



FOREVERWELL



ForeverWell Newsletter • June 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Frequent Yer is back! Keep your healthy habits going all summer long and get rewarded! Do not forget to pick up a punch card at any YMCA of the Fox Cities location. Eight (8) or more punches each month will enter you into a monthly drawing!

Winners will be drawn at each branch during the months of June, July and August.

See you at the Y!

Kate Yates
ForeverWell Program Director

[Learn More About Frequent Yer](#)

PROGRAM HIGHLIGHT

Travel Show
Appleton YMCA
Monday, June 30, 2025
12:30-2:00 PM

Join us to learn more about your 2026 travel options. The YMCA of the Fox Cities is partnering up with three different travel agency experts to bring you exciting adventures to **Hawaii, California and Tuscany!**

These 30-minute presentations will highlight their amazing itineraries. Take advantage of registering right away before seats fill!

The travel show event is free and registration is not required.



Hawaii



California



Tuscany

Learn More About Flight-Based Trips

WHAT'S HAPPENING AT 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!



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](#)

WWII Presentation

Odgen YMCA & Valley Tennis Center

Thursday, June 5, 2025

10:00-11:00 AM

June 6, 1944, also known as D-Day, is considered a major turning point in World War II. Historian, Kara Rothkegel will join us to discover how the Neenah Red Cross and local residents mobilized during WWII, supporting troops, aiding civilians, and contributing to the war effort. From Red Cross volunteers and blood donors to industrial shifts, rationing, and Victory Gardens, learn how the community played a vital role in achieving victory.

Registration required.

Fee: Free



Register Today!



Beekeeping Basics

Memory Cafe

Fox West YMCA

Wednesday, June 4, 2025

1:30-2:30 PM

Learn the basics of beekeeping, the benefits of bees and what they provide for us. Best part of all, sample some local honey!

No registration required.

Fee: Free

Coffee with Care Patrol

Fox West YMCA

Tuesdays, June 10, July 15, August 12, 2025

8:30-9:30 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



Register Today!

Drums Alive Pop-Up

Neenah-Menasha YMCA

Tuesday, June 10, 2025

11:15 AM-Noon

Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is designed to burn fat, improve physical and mental fitness and above all, be fun. The workout includes the use of a stability ball and drumsticks.

Registration required.

Fee: Free

Blood Pressure Screening

Apple Creek YMCA

Tuesdays, June 17, 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



Register Today!

**History Museum Walking Tour
City Park Neighborhood
Appleton YMCA
Wednesday, June 18, 2025
1:00-3:00 PM**

Take a stroll through the neighborhood surrounding Appleton's oldest park as we discuss some of Appleton's early residents, the architectural styles of their homes, and the creation of City Park.

Registration Required

**Fee: Y Members \$15
General Public \$18**

**Octagon House Walk & Tour
Neenah-Menasha YMCA
Monday, June 23, 2025
9:30-11:00 AM**

Join us for a leisurely walk to the Neenah Historical Society and Octagon House. Enjoy a tour of the facility before returning to the Y. No cost for the tour, however, donations are appreciated at the Historical Society.

Registration required

Fee: Free



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

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