



FOREVERWELL



ForeverWell Newsletter • July 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



We are so excited to be working with our community partners again this year to bring you the Day in the Park for the Young at Heart event. The event includes community resources, lunch, bingo, live entertainment, prizes, yard games and more! Register now, as this event fills quickly!

See you at the Y!

Kate Yates
ForeverWell Program Director

[Learn more about Day in the Park](#)

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](#)

PROGRAM HIGHLIGHT

BUS TRIPS

Garden Day in Madison **Wednesday, July 23, 2025**

Begin your day at Allen Centennial Garden, a stunning botanical space and living classroom at UW-Madison, offering hands-on learning for all ages.

Enjoy lunch at the lively Great Dane Pub & Brewing Co., then spend your afternoon at Olbrich Botanical Gardens. Stroll through the outdoor gardens on a guided tour and experience the magic of the Blooming Butterflies exhibit inside the tropical Bolz Conservatory.



Register Today!

Wild Time at the Zoo **Wednesday, August 20, 2025**

Spend the day exploring 190 acres of wildlife at the Milwaukee County Zoo, home to over 3,100 animals across diverse habitats. Enjoy a reserved indoor picnic lunch while engaging in a Conservation Conversation, a unique chance to hear from a zoo expert and ask questions about their vital conservation efforts.

All ages welcome!



Register Today!

Ghost Tour of Door County **Wednesday, October 8** **AND** **Thursday, October 9**

Join us as we board Door County Trolley's legendary Ghost Tour. Step onto the Trolley of the Doomed and explore the peninsula's haunted lighthouses, sunken ships, and eerie legends—an experience so memorable it's been featured in USA Today, the Chicago Tribune, and Midwest Living



Magazine. Equal parts spooky, fun, and informative!

After the tour, we'll dine at The Log Den, a stunning log cabin restaurant handcrafted by the Lautenbach family over a decade. Since opening in 2007, it's been a local gem, offering hearty food in a warm, rustic setting.

Head back to the valley with all the spirit of Halloween.



**Register for Trip on
Wednesday, October 8**

**Register for Trip on
Thursday, October 9**

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Learn More About Bus Trips

WHAT'S HAPPENING AT THE Y

Mah Jongg Drop in Play

Join us in the fun in this exciting tile-based game. Mah Jongg involves strategy, skill and a bit of luck!

Chinese Mah Jongg

Apple Creek YMCA

Thursdays • 1:00-3:00 PM

Fox West YMCA

Wednesdays • 11:45 AM-12:45 PM

*Frequent Yer double punch for July!

American Mah Jongg

Heart of the Valley YMCA

Tuesdays • 1:00-3:00 PM

No registration required.



Apple Creek YMCA

Fox West YMCA

Heart of the Valley YMCA



[Learn More](#)

Blood Pressure Screenings

Apple Creek YMCA

**Tuesdays, July 15, August 12, 2025
9:30-11:30 AM**

Meet with a Healthy Heart Ambassador for a free blood pressure screening in the Lobby.

No registration required

Fee: Free

ForeverWell Family Picnic & Bingo

Apple Creek YMCA

**Wednesday, July 2, 2025
Noon-2:00 PM**

All ages welcome! Fun for the whole family. Join us for a multigenerational picnic & bingo event! Please bring a dish to pass. Weather permitting, event will be held outdoors.

*Frequent Yer double punch

Registration required.

Fee: Free



[Learn More](#)

Register Today!



Samaria the Comfort Dog

Fox West YMCA

Tuesdays, July 15, August 12, 2025

11:00 AM-Noon

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

[Learn More](#)

Oak Hill Cemetery Walk

Neenah-Menasha YMCA

Monday, July 21, 2025

10:00-11:00 AM

The Neenah Historical Society will take us through, what is one of the oldest municipally owned cemeteries in the United States.

Meet at Oak Hill Cemetery.

Registration required.

Fee: Small cash donations for the Neenah Historical Society appreciated but not required



[Learn More](#)

Register Today!



Downsizing Our Home, Expanding Our Hearts

Neenah-Menasha YMCA

Tuesday, July 15, 2025

10:00-11:00 AM

Talk about practical ways to simplify your home, let go of what you no longer need & pay it forward to others while creating a functional home that supports you through all of life's seasons. We invite you to bring a gently used household item(s) from

[Learn More](#)

[Register Today!](#)

your home to bless local families in need.

All donations will be given to the Community Benefit Tree which benefits families struggling financially during their medical crisis.

Registration required.

Fee: Free

Cooking Class

**Heart of the Valley YMCA
Thursday, July 17, 2025
1:00-3:00 PM**

Come learn how to create a beautiful summer themed, strawberry mango salsa. A hit that will shine at all your upcoming gatherings.

Registration required

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



[Register Today!](#)



[Learn More](#)

[Register Today!](#)

Healthy...ish Treats

**Ogden YMCA & Valley Tennis Center
Thursday, July 24, 2025
9:30-11:00 AM**

We all enjoy treats, but sometimes the treats we choose are very processed and very high in sugar. Today will make two different types of no bake "healthy...ish" treats with plenty to take home to share with family and friends and enjoy.

Registration Required

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

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](#)

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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