



FOREVERWELL



ForeverWell Newsletter • May 2025
YMCA OF THE FOX CITIES

A NOTE FROM KATE



We have much to look forward to! Your ForeverWell team has been working hard, and we can't wait to spend some warmer and sunnier months with you.

Please keep in mind, this newsletter is not inclusive of all we have to offer, rather highlights of just a few. Visit the website or take a look at our full program guide to see it all! Links for both are above.

See you at the Y!

Kate Yates
ForeverWell Program Director

CELEBRATING NATIONAL SENIOR HEALTH & FITNESS DAY



[Learn More](#)

Wednesday, May 28, 2025

In recognition of **National Senior Health & Fitness Day**, the Y has planned some special events for you to participate in!

All locations will be offering special program opportunities.

Registration required for most.

All events are FREE for Y Members and General Public!

GET OUTSIDE WITH THE Y!

**Experience the Magic of Camp
Camp Nan A Bo Sho
September 16-17, 2025**

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

After settling into your cabin, test out our high ropes course, boating and even archery. Enjoy home-cooked meals that you do not need to prepare. Meet new friends while you exchange stories around the campfire, nestled on the beautiful shores of Waubee Lake.

Open to everyone age 55+.

Registration required.

Fee: \$80

Includes all meals, excursions and transportation from Apple Creek YMCA.



[Learn More](#)

[Register Today!](#)

Bus Trips

Day Trips are filling fast! Don't wait to register! See what trips are still available!

[View Bus Trips](#)

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Field Trips

Field trips are an opportunity to learn and grow, while spending time in the great outdoors. Take a guided bike ride or join a hike to learn from our Environmental Educational Specialist. Each hike has a different theme and will be covering different educational components.

[View Field Trips](#)



Walking Groups at Your Y

All summer long, locations across our association are looking forward to taking advantage of the warmer weather for outdoor walks. These walks are casual, low intensity options of getting some steps with your favorite ForeverWell staff. Dates will continue all summer long. Meet at the membership desk at the assigned location.

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

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Apple Creek YMCA
Tuesdays, May 6, 13, 20, 27, 2025
9:30 AM-10:30 AM

Casual walk around the YMCA grounds, crushed gravel trail and potentially Purdy trails.

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Appleton YMCA
Tuesdays, May 13, 20, 27, 2025
9:45 AM-10:15 AM
Thursdays, May 15, 22, 29, 2025
10:45 AM-11:15 AM

Special Guest Walk & Talk
Each walk, you'll be joined by a new Y Staff member. Learn more about your Y and the people who make it all happen!

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Fox West YMCA
Mondays, May 5, 12, 19, 2025
10:00-11:00 AM

Casual walk around the beautiful walking paths around the Y as well as Lions Park.

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Neenah-Menasha YMCA
Tuesday, May 20, 2025

10:00-11:00 AM

Historic Doty Island Walk

The Neenah Historic Society will be our walking guide as we make our way around historic Doty Island. Learn all about the history of this unique island.

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Ogden YMCA & Valley Tennis Center

Mondays, May 12, 12, 19, 2025

9:15-10:45 AM

Outdoor Walk to Café Nutrition

Take a walk to Café Nutrition for a sweet treat or a refreshing drink. This walk will be approximately 2.6 miles round trip. Registration required.

[Register for Outdoor Walk to Café Nutrition](#)

WHAT'S HAPPENING AT THE Y

Diabetes Prevention Presentation

Apple Creek YMCA

Tuesday, May 6, 2025

1:00-2:00 PM

Sheri Grobnerm will present a diabetic meal planning session that will focus on macronutrients, the essential nutrients our bodies need. She will also highlight carbohydrates and their impact on diabetes and pre-diabetes.



Presented by Primary Care Associates of Appleton, LTD.

Registration required.

Fee: Free

[Learn More](#)

[Register Today!](#)





Cooking Class: Blueberry Chicken Salad

Heart of the Valley YMCA

Thursday, May 8, 2025

1:00-3:00 PM

Deb is going to teach us how to create a tasty Blueberry Chicken Salad and a side fruit parfait. Learn a healthy recipe, meet new people, and have fun!

Registration required.

[Learn More](#)

[Register Today!](#)

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

AARP Smart Driver Course

Neenah-Menasha YMCA

Thursday, May 8, 2025

10:00 AM-2:30 PM

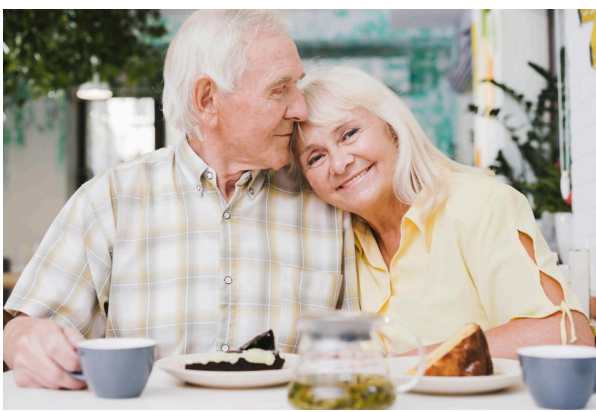
You will learn defensive driving techniques, new traffic laws and rules of the road, as well as how to deal with aggressive drivers, how to safely navigate adverse weather conditions, useful information on automobile technology and more. Upon completion, you may be eligible to save money on your car insurance.

Payment made directly to AARP instructor the day of the class (cash or check)

Fee: AARP Members \$20
Non-AARP Members \$25



[Learn More](#)



Advanced Funeral Planning
Odgen YMCA & Valley Tennis Center
Tuesday, May 13, 2025
10:30-11:30 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.

Fee: Free

[Learn More](#)

[Register Today!](#)

Container Gardening

Odgen YMCA & Valley Tennis Center
Thursday, May 22, 2025
9:30-11:00 AM

A way to grow your favorite vegetables and herbs without a garden. Join Kirsten in learning how to start your own container garden. Go home with a container potted with seedlings started from Kirsten's own garden. There will be a variety of vegetables and herbs to choose from.

Registration required

Fee: Y Members \$11
General Public \$16



[Learn More](#)

[Register Today!](#)



Tai Chi

This gentle form of exercise can help maintain strength, flexibility and balance.

The Y offers many different classes at multiple locations.

Fee: Y Members Free

[View Schedules](#)

TOGETHER WE CAN MAKE A DIFFERENCE

Join our **Spring Food Drive Event for the St. Joseph Food Program** and help ensure that every family has nourishing meals on their tables. It is easy to participate.

Just drop your items off at any of the YMCA of the Fox Cities Locations during the week of May 5-11, 2025. All food donated during the week will help supply the St. Joseph Food Program.

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

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