monday for a new fun game.

Registration required.

Fee: Y Members Free
General Public \$3
Program Pass



Register For January 20

Register For January 27



Nutrition Talk: Healthy Aging
Ogden YMCA & Valley Tennis
Center
Monday, January 13, 2025
10:00-11:00 AM

Join Registered Dietitian, personal trainer and educator Kate Jenkins to learn more about the benefits and importance of different types of exercise for older adults, including success stories! Discuss the role of nutrition in supporting exercise and healthy aging and key nutrition guidelines for older adults to stay healthy & well.

Registration required.

Fee: Y Members Free
General Public \$3
Program Pass

Register Today!

Faith With Friends
Neenah-Menasha YMCA
Wednesdays, January 8-February
26, 2025

Join us for a spiritual discussion to build meaningful relationships in a supportive, Christ-centered community.

All are welcome to attend!

For more information contact Luann Luehring at 920.954.7643 or lluehring@ymcafoxcities.org.

Fee: Free



EXTRA SPECIAL OFFER FOR YOU

The Fox Cities Performing Arts Center has graciously extended discounted group rates for two upcoming Broadway shows to YMCA members. Though Lion King may now be sold out, there is still an amazing opportunity with Some Like it Hot.

Scan the QR code on the flyer and log into your existing Ticketmaster account, to automatically be connected to the discounted prices. Pick any seat in the house that best suits you and your party.

Join us an hour before in the Founders Room, to meet other YMCA members! Get your tickets by **January 16** to take advantage of this amazing deal.

[PAC Flyer](#)

[Ticket Information](#)

DID YOU KNOW?



Injury Consultation

Did you know that the Y partners with **Advanced Physical Therapy & Sports Medicine** to offer **FREE** 15-minute assessments.

Assessments include but are not limited to aches, pains, injuries, joint problems, range of motion trouble, and more.

Please contact the Wellness Center at your local YMCA branch for assessment dates and times.

JOB OPPORTUNITIES

The most fun you'll have in any job will be with the YMCA of the Fox Cities. Here, you'll create solutions for kids, families and communities. You'll be able to apply your experience and knowledge to make a real difference in the lives of those around you. You'll put your imagination and creativity to work in an environment built upon teamwork and community.

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[View All Job Openings](#)

WHERE DO I FIND ADDITIONAL INFORMATION

Our locations offer a variety of ways to connect, from educational seminars to bible studies, book clubs, art classes, pickleball, snowshoe, balance classes, film and much more!

To see a full listing of your opportunities, or your home branch's monthly calendar, you can visit our webpage. Click on the ForeverWell Program Guide to see all your opportunities in one document.

Visit Our ForeverWell Webpage

Visit the YMCA of the Fox Cities Facebook Page

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.

YMCA of the Fox Cities

Click the name of the YMCA for more information on each location.

Apple Creek YMCA • 2851 E. Apple Creek Rd, Appleton WI 54913

Appleton YMCA • 218 E. Lawrence St, Appleton WI 54911

Fox West YMCA • W6931 School Rd, Greenville, WI 54942

Heart of the Valley YMCA • 225 W. Kennedy Ave, Kimberly, WI 54136

Neenah-Menasha YMCA • 110 W. North Water St, Neenah, WI 54956

Ogden YMCA & Valley Tennis Center • 720 E. Shady Ln, Neenah, WI 54956

Follow us on:



YMCA of the Fox Cities | 218 E Lawrence Street Appleton, WI 54911

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