



FOREVERWELL



ForeverWell Newsletter • March 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Dear Y Friends,

So much to share this month, so let's dive right in! Please keep in mind, this newsletter is not reflective of ALL programming that we offer for the month. Do not forget to check out your Y or take a look at the most updated program guide.

Spring Program Guide

In celebration of St. Patrick's Day, I share an Irish blessing:

May your mornings bring joy
And your evenings bring peace.
May your troubles grow less
As your blessings increase.

See you at the Y!

Kate Yates
ForeverWell Program Director

PROGRAM SPOTLIGHT

Technology Support

It can be challenging to live in a tech-heavy world. Especially when we all have different levels of comfort and expertise. At the Y, we offer a wide variety of technology support programs all throughout the Valley. Find what works best for you.

Get Connected, Stay Connected One-on-One Technology Support Meetings

Register for an appointment to receive individualized support with whatever you might need. Bring your cell phone, or laptop- Whichever device is causing an issue, and work through figuring out a solution with our specialists. Dates and times vary by location.

Fox West YMCA Instructor - Jenn Ness

Neenah-Menasha YMCA Instructor - Julie Swiecichowski

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

Register Today!

Tech Talk Hearth of the Valley YMCA First Thursday of the month 1:00-2:00 PM

Do you have trouble navigating your smartphone? Would you like to ask questions regarding your phone's capabilities? Stop by the HVY Conference Room the first Thursday of each month for our Tech Talk!

No registration required.

Fee: Y Members Free

Gardening Technology at a Glance

Neenah-Menasha YMCA
Tuesday, March 11, 2025
10:00-10:45 AM

Do you want to improve your green thumb or just make gardening easier? Technology may be the answer. Join us in this class for an introduction to different types of gardening technologies. We'll go over some popular applications and explain their common features that will help you with everything from designing your garden to identifying plants and caring for them. You'll also learn about outdoor smart systems and sensors, as well as indoor gardening devices.

Registration preferred but not required.

Fee: Y Members Free

Register Today!

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Creativebug and Gardening! Workshop
Neenah-Menasha YMCA
Thursday, March 20, 2025
1:00-3:00 PM

In this workshop, we will explore the gardening classes available online using the library's digital resources. The class will focus on the classes available through Creativebug, but we take time to explore all the other digital resources offered online through the library's website. By the end of the workshop, you will have an account on Creativebug through the library's website.

The workshop will meet in our **Tech Lab powered by Plexus** and we will be able to use the computers in the lab. If you prefer to work on your own device, feel free to bring it into the workshop. Please note, this subject is computer-based. Using a cell phone or tablet will be more difficult. Please bring your library card and email address.

Registration required.

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

Register Today!

WHAT'S HAPPENING AT THE Y

Day Trip

Wine, Chocolate & Artisan Cheese Tour

Wednesday, May 21, 2025

Thursday, May 22, 2025

Bus leaves Heart of the Valley
YMCA at 7:45 AM

Welcome to Door County Trolley where we'll explore the delectable flavors of Door County. You'll sample award-winning wines, handmade chocolate treats, and locally made cheeses. You'll also have the opportunity to purchase your favorite wines, chocolates and cheeses to take home with you. The tour includes a cozy trolley ride, with a sit-down lunch at a restaurant along the way. Enjoy a day of indulgence and the spring blossoms and waterscapes.

Registration required.

Fee: Y Members \$174

General Public \$189



Register Today!



Memory Cafe

Fox West YMCA

Wednesday, March 5, 2025

1:30-3:00 PM

Unleash your inner child as a small group of kiddos from our childcare and school age join us! They will bring coloring pages, card games, crafts, and plenty of stories to share. Water and small snack provided at the end.

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. The Memory Cafe is offered through the Fox Valley Memory Project.

No registration required.

Fee: Free

Post Surgery Resources
Apple Creek YMCA
Wednesday, March 5, 2025
1:00-2:00 PM

Learn about post-surgery resources to support your recovery journey at home. Bri McCarthy, Outreach Specialist with ThedaCare, will share ways to help you be better prepared and learn about your options for an enhanced healing process after surgery.

Registration required.

Fee: Free



Presented by ThedaCare

Register Today!



Medicare 101 Chats

Medicare insurance plans have multiple options and can often be confusing to navigate. Don't hold off in gathering this information for yourself and your loved ones. Learn practical information and get your questions answered.

Registration required.

Fee: Free

Appleton YMCA
Wednesday, March 5, 2025
10:30-11:30 AM

Appleton YMCA
Wednesday, March 5, 2025
5:00-6:00 PM

Apple Creek YMCA
Tuesday, March 11, 2025
8:30-9:30 AM

Heart of the Valley YMCA
Wednesday, March 19, 2025
1:00-2:00 PM

Neenah-Menasha YMCA
Tuesday, March 25, 2025
8:30-9:30 AM

American Mah Jongg
Heart of the Valley YMCA
First & Third Tuesdays of the
Month
2:00-4:00 PM

Join us in this exciting tile-based game. If you haven't played before, watch a few hands and possibly start to play with help from experienced players. Great opportunity to meet new people, challenge your mind and have fun!



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



Delicious, Nutritious & Easy
Meals

Ogden YMCA & Valley Tennis
Center
Thursday, March 6, 2025
10:00-11:00 AM

Delicious, Nutritious and EASY! Join Dietitian Kate Jenkins who will share easy breakfast, lunch, dinner and snack options that are not only easy to make, but also tasty and nutritious too.

Register Today!

Registration required.

Fee: Free

Walking Group
Fox West YMCA
Mondays, March 10, 17, 31, 2025
10:00-11:00 AM

Bundle up and meet at the front desk to enjoy a social walk outside with ForeverWell Specialist Jenn.

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





Senior Living

Neenah-Menasha YMCA

Tuesday, March 11, 2025

10:00-11:00 AM

Join Whitney from **Oasis Senior Advisory** to discuss senior living home options. Learn how they can help and direct you and your loved ones to make the best choices available whether it is an independent apartment, assisted living, and more.

Registration required

Fee: Free

Register Today!

Art Commotion

Fox West YMCA

Wednesday, March 12, 2025

Noon-1:30 PM

Embrace the spirit of spring and the luck of the Irish by creating your very own pair of decorative gnomes, perfect for adding a touch of whimsy to your St. Patrick's Day celebrations. No experience is needed.

Registration required.

Fee: Y Members \$7

General Public \$12



Register Today!



What's Cooking - Soup Class

Heart of the Valley YMCA
Thursday, March 13, 2025
1:00-3:00 PM

Join Deb to learn how to make a hearty delicious Vegetable Beef soup. Each participant will bring home 3 quarts of soup. Learn a new healthy recipe, meet new people and have fun!

Registration required

Fee: Y Members \$20
General Public \$30

Register Today!

Fire Safety

Appleton YMCA
Wednesday, March 26, 2025
10:30-11:30 AM

Learn the basics of household fire safety and how you can make simple changes in your home to prevent fires.

Registration required.

Fee: Free



Register Today!



Bottle Cap Sunflower Decor

Ogden YMCA & Valley Tennis Center
Thursday, March 27, 2025
9:30-10:30 AM

Springtime is right around the corner. Come create a beautiful sunflower sign made out of bottlecaps. This unique style of art will be sure to bring much conversation. If you have one at home, please bring a pliers with you to class.

Registration required

Fee: Y Members \$8
General Public \$13

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](#)

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