



FOREVERWELL



## FOREVERWELL® Newsletter • December 2025 YMCA OF THE FOX CITIES

---

[Email Kate](#) >> [Program Guide](#) >> [Explore FOREVERWELL Programs](#)

---

### A NOTE FROM KATE

The holiday season is upon us! I encourage you to keep showing up for yourself by maintaining those healthy habits at the Y—it's the best way to stay energized and support your mental health through the festivities. Though this season can be 'Merry' and 'Bright' for many, there are others who also struggle, triggered by loss and finances, among other reasons. As we navigate the holidays, I ask that you keep this in the front of your mind and continue to practice patience and kindness with our friends, family and neighbors.

A little grace goes a long way in making this season brighter for everyone. Wishing you peace, wellness, and continued connection!

See you at the Y!

Kate Yates  
FOREVERWELL Program Director



# ANNUAL CHRISTMAS CONCERT



**For Kids From 1 To 92**  
**Thursday, December 4, 2025**  
**7:30 PM**

We are excited to share that once again Steve March-Tormé and Vic Ferrari's Michael Bailey have joined musical forces for a very special holiday show at the Fox Cities P.A.C., "For Kids from 1-92!" to benefit The Y!

You can buy tickets in person at the P.A.C. ticket office or by calling **920.730.3760**.

**Tip:** To avoid additional online fees, we recommend visiting or calling the P.A.C. box office directly.

**Purchase Tickets Online**

## PROGRAM HIGHLIGHT

## **The Gift of Peace**

**Neenah-Menasha YMCA**

**Tuesday, December 2, 2025**

**9:00-9:45 AM**

**Wednesday, December 3, 2025**

**6:30-7:15 PM**

Just in time for the holidays, step into stillness with The Gift of Peace, a gentle, guided meditation experience designed to soothe the nervous system and calm the mind. We'll explore the benefits of mindfulness, try some restorative breathwork, and practice a short awareness-based meditation. Lastly, we'll settle into a deeply relaxing guided journey, featuring a body scan and visualization to help you release that holiday stress. This guided experience will leave you relaxed and renewed, with some tools for tapping into peace this season.

Registration is required.

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



[Learn More](#)

[Register for December 2](#)

[Register for December 3](#)

---

## **WHAT'S HAPPENING AT THE Y**



### **Boost Your Cognitive Health**

**Apple Creek YMCA**

**Friday, December 5, 2025**

**1:30-2:45 PM**

Join dietician and personal trainer, Kate Jenkins, for an interactive workshop on exercise and nutrition strategies to maintain cognitive health!

Registration is required.

**Fee: Free**

[Learn More](#)

[Register Today!](#)

---

## **Brain Health & Memory Screenings**

**Ogden YMCA**

**Monday, December 8, 2025**

**10:30-11:30 AM Presentation**

**11:45 AM - 1:00 PM Screenings**

Join Alisa, from ADRC of Winnebago County, to learn all about your brain's health, including ways to make your brain stronger, what's considered normal brain aging, and learn some key signs of decreasing brain health. Registration is required to participate in the presentation.

To attend the presentation, please register at the Member Services desk at any YMCA of the Fox Cities location.

To register for a memory screening, contact the Member Services desk at the Ogden YMCA at **920.560.0001**. Registration required.

**Fee: Free**



**Learn More**

**Register for the  
Presentation Today!**



**Learn More**

**Register Today!**

## **Pickleball Injury Prevention Workshop**

**Heart of the Valley YMCA**

**Monday, December 8, 2025**

**10:00-10:45 AM**

Join Physical Therapist Kaelyn for an engaging and educational workshop designed specifically for pickleball players. This low-impact session will focus on movement strategies, warm-up techniques and strengthening exercises to help prevent common pickleball related injuries. Build confidence in your game and everyday movement and take home a practical worksheet to continue your progress safely and effectively.

Registration is required.

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

## Tech Talks

Appleton YMCA

Wednesday, December 10, 2025

1:00-2:00 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. Bring your cell phone for hands-on help!

No registration required.

**Fee: Y Members Only - FREE**



[Learn More](#)



## Christmas Craft

Heart of the Valley YMCA

Thursday, December 11, 2025

1:00-3:00 PM

Looking for a handmade treasure to gift this holiday season—or a festive piece to brighten up your home? Join us for a fun and creative workshop where you'll craft your own 9x14 inch string art Christmas tree—perfect to display, hang, or give as a heartfelt gift. No experience needed—just bring your holiday spirit and enjoy an afternoon of creativity and connection!

Registration is required.

**Fee: Y Members - \$10**

**General Public - \$20**

[Learn More](#)

[Register Today!](#)

## **Meet Samaria**

**Fox West YMCA**

**Tuesday, December 16, 2025**

**11:00 AM-Noon**

Whether you're feeling overwhelmed or simply in need of some companionship, Samaria's gentle presence can make a world of difference. Join us to connect with this special comfort dog and see how she can brighten your day.

No registration required.

**Fee: FREE**

[Learn More](#)

---



[Learn More](#)

## **Book & Puzzle Swap**

**Appleton YMCA**

**Thursday, December 16, 2025**

**9:00-11:00 AM**

Get ready for the long, cold days by adding new books and puzzles to your collection. Drop off your old books or puzzles at the downtown Appleton YMCA between now and December 15. Then, join us on December 16 to take home "new to you" books and puzzles.

Books for Your Imagination and Puzzles for Your Brain...Let's Swap and Spark Joy!

No registration required.

**Fee: Free**

---

## **Cookies & Carols**

**Apple Creek YMCA**

**Thursday, December 18, 2025**

**9:15 AM-10:15 AM**

Celebrate the holidays with a good old-fashioned Cookie Swap! Please bring one dozen cookies to share. We'll listen to holiday themed music, exchange cookies, and share our favorite traditions!



Registration is required.

[Learn More](#)

**Fee: Free**

[Register Today!](#)

## COMING SOON!

### **Blood Pressure Self-Monitoring Apple Creek YMCA Multiple Dates and Times Available**

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, and learn proper measuring techniques using an Omron blood pressure monitor.

**Registration is required and opens on December 8, 2025.**

Please call 920.702.2317 to verify eligibility and to enroll.

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

---

### **Balance & Strength - Train for Fall Prevention Ogden YMCA & Valley Tennis Center Tuesdays & Thursdays 9:30-10:15 AM January 6-February 26, 2026**

Take an active step toward better balance, strength, and confidence. This small group class is designed to increase strength, improve balance and help prevent falls. Participants will be led in this individualized setting by a healthcare specialist who is professionally trained in fall prevention. Class size is limited to 8 people to promote personalized attention and modifications as needed.

**Registration is required and opens on December 8, 2025.**

For more information contact Becky Oszman at 920.560.0001 or [roszman@ymcafoxcities.org](mailto:roszman@ymcafoxcities.org)

**Fee: Y Members - \$128  
General Public - \$192**

## 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

**Follow us on:**



\*|association\_name|\* | \*|association\_address|\*

You received this because you are subscribed to emails from the \*|association\_name|\*.  
[Manage Email Preferences](#)