



FOREVERWELL



ForeverWell Newsletter • April 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



The Y's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Guided by our core values of caring, honesty, respect and responsibility, the Y is dedicated to giving people of all ages, backgrounds and walks of life the opportunity to reach their full potential with dignity.

Just a reminder of the beautiful community and home away from home, we are all contributing to. Thank you all for being a part of our community!

May your Easter be filled with hope and blessings this season and beyond.

See you at the Y!

Kate Yates
ForeverWell Program Director

PROGRAM SPOTLIGHT

Memory Cafe

Memory Cafés welcome persons experiencing memory loss, along with family and friends who love and care for them. The class is meant for both the individual and their support system to join together. Cafes are designed to be interactive, monthly themes may include games, crafts, guest speakers, chair exercises, and other activities to engage with others. The Memory Cafe is offered through the Fox Valley Memory Project.

Fox West YMCA April Memory Cafe will feature Shane Vondracek, Environmental Education Director at the Apple Creek YMCA.

Mammals are an amazing and diverse group of creatures with over 4000 species found around the world. Learn about common Wisconsin mammals, along with their habitats, diets and what makes them each unique. Shane will be bringing a collection of pelts, mounts and skulls to examine and discuss.

Registration not required.

Fee: Free

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Fox West YMCA

First Wednesday of each month
1:30-3:00 PM
Led by Patti Lynn

Heart of the Valley YMCA

Second Thursday of each month
(July-November)
1:30-2:30 PM
Led by Paula Beyer



WHAT'S HAPPENING AT THE Y

Field Trips

Registration Now Open!

Field Trips are biking and hiking events guided by experienced leaders. Join us on the outdoor fun this season.

Registration required.

Fee: \$3



Register Today!



Learn More

Register Today!

**Adult Night at Camp
Camp Nan A Bo Sho
September 16-17, 2025**

We are hosting a one-night, two-day camp experience for adults at Camp Nan A Bo Sho in Lakewood, WI.

Trip includes transportation, 4 meals, itinerary of activities (plus free time) and a beautiful outdoor setting.

Open to everyone age 55+.

Registration required.

Fee: \$80

**Adult Golf League
Eagle Links Golf Club
Thursdays, May 15-August 21,
2025
4:00-6:30 PM**

Join us for the YMCA of the Fox Cities 9-hole 2-Person Scramble Golf League at Eagle Links Golf Club in Kaukauna! This exciting league is perfect for golfers of all skill levels who enjoy a fun and competitive atmosphere.

Don't miss this opportunity to improve your game, meet fellow golf enthusiasts, and have a great time on the course.

For more information, contact Brandon Thielen at 920.830.5703 or bthielen@ymcafoxcities.org.

Registration required.

**Fee: Y Members \$60
General Public \$80**



**Learn More &
Register Today!**



Register Today!

Graphic Design Tools Class

Neenah-Menasha YMCA

Tuesday, April 8, 2025

10:00-10:45 AM

Looking for a creative outlet? Try your hand at one or more free, user-friendly, web-based graphic design tools! In this class, we'll explore the popular design platform, Canva, and demonstrate how you can get very creative with basic tools like Google Slides. We'll also take a look at Photoshop Express, the web-based, free version of Photoshop.

Registration required.

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

Photo Editing Tools & Albums

Neenah-Menasha YMCA

Thursday, April 17, 2025

1:00-3:00 PM

Blurry vacation photos? Random people in the background? Come learn about photo editing tools and how they can enhance your photos. By the end of this workshop, will be able to edit a photo and create a photo album.

What you will need for this class:

- Access to your photos
- Access to your email
- The device you wish to use (cellphone, tablet, laptop)
- Charger for your device (just in case you need it)

Registration required.

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



Register Today!



Sugar: Let's Break it Down

Apple Creek YMCA

Friday, April 4, 2025

1:30-2:30 PM

Join Kate Jenkins, Registered Dietician, for a special seminar on nutritional definitions, risks of excessive added sugars, sugar recommendations, ways to decrease your sugar intake, healthy substitutions.

Register Today!

Don't miss this opportunity to enhance your understanding of sugar and improve your health!

Registration required.

Fee: Free

Game Day

Apple Creek YMCA

Friday, April 11, 2025

12:30-2:30 PM

Games can be a great way to stimulate your mind while exploring new friendships. Join us as we welcome game experts, **Gnome Games**, in introducing us to some new games which are sure to bring a good time. Find a new favorite game to challenge your friends and family!



Register Today!

Registration required

Fee: Free



Register Today!

Art Commotion

Fox West YMCA

Wednesday, April 9, 2025

Noon-1:30 PM

You are warmly invited to embark on a delightful journey of creativity with our engaging string art Easter eggs workshop. This unique experience is designed for those that are 55+. You'll be taken through each step of the string art process, transforming simple materials into beautiful, vibrant Easter eggs that you can proudly display or gift.

Registration required

Fee: Y Members \$7

General Public \$12

Medicare 101

Are you turning 65 soon? Do you have parents who are on Medicare? Do you want to change your Medicare plan? If you answered "yes" to any of these questions, this is the class for you. Don't hold off in gathering this information for yourself and your loved ones. Adults of all ages welcome.

Registration preferred.

Fee: Free



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Wednesday, April 9, 2025

10:00-11:00 AM

Fox West YMCA

Thursday, April 10, 2025

6:00-7:00 PM

Fox West YMCA

Tuesday, April 8, 2025

8:30-9:30 AM

Apple Creek YMCA



Register Today!

Craft of the Month
Heart of the Valley YMCA
Thursday, April 10, 2025
1:00-2:30 PM

Add some giant ants to your picnic! We will create these fun ants from golf balls.

Registration required

Fee: Y Members \$7
General Public \$10

Neenah Historical Talk
Neenah-Menasha YMCA
Thursday, April 24, 2025
10:00-11:00 AM

Join us to learn more about the Neenah Historical Society, and the work they do. Learn about their new exhibit and the future historical walking programs we will be hosting with them.

Registration required.

Fee: Free



Register Today!



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Clean Eating & Supplements
Ogden YMCA & Valley Tennis Center
Tuesday, April 15, 2025
10:30-11:30 AM

The topic of diet and supplements can be a confusing one. It can be difficult to know, what the best options are. Join registered dietician, Abby Vallejo to learn more about what choices could be right for you.

Registration required

Fee: Free

Outdoor Walk
Ogden YMCA & Valley Tennis Center
Tuesday, April 29, 2025
10:30-11:30 AM

Spring is here! Let's lace up our sneakers and get outside to see all the fresh new nature around us.

Registration required.

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



Register Today!

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](#)

[Visit Our Bus Trip Webpage](#)

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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