



FOREVERWELL



ForeverWell Newsletter • February 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



We couldn't be more excited to kick off our **2025 ForeverWell Bus Trip season!** A travel experience has countless benefits to your overall health.

It can encourage your physical health while you work to maintain or improve your mobility to keep you traveling longer. It improves and expands your cognitive growth as experiences in new places and with new people allow you to gain knowledge while pushing your perspective. It can improve your emotional health by reducing stress, improving your mood and kick-starting a mind/body reset as it pulls you out of your normal daily routine.

See you at the Y!

Kate Yates
ForeverWell Program Director

Don't miss the 2025 ForeverWell Day Trip Registration on [Monday, February 17](#)! For a full listing of this year's day trips, visit our website.

ForeverWell Bus Trips

Want to be a Trip Leader?

We are looking for YMCA Members who are interested in volunteering to lead our ForeverWell Adult Bus Trips. Expectations include taking attendance, being familiar with the day's itinerary, acting as liaison with that day's vendors as well as navigating traveler requests. You will be paired with an experienced leader.

If you are interested in being a volunteer Trip Leader, join us for our **2025 Adult Bus Trip Volunteer Orientation** on Monday, February 17 at 10:00 AM at the Neenah-Menasha YMCA to go over detailed expectations as well as the schedule for the year. For additional questions, you may reach out to Kate Yates at [920.886.2105](tel:920.886.2105) or kyates@ymcafoxcities.org or Julie Swiecichowski at [920.886.2177](tel:920.886.2177) or jswiecichowski@ymcafoxcities.org.

PROGRAM SPOTLIGHT

What's Happening at the Y Neenah-Menasha YMCA February 26, 2025 6:30 PM

The YMCA of the Fox Cities is a thriving association in our community and our programming touches thousands of lives every day. Come meet with staff from different areas of the Y to hear more about the expertise and programming offered that could benefit you! Each quarter, our staff will provide a brief presentation and answer questions.

February we will highlight Sports & Recreation, Aquatics and Arts & Humanities.

Registration Required.

Fee: Free

Register Today!

WHAT'S HAPPENING AT THE Y

Crafting for a Cause

Appleton YMCA

Tuesdays

9:30-11:00 AM

The ForeverWell department encourages you to share your love of crafting with others, while giving back to the community.

No registration required.

Fee: Free



Register Today!

Get Connected, Stay Connected: One-on-one Technology Appointments

Fox West YMCA

Neenah-Menasha YMCA

Dates & Times Vary

Not sure how to set up your voicemail? Are you having trouble linking your personal email to your phone? Would you like the ability to problem solve through some issues involving your smart phone? Now is your chance to meet one on one with an instructor.

Registration Required.

Fee: Y Members \$5
General Public \$10

Learn to Play

Ogden YMCA & Valley Tennis Center

Mondays in February

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 February 3
Cribbage**

**Register for February 10
99**

**Register for February 17
Uno**

**Register for February 24
Open Play**



Handmade Chocolate Treats

Fox West YMCA

Wednesday, February 12, 2025

Noon-1:30 PM

Learn to make hand-crafted chocolate treats just in time for Valentines Day. Enjoy them or give them as a gift. Walk away with a variety of sweet treats, sure to warm your heart.

Registration required.

Register Today!

**Fee: Y Members \$10
General Public \$20**

Valentine's Day Gnome

Heart of the Valley YMCA

Thursday, February 13, 2025

1:00-2:30 PM

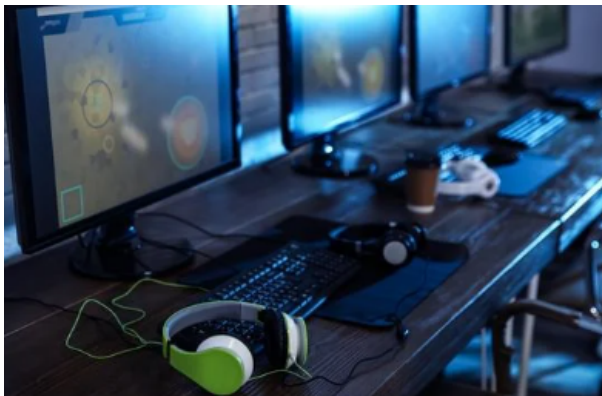
Join us in creating a cute holiday gnome you can use to brighten your Valentines Day, for years to come.

