



FOREVERWELL



FOREVERWELL® Newsletter • January 2026 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



It's not just about how hard you work your body- It's about caring for your mind and soul. At the Y, we believe true wellness comes from connection, community and balance. If it's been a while since you've visited, January is the perfect time to start fresh! Join us for FOREVERWELL (FW) Smart Starts throughout January. In these small-group sessions, our trained staff will go through all the possibilities that await you at the Y- Helping you feel confident and supported every step of the way. Take this opportunity to prioritize yourself- Mind, body, and spirit.

See you at the Y,

Kate Yates
FOREVERWELL Program Director

PROGRAM HIGHLIGHTS

FOREVERWELL Smart Starts
All YMCA of the Fox Cities
Locations
Multiple Dates and Times Available

Join our small group introduction to the YMCA of the Fox Cities location of your choice. Our membership and FOREVERWELL staff will provide you with the information needed to successfully make the most of your YMCA membership. Subjects that will be covered include member-specific interests, the YMCA App - schedules, YMCA 360, 24/7 options, safety and security and equipment, value added programming, FOREVERWELL-specific programs, and program registration.

Registration is required.

Fee: Free to Members



Register today by contacting the Member Services desk of any of the YMCA of the Fox Cities locations.



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Open Basketball for ages 55+
Heart of the Valley YMCA
Mondays
10:00 AM-NOON

Neenah-Menasha YMCA
Tuesdays
NOON-2:00 PM

Do you love basketball but maybe looking for a less intense open play time? Join us in 2026 at both the Heart of the Valley YMCA and Neenah-Menasha YMCA, where ages 55+ come together for relaxed pick-up games. Find your community, stay active and enjoy the game.

No registration required.

Fee: Free for Members

Blood Pressure Self-Monitoring
Apple Creek YMCA
Begins January 5
Multiples 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.

Please call 920.702.2317 to verify eligibility and to enroll.

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



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Balance & Strength - Training for Falls Prevention
Ogden YMCA
Tuesdays & Thursdays
9:30-10:15 AM
January 6-February 26

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.

For more information contact Becky Oszman at 920.560.0001 or roszman@ymcafoxcities.org

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

WHAT'S HAPPENING AT THE Y

Women's Bible Friendship Group

**Appleton YMCA
Friday, January 2
11:00 AM-NOON**

This group of ladies meets monthly on the first Friday of the month. You will be encouraged to grow in your faith and deepen your trust in God by sharing and discussing relevant Bible devotions. Handouts are provided. Just bring a Bible.

No registration is required.

Fee: Free



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New Year Evolution

**Apple Creek YMCA
Tuesdays & Thursdays
January 6-29
9:00-10:00 AM**

Work with a personal trainer in a group setting to create healthy habits that will get you back on track. This four-week class will provide education, proper technique, and support to build a routine that works best for you. Personalized adaptations and modifications to your needs will build the framework to help you achieve your health & fitness goals, long-term. Walk away with ideas for continued independent workout sessions as well as pointers on healthy eating habits. Pre- and post-tests will keep you motivated to see the results you have worked so hard for. Bring workout attire and be prepared to move!

Registration is required.

**Fee: Y Members - \$65
General Public - \$75**

Intro to Pickleball
Heart of the Valley YMCA
Tuesday & Thursday
January 6 and 8
10:00-11:00 AM

Brand new to the game and want to learn the basics? This class is for those that have haven't played pickleball before and want to see what this craze is all about. You will learn how to hold the racquet, how to hit the ball, learn the rules and try out your new skills with other beginners.

Registration is required.

Fee: Free for Members



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Coffee Talk with Tyler from
CarePatrol
Fox West YMCA
Tuesday, January 13
8:30-9:30 AM

Join us for FREE coffee and camaraderie as you enjoy chatting with Tyler from CarePatrol and other members of the YMCA. Meet a new friend and start your day with us. Sponsored by CarePatrol.

