



FOREVERWELL



FOREVERWELL® Newsletter • October 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Whether you're rediscovering old passions or exploring new ones, the Y is a place where friendships flourish, laughter echoes and every person is valued. Here, age is celebrated, stories are shared, and wellness is a journey we take together. That is what Active Aging Week is all about.

Come for the fitness, stay for the friendships. Your next chapter starts with connection—and it starts at the Y.

Please join us in celebrating Active Aging Week

See you at the Y!

Kate Yates
FOREVERWELL Program Director

**Learn More About
Active Aging Week**

PROGRAM HIGHLIGHT

Pedaling for Parkinson's **Fox West YMCA** **Heart of the Valley YMCA**

Group cycling and support helps reduce symptoms in Parkinson's disease sufferers and improves the quality of life for patients and their caregivers. Eligible adults aged 30-75 with a Parkinson's diagnosis ride indoor cycles at 80-90 RPM, two times per week, 60 minutes each session, over the course of 8 weeks.

YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson's protocol and monitor heart rate and exercise frequency.

*Those interested who are over 75 years of age, please connect with the branch contact person noted below.

Fox West YMCA
JJ Guttman P 920.560.0421 E jguttman@ymcafoxcities.org

Heart of the Valley YMCA
Paula Beyer P 920.830.5708 E pbeyer@ymcafoxcities.org

Registration required

Fee: Y Members \$48
General Public \$65

Register Today!

WHAT'S HAPPENING AT THE Y



**Learn More About Dates,
Times and Locations**

Medicare Education

Medicare Open Enrollment runs from October 15 to December 7, and the YMCA is here to help you navigate this important time with confidence and clarity.

Join us for free informational meetings, all season long!

Fee: Free

NEW! 55+ Basketball Neenah-Menasha YMCA Tuesdays & Wednesdays 11:00 AM-1:00 PM

Have a love of basketball but maybe looking for a less intense open play time? Find your community, stay active and enjoy the game.

No registration required

Fee: Free



Learn More



Register Today!

NAMI Lunch & Learn

**Appleton YMCA
Wednesday, October 15, 2025
11:30 AM-1:00 PM**

Changes in schedules, overwhelming events, disappointment, loneliness and so much more can feel heavier during the holiday season. Enjoy light snacks while NAMI teaches ways to prepare and cope with the holidays during new life phases and changes.

Registration required

Fee: Free

Check-in Chats

Appleton YMCA

Thursday, October 23, 2025

9:30-10:30 AM

Designed to be a follow-up to our NAMI presentations, this will be a peer group discussion lead by a facilitator. After some time to process what you hear about and learn from the previous week's presentation, use this time to process out loud and together.

Registration required

Fee: Free



Register Today!



Register Today!

Walking Group

Fox West YMCA

Mondays - Weather Dependent

10:00-11:00 AM

Ready to walk the trails? Meet at the front desk to enjoy a social walk outside.

Registration appreciated.

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

CONGRATULATIONS JENN!

We are adding to our team! I could not be more excited to announce that Jenn Ness at the Fox West YMCA has accepted the role of full time FOREVERWELL Program Coordinator!

Jenn has led the program at our Fox West YMCA the last few years and has made it the success it is today. Her passion for this age demographic, fitness/wellness, social engagement, faith and community service make her uniquely ideal for this role. I'm excited to see her blossom even more and to have such a strong teammate help us move our mission forward. Jenn will join me in supporting the association in a larger capacity, while still supporting the Fox West YMCA and the FOREVERWELL programming there.



JOB OPPORTUNITIES

NEW!! We are looking for a passionate champion to take on the part-time FOREVERWELL Specialist role at Fox West YMCA. Click below for more information!

**[View the FOREVERWELL Specialist
Position Opening](#)**

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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