Registration required.

**Fee: Y Members \$10
General Public \$15**



Register Today!



Explore the World of Video Games

Neenah-Menasha YMCA
Thursday, February 13, 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

WW1 Heroes Presentation

Apple Creek YMCA
Tuesday, February 18, 2025
1:00-2:00 PM

Join us for an informative presentation about the events of June 13, 1921- The day church bells rang throughout the city to honor two of Appleton's WWI soldiers who gave their lives in the Great War.

Learn about that day's events, the soldiers, and a few other stories about Appleton's WWI Heroes.

Registration required.

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



Register Today!

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About our presenter

Joe Gaerthofner was raised in Appleton and a graduate of Xavier High School. He received his BS from the University of Wisconsin Oshkosh and works at Nordon Business Environments, a local company started by his Grandfather Norbert in 1957. Joe has a passion for local history and currently serves as a member on the City of Appleton Historic Preservation Committee. He and his wife, Jen, and their son Elijah, reside in Appleton.



Advanced Funeral Planning

Neenah-Menasha YMCA

Tuesday, February 18, 2025

10:00-11:00 AM

Learn all about Advanced Funeral Planning. Why is it important? How do I go about this? Where do I start? Lisa is an Advanced Funeral Planner and will be here to teach us what we need to know.

Registration required

Register Today!

Fee: Free

Board on Aging Presentation

Apple Creek YMCA

Tuesday, February 25, 2025

1:00-2:00 PM

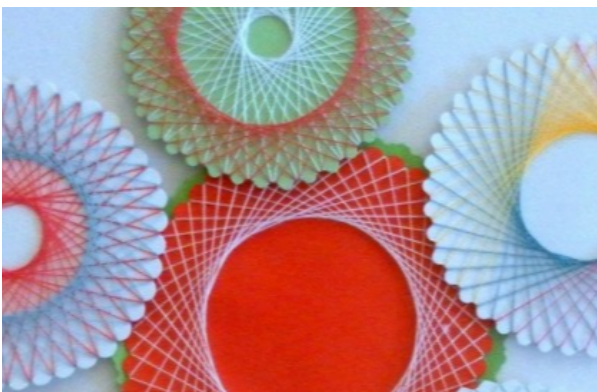
Connect with Kim Verstegen of the Board on Aging and Long-Term Care for comprehensive support, resources, volunteer opportunities, and advocacy tailored to enhance your well-being and interdependence.

Registration required.

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



Register Today!



Register Today!

Spirelli Stars

Appleton YMCA

Tuesday, February 25, 2025

4:00-5:00 PM

Awaken your creative side with Dutch string art to create spirograph-like images using thread or string. Explore design changes with different count and color combinations. Your completed art pieces are perfect on handmade cards, creating stemmed flowers, or ornaments.

Registration required

Fee: Y Members \$5
General Public \$10

Film Series

Neenah-Menasha YMCA
Tuesday, February 25, 2025
Doors Open at 12:30 PM
Movie begins at 1:00 PM

Join us for this film series, **See the USA - The Hollywood Way** presented by Walt Ulbricht.

The first movie will be Oscar winner **It Happened One Night**, starring Clark Gable and Claudette Colbert

Registration required.

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



Register Today!

HAPPY VALENTINE'S DAY



On **Valentine's Day** we celebrate love in all its forms - love for family, friends, community and ourselves.

On that day, take a moment to share kindness, build connections and spread joy to those around us.

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Here are few interesting facts about Valentine's Day.

It's believed to have originated from a Roman festival called Lupercalia.

The day is named after St. Valentine, a Christian martyr.

The oldest known Valentine's Day message is from 1415.

Roses make up 83% of all flowers sold on Valentine's Day.

Over 36 million heart shaped boxes of chocolate are sold each year.

There are about 220,000 marriage proposals each year on Valentine's Day.

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.

[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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