



FOREVERWELL



FOREVERWELL® Newsletter • September 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Focusing on balance and fall prevention is one of the most empowering choices we can make for our health and independence. As we age, maintaining strength, stability and confidence in movement becomes essential to living fully and safely. Falls are not an inevitable part of aging, they are often preventable with the right support, education and practice. At the Y, we celebrate this month with a welcoming community, expert guidance and programs designed to build balance, flexibility and strength in a fun and encouraging environment.

Every step taken toward better balance is a step toward a more vibrant, independent life.

See you at the Y!

Kate Yates
FOREVERWELL Program Director

HELP US WELCOME OUR NEW TEAM MEMBER

Please help us welcome Stacy Parish to our FOREVERWELL team!

Stacy has joined us to be our FOREVERWELL Specialist at the Neenah-Menasha YMCA and the Ogden YMCA & Valley Tennis Center.



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With almost 20 years of experience working with adults 55+, as a program creator, coordinator and facilitator, Stacy is feeling right at home in her new role!

She worked as a program instructor for the Neenah-Menasha YMCA from 2010-2014 (in the former AOA Program), where she worked with the Menasha Senior Center as her home base. Fifteen years later, she now counts herself among the ranks of those who call FOREVERWELL home, and she couldn't be happier to be back!

Fun Facts: Stacy worked for 11 years in radio as a disc jockey and is now a contributing producer with WPR's **Wisconsin Life** program. She also produces a monthly podcast, called **Full Spirals**. In her spare time, Stacy loves to walk and hike outdoors and is an avid rock tumbler and collector. Welcome, Stacy!

TRAVEL WITH THE Y



Flight-Based Trips

Seats are filling fast for our upcoming 2026 travel season. More information on California Rail Adventure and Tuscany can be found on our webpage. Do not let these opportunities pass you up!

[Learn More](#)

WHAT'S HAPPENING AT THE Y

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

Learn More About Dates, Times and Locations



Memory Cafe **Fox West YMCA**

Wednesday, September 3, 2025
1:30-3:00 PM

Step back in time at our nostalgic Back to School Memory Café! A fun mix of activities, including classic trivia from the 1950s–70s, a lighthearted spelling bee, and plenty of opportunities to share favorite school stories. Enjoy the tastes of the past with a delightful spread of classic lunchbox snacks.

Wednesday, October 1, 2025
1:30-3:00 PM

Sample a variety of crisp apples, paint your own mini pumpkin masterpiece and create a personalized trail mix from a selection of tasty ingredients. Sip on warm apple cider and savor a sweet bite of pie as we enjoy the simple pleasures of the harvest season together.

No registration required

Fee: Free

Dominoes Open Play **Apple Creek YMCA** **Mondays** **Beginning September 15, 2025** **1:00-3:00 PM**

Whether you're a seasoned player or just learning the ropes, this open play session is the perfect opportunity to enjoy friendly competition, socialize with others, and keep your mind sharp.

No registration required.

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



Learn More



[Learn More](#)

[Register Today!](#)

Understanding Hip Pain: Causes and Solutions

Apple Creek YMCA

Friday, September 19, 2025

1:30-2:30 PM

Brought to you by OSI. Discover the common causes of hip pain and learn practical ways to find relief in this active, movement-based session. Through guided exercises and expert insights, you'll explore how to improve mobility, reduce discomfort and support long-term hip health.

Registration required.

Fee: Free

Blood Pressure Self-Monitoring

Apple Creek YMCA

September 8-21, 2025

Times Vary

Help achieve your goal of lowering and managing blood pressure in this 4-month evidence-based program. Participants will meet with a Healthy Heart Ambassador twice a month, attend nutrition seminars once a month, the Third Tuesday of the month, and learn proper measuring techniques using an Omron blood pressure monitor.

For more information, please contact Natalie McVeigh at nmcveigh@ymcafoxcities.org or 920.702.2317

Registration required.

Fee: Y Members \$45
General Public \$65



[Learn More](#)

[Register Today!](#)



**Find Dates, Times and
Locations**

Falls Prevention Week

Celebrate Falls Prevention Week by taking an active step toward better balance, strength and confidence.

Join us for fun and informative sessions, across our association, where you'll learn simple, effective techniques to improve your balance and help prevent falls.

Registration required.

Fee: Free

TRANSPORTATION SERIES

Learn how to get around the Fox Cities. Whether you are driving or using public transportation, our experts can help you find your way.

Registration is required.

Fee for all sessions: Free

**Transportation Safety with the Appleton Police Department
Appleton YMCA
Thursday, September 4, 2025
11:30 AM-12:30 PM**

Learn from our experts in traffic safety, the Appleton Police Department. Break down where and how to park around town, and how to navigate through traffic efficiently and safely.

Register Today!

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**Know your Transportation Options - Panel Discussion
Appleton YMCA
Wednesday, September 10, 2025
5:00-6:00 PM**

Are you or a loved one considering transitioning away from driving? Join experts from our community to get your transportation questions answered. Learn about ride share options, community programs available, Valley Transit, plus get safety questions answered by the Appleton Police Department.

Register Today!

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Valley Transit Presentation
Appleton YMCA
Thursday, September 18, 2025
Noon-2:00 PM

Does public transportation seem intimidating? Let Fox Valley Transit tell you about exploring all transportation options and give you the tools and confidence to travel safely. They will share the programs and opportunities to make navigating the bus routes easier. There will be time for open discussion and questions.

Register Today!

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Valley Transit Bus Station Tour
Appleton YMCA
Thursday, October 2, 2025
Noon-2:00 PM

Are you Ready to Ride? Come take a tour of the Valley Transit Bus station. Learn how to read the routes, navigate the fare payment system and plan your trip. Put all this information to use as we take a ride on the bus! We will meet at the Appleton YMCA and walk over to the Valley Transit Station.

Register Today!

BUS TRIPS

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.



Register Today for
October 8!

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

Register Today for October 9!

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Learn More About Bus Trips

VOLUNTEER OPPORTUNITES

Share Your Love of Knitting & Crochet!

Do you enjoy knitting or crocheting? The YMCA is looking for a caring volunteer to guide adults 55+ as they learn a new skill, make friends and discover the joy of creating together.

By sharing your time and talents, you'll help neighbors achieve new goals, build relationships and find a sense of belonging in our community.

No teaching experience required, just patience, kindness and a passion for yarn!

Interested? **Contact Sandy Campbell**, Wellness Director at the Heart of the Valley YMCA at **920.830.5726** or **scampbell@ymcafoxcities.org**.

Let's stitch connection and community together at the Y!

JOB OPPORTUNITES

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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