Registration is not required.

Fee: Free

NAMI: New Year, New You
Neenah-Menasha YMCA
Tuesday, January 13
10:00-11:00 AM

In this presentation, we will discuss how mental illness manifests as we age, identify what mental illness is and is NOT, and talk through helpful resources and supports to navigate any mental health challenges we may encounter.

Registration is required.



Fee: Free

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Ageless Agility

Fox West YMCA

Wednesday, January 14

11:00 AM-NOON

This dynamic series is designed for the actively aging population seeking to maintain their vitality and independence by proactively reducing the risk of common injuries. Combining engaging educational sessions with practical, hands-on exercises, participants will gain valuable knowledge and develop actionable strategies to enhance their safety and well-being.

Part II: Strong Foundations - Lower Body Resilience and Injury Protection

Registration is required.

Fee: Free for Members

Cooking Class

Heart of the Valley YMCA

Thursday, January 15

1:00-3:00 PM

Join Deb for this Take and Bake Lasagna class. You will prepare a bread pan size lasagna that can be baked and served when you get home or freeze for when it is convenient for you. It is a perfect way to enjoy a comforting meal without the need for prepping or fuss.

Registration is required.

Fee: Y Members - \$20

General Public - \$30



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Understanding Rotator Cuff Pain

**Apple Creek YMCA
Thursday, January 22
1:00-2:00 PM**

Do you experience shoulder pain or mobility issues? We'll explore the rotator cuff muscles, and how common symptoms like stiffness, weakness, and pain may signal a problem. You'll learn about typical causes such as wear and tear, inflammation, and repetitive movements, along with practical tips for managing discomfort and maintaining shoulder health. Presented by Dr Schubkegel from OSI.

Registration is required.

Fee: Free

Cooking with Chef Shelly

**Apple Creek YMCA
Friday, January 23
11:00 AM-12:30 PM**

You can never have too many much food at the ready during the busy holiday season. Whether you have guests over, you need to bring a dish to pass, or you want to win the office potluck, Chef Shelly has you covered!

Registration is required.

**Fee: Y Members - \$25
General Public - \$25**



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Houseplants 101

Ogden YMCA
Tuesday, January 27
10:30-11:30 AM

Do you have questions or concerns about your houseplants? In this program, local plant enthusiast, Joanie Reuss, will assist participants by offering tips and tricks to keep your houseplants happy and healthy. Bring one or two of your houseplants into the YMCA along with your questions or concerns, and Joanie will help you get to the bottom of how best to care for your green babies.

Registration is required.

Fee: Free

Birthday Brekkie

Neenah-Menasha YMCA
First Wednesday of the Month
8:00-8:45 AM

Birthdays are a privilege denied to many, so let's celebrate YOU! This a monthly celebration is for everyone 55+ with a birthday this month! Enjoy a light breakfast and festive company. Birthday guests can enter a FREE prize drawing!

Registration is recommended, but walk-ins are welcome.

Fee: Free to Members



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Crafting for a Cause

Appleton YMCA
First and Third Tuesday of the Month
9:30-11:00 AM

Join fellow crafters, knitters, and crocheters to create one-of-a-kind items to be gifted to our YMCA LiveStrong® Program graduates. Beginner to advance welcome. Ideas,

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patterns, and supplies can be provided. Share your love of crafting with others while giving back to the community. Yarn is provided.

Registration is not required.

Fee: Free

**Get Connected, Stay
Connected Technology Classes
Neenah-Menasha YMCA
2nd Tuesday of the Month
10:00-11:00 AM**

Join us in January to learn about online shopping and digital coupons! In this class, we will demonstrate how to make an online purchase, track the delivery, set up a grocery pick-up, and how to clip coupons. We will also show you how you can set an alert on your credit card, so you know when a purchase is made. Registration is preferred, but walk-ins are welcomed!

Fee: Free for Members



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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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