



FOREVERWELL



FOREVERWELL® Newsletter • November 2025 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



As we enter this season of thankfulness, I find myself reflecting on the incredible impact the Y has had on me. I'm deeply grateful for the opportunity to be part of a mission-driven organization that strengthens community, promotes healthy living, and nurtures the potential of every individual.

Our cause: Strengthening the foundation of our community- is more than words. It's a daily reminder of the purpose behind everything we do. Whether it's supporting FOREVERWELL members in their wellness journey, creating spaces for connection or simply offering a smile, each moment matters. Our team cares deeply for the work they do in serving you each and every day.

I would like to share a special note of gratitude to all of our Veterans, those who are still serving and the family, friends and community that supports them. Your service protects the freedoms we cherish and inspires us to live with purpose and compassion. To you, we are deeply grateful.

See you at the Y!

Kate Yates
FOREVERWELL Program Director

SPOTLIGHT ON MEDICARE

Navigating Medicare can feel overwhelming, whether you are approaching eligibility or already enrolled. Our upcoming educational sessions are designed to help you gain a clear understanding of what Medicare is, how it works and the options available to you. You will receive straightforward information and practical guidance, empowering you to make informed decisions about your healthcare coverage.

Whether you are new to Medicare or looking to optimize your current plan, these sessions will provide valuable insights in a welcoming, supportive environment. Guest experts from the Medicare field will guide you through the essentials, answer your questions and help you feel confident about your choices.

Please join us at a **Medicare 101** session. All events are free to attend, but registration is required.

Click the button below to find and register for a date and time that works best for you.

[Learn More](#)

[Register Today!](#)

PROGRAM SPOTLIGHT

Boxing

Neenah-Menasha YMCA
Wednesdays
7:00-8:15 PM

Build strength, coordination and confidence in a supportive, upbeat environment. Whether you're a beginner or seasoned athlete, you'll enjoy fun workouts that challenge the body, sharpen the mind, and connect you with new friends. You will learn the fundamentals, the 6 key punches and basic boxing techniques with and without a partner.

Click below to view fees.

If you have questions, please contact Susan Christel at 920.886.2127 or schristel@ymcafoxcities.org.



[Learn More](#)

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WHAT'S HAPPENING AT THE Y



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Cooking Series with Chef Shelly

Apple Creek YMCA
Friday, November 21, 2025
11:00 AM-12:30 PM

Put your cooking hats on! Join Chef Shelly in her series of cooking classes, expand your palate and cook something new. Menu includes kale salad, cheesy broccoli and cauliflower quick soup.

Registration required.

Fee: \$25

**10 Warning Signs of
Alzheimer's**
Apple Creek YMCA
Tuesday, November 11, 2025
1:00-2:00 PM

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others. This presentation will also address the importance of early detection, provide practical examples of each warning sign, and offer guidance on next steps if you're concerned about memory changes in yourself or a loved one.

Presented by: Courtney Tienor,
Executive Director of Community
Services, St. Paul Elder Services.

No registration required.

Fee: Free



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Register Today!



Learn More

Register Today!

NAMI Lunch & Learn
Appleton YMCA
Wednesday, November 12, 2025
11:30 AM-1:00 PM

Join NAMI and learn the symptoms of Seasonal Affective Disorder and how it affects both your physical and mental health. Take home practical tips to prepare for the season, recognize symptoms, and when to seek help. Light snacks provided.

Registration required.

Fee: Free

Check-in Chats

Appleton YMCA

Thursday, November 20, 2025

9:00-10:00 AM

This will be a peer group discussion led by a facilitator. Discussion topics will include struggles heading into the holidays and reviewing previous NAMI presentations. You'll use this time to process out loud and together. Please join even if you were unable to attend the previous NAMI presentations.

Registration required.

Fee: Free



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[Learn More](#)

Chinese Mah Jongg

Fox West YMCA

Wednesdays

11:15 AM-12:45 PM · Beginners

12:45-2:15 PM · Intermediate/
Advanced

Chinese Mah Jongg is a multiplayer tile game of skill and strategy that is similar to Rummy. Join us as we learn how to play Mah Jongg, meet new folks, and have fun along the way.

No registration required.

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

Beginner Open Pickleball

Fox West YMCA

Thursdays

Noon-2:00 PM

New to the game and wanting to learn in a friendly environment or just looking for folks to play with on a more beginner level? Join us to learn a new skill and for some friendly competition.

No registration required.

Fee: Y Members Free



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**General Public \$3
Program Pass**



[Learn More](#)

Bible Study
Heart of the Valley YMCA
Tuesdays
11:00 AM-Noon

Come ready to dive into a new verse each week as we discover how the Bible can apply to our everyday lives!

No registration required.

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

Tech Talk
Heart of the Valley YMCA
Thursday, November 6, 2025
1:00-2:00 PM

Do you have trouble navigating your smartphone? Would you like to ask questions regarding your phone's capabilities? Stop by the Heart of the Valley YMCA's conference room for tech guidance.

No registration required.

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



[Learn More](#)



Watercolor Workshop
Neenah-Menasha YMCA
Tuesday, November 18, 2025
1:00-2:00 PM

Join local artist and instructor Anne Griggs-Anderson in creating beautiful and charming holiday cards. No experience needed. All participants will create whimsical designs to share or keep this holiday season!

Registration required.

[Learn More](#)

Fee: Y Members \$12
General Public \$17

Register Today!

American Mah Jongg

Neenah-Menasha YMCA

Thursdays (no class November 27)

1:00-3:00 PM

Mah Jongg is a multiplayer tile game of skill and strategy, similar to rummy. Join us as we learn how to play the American version of Mah Jongg, meet new folks, and have fun along the way.

No registration required.

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



[Learn More](#)



[Learn More](#)

Women's Story Circle

Ogden YMCA & Valley Tennis Center

Wednesday, November 5, 2025

10:30-11:30 AM

Women's Story Circles are community spaces designed to Connect, Affirm, and Empower women 55+. At each session, a selected theme is offered, and stories from our lives are exchanged around that theme. No experience is necessary!

No registration required.

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

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

Follow us on:



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