



FOREVERWELL



## ForeverWell Newsletter • August 2025 YMCA OF THE FOX CITIES

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### A NOTE FROM KATE



Field Trips are a great way to explore our beautiful Fox Cities area. We have some great hiking and biking trips planned right in our own backyard.

Spend a morning enjoying some amazing trails, connecting with nature and maybe making a few new friends.

See you at the Y!

Kate Yates  
ForeverWell Program Director

**[Learn More & Register](#)**

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### Frequent Yer

One month down and two to go! Keep those healthy habits going all summer long. Our monthly prizes are not to be missed. Look out for special double-punch days at your home branch, for an extra bonus.

**[Learn More About Frequent Yer](#)**

# CREATE A MEANINGFUL LEGACY



[Learn More](#)

## Heritage Club

The YMCA of the Fox Cities Heritage Club is made up of caring individuals and YMCA members, just like you, who believe in strengthening our community for generations to come. By making a planned or legacy gift, you help ensure the Y's mission continues to uplift lives well into the future. Every gift, no matter the size, makes a lasting impact.

## PROGRAM HIGHLIGHT BUS TRIPS

**Due to popular demand, we have added some additional busses to our trip schedule. Register now as seats are filling fast!**

### Cruise the Bay

**Wednesday, August 20, 2025**

First, enjoy lunch at Al Johnson's Swedish Restaurant, famous for the goats grazing on its green sod roof, a tradition since 1973.

Next, we'll board a 2-hour boat cruise to Death's Door from Sister Bay Marina. Take in the stunning shoreline, Door Bluff Headland Park and Gills Rock while hearing fascinating stories about shipwrecks, local tribes and Northern Door County's rich fishing history.

Don't miss this memorable adventure!



**Register Today!**

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## **Chicago Your Way** **Saturday, September 13, 2025**

Spend a day in Chicago your way! Explore a museum, see marine life at Shedd, take in skyline views from Willis Tower or the Hancock, stroll Navy Pier, cruise the lake, visit the zoo, shop the Magnificent Mile or catch a show. Grab a quick bite or picnic by the lake. Pickup and drop-off are near Millennium Park, enjoy 7-8 hours to make the city yours!

**Register Today!**

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## **Geneva Lake Cruise & Black Point Estate** **Wednesday, September 24, 2025**

Enjoy a fall day in Lake Geneva! Start with an hour to explore downtown shops, cafés, Riviera Beach, or the Shore Path.

Next, relax on a scenic lunch cruise around the lake's 20-mile shoreline, passing historic mansions and hearing stories of its "Newport of the West" legacy.

End with a guided tour of Black Point Estate, an 1888 mansion filled with rich history and beautiful grounds.

Join us for a classic Lake Geneva getaway!



**Register Today!**

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**Learn More About Bus Trips**

**WHAT'S HAPPENING AT THE Y**

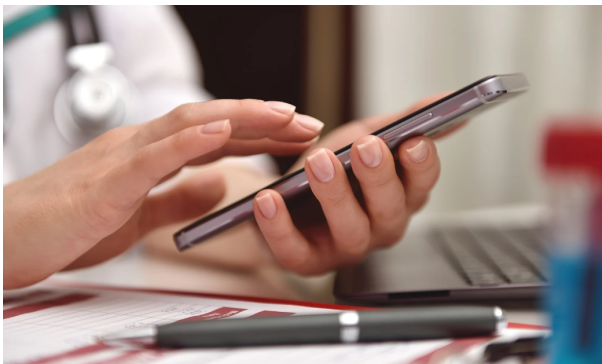
**Memory Cafe**  
**Fox West YMCA**  
**Wednesday, August 6, 2025**  
**1:30-2:30 PM**

**Network Health** will be joining our Memory Café for a heart-healthy gathering where we'll be making a delicious Grated Carrot Salad! Whether you're here to connect, create, or just savor the moment, this café is a warm and welcoming space for all.

No registration required.

**Fee: Free**

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**Tech Talk**  
**Appleton YMCA**  
**Wednesday, August 20, 2025**  
**Noon-1:00 PM**

Learn the basics of navigating your smartphone. Download apps, change settings, customize home screen, and more. Get your questions answered and make your phone work for you.

Registration required

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

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[Learn More](#)

[Register Today!](#)

**Blood Pressure Screenings**  
**Apple Creek YMCA**  
**Tuesday, August 12, 2025**  
**9:30-11:30 AM**

Join us for FREE coffee and comradery enjoy special guest and YMCA updates. Meet a new friend and start your day with us.

Sponsored by Care Patrol.

No registration required.

**Fee: Free**



[Learn More](#)



[Learn More](#)

### **Coffee with Care Patrol**

**Fox West YMCA**  
**Tuesday, August 12, 2025**  
**8:30-9:30 AM**

Samaria is a comfort dog that brings a calming influence, allowing people to open their hearts and receive help in their time of need. Come meet Samaria and experience her gift.

No registration required.

**Fee: Free**

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### **Bee-You-Tiful Flower Decor**

**Neenah-Menasha YMCA**  
**Tuesday, August 12, 2025**  
**10:00-11:30 AM**

Celebrate National Honeybee Day by bringing this fun BEE theme décor into your home. Enjoy creating your own BEE-you-tiful bee theme flowerpot.

Registration required.

**Fee: Y Members \$14**  
**General Public \$19**



[Learn More](#)

**Register Today!**

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**Doty Island Cabin Walk & Tour**  
**Neenah-Menasha YMCA**  
**Monday, August 18, 2025**  
**8:30-10:30 AM**

Doty Cabin is the historic replica home of James Duane Doty, Wisconsin's second Territorial Governor. Enjoy a leisurely walk from the Neenah-Menasha YMCA to Doty Island Cabin, where we will be given a tour of this historic home.

Meet in the front lobby of the Neenah-Menasha YMCA.

Registration required.

**Fee: Free**

[Learn More](#)

[Register Today!](#)

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**Brain Health & Memory Screening**  
**Ogden YMCA & Valley Tennis Center**  
**Thursday, August 21, 2025**  
**10:00-11:00 AM**

Join us for an informational session to learn about brain health, normal versus abnormal aging concerns, and the importance of having memory screenings completed each year as we age.

Registration required

**Fee: Free**



[Learn More](#)

[Register Today!](#)



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**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.

[Learn More](#)

[Register Today!](#)

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.

## BINGO PARTY



Signature Sponsor



Coordinating Sponsors



### Day in the Park Bingo Party

Jefferson Park • Menasha

Tuesday, September 9, 2025

9:00 AM-1:00 PM

Join us for A Day in the Park to meet friends and have fun. Come try your luck at bingo for a chance to win great prizes. A boxed lunch, t-shirt and entertainment included.

Registration Required

**Fee: \$12 before August 9  
\$15 after August 9**

Registration closes August 22, 2025, or when event is full.

[Learn More](#)

[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.

**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**

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**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.

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### **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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