



FOREVERWELL® Newsletter • February 2026 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



The Wisconsin Institute for Healthy Aging recently reported that “staying active is one of the most powerful tools to protect our health, independence, and quality of life as we age. Strength training is one of the most impactful forms of exercise. Adults naturally lose 3–8% of muscle mass per decade, with that rate increasing after age 60. This gradual loss, known as sarcopenia, can lead to weakness, increased falls risk, and reduced independence. The good news? Strength training can slow, counteract, or even reverse these changes.”

Don't know how to begin? Check out our FREE Forever Wellness program taking place at all 6 branches starting in February.

See you at the Y,

Kate Yates
FOREVERWELL Program Director

PROGRAM HIGHLIGHTS



Forever Wellness

Your lifelong wellness journey starts here. In your first session, our friendly wellness team will help you feel confident using cardio equipment and understanding wellness center etiquette—no experience needed. In session two, a wellness associate will guide you through our circuit machines to support your workout. You'll wrap up the series by joining a fitness class designed for all abilities.

REGISTER TODAY!

Registration is required.

Fee: Y Members Only - FREE

FOREVERWELL Smart Starts

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, YMCA360, 24/7 options, safety and security and equipment, value added programming, FOREVERWELL-specific programs, and program registration.



Registration is required.

Fee: Y Members Only - FREE



Adult Bus Trip Registrations

Time to plan your adventures. Registration for our bus trips for the entire year opens on Monday, February 16. Remember, if you would like the member discount, you must have a current membership. Those of you that have a membership through your insurance but have not been in the Y for a while, please make time to come in with your insurance card, to make

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sure your account is up to date. If you have friends that would like to join you on a trip this season and they are not a member, that is OK, though we still need to get them entered into our system.

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



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WHAT'S HAPPENING AT THE Y



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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.

Registration is not 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 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: Y Members only - FREE



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REGISTER TODAY!



REGISTER TODAY!

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

In this class, we will discuss some technology ideas that can help you with care in your home. Learn about technology that can help you stay organized, get some basic supplies delivered, find transportation options, and other self-care resources. If time permits, we can also discuss some healthcare devices available in-home.

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

Memory Café: Winter Olympics
Fox West YMCA
Wednesday, February 4
1:30-3:00 PM

Join us for a fun Winter Olympics-themed afternoon featuring Olympics trivia, light "Try the Events" activities inspired by curling, skating, and skiing, and Italian-inspired tastings. A warm, playful way to connect and celebrate the Olympics and Team USA!



No registration required.

Fee: FREE



Mobility Made Easy: A Joint Mobility Series

Appleton YMCA

February 5 & 26 and March 5 & 26

NOON-1:00 PM

Lead by certified Physical Therapists from PT Solutions, this functional movement class is designed to enhance mobility, build practical strength for everyday activities, and reduce the risk of falls. Participants are encouraged to attend ALL sessions.

Registration is required.

Fee: Y Members Only - FREE

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Book Lovers Club

Fox West YMCA

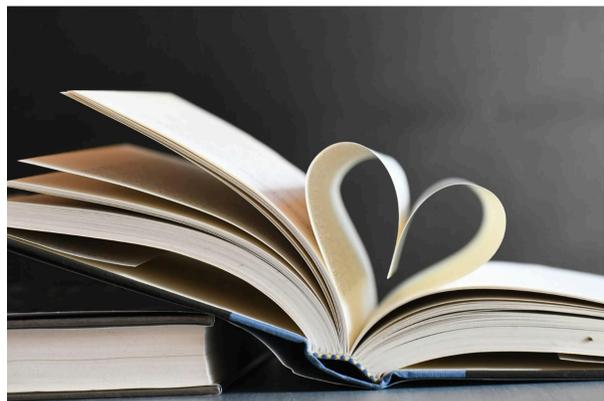
Monday, February 9

10:00-11:00 AM

Are you a book lover? Join us for an opportunity to discover friendships in our unique and engaging reading experience. You get to choose your own adventure. Together, we'll create prompts and each member selects a book that aligns with each month's chosen prompt, leading to diverse and rich discussions.

Registration is required.

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



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Winter Wine Bottle Painting

Ogden YMCA

Wednesday, February 11

10:30 AM-NOON

Come and create a serene and snowy scene on a beautiful blue wine bottle--complete with twinkling faerie lights inside! It makes a great decorative piece in your home all winter long.

Registration is required.

Fee: Y Members - \$15

General Public - \$20

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Whole Foods for a Healthy Heart-Nutrition Talk

Ogden YMCA

Monday, February 16

9:45-10:45 AM

Join registered dietitian Kate Jenkins for a discussion on the benefits of whole foods for a healthy heart. Whole foods offer key nutrients, fiber, healthy fats and more without the added sugar and salt that may negatively affect heart health. Discussion will include the why, but also practical strategies to implement more whole foods into your diet.

Registration is required.

Fee: Y Members - Free

General Public - \$3

Program Pass

Pickleball Injury Prevention Workshop

Heart of the Valley YMCA
Monday, February 16
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: FREE



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Get Connected, Stay Connected

Neenah-Menasha YMCA
Tuesday, February 17
Multiple Times Available

These one-on-one technology appointments are available for those age 55+. During this appointment, we will step through your questions using your own cell phone or tablet. So, be sure to bring a list of your questions!

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Fee: Y Members - \$5
General Public - \$7

[REGISTER FOR](#)
[10:00 AM](#)

[REGISTER FOR](#)
[10:45 AM](#)

[REGISTER FOR](#)
[11:30 AM](#)

**Managing Money: A
Caregiver's Guide to Finances**
Apple Creek YMCA
Tuesday, February 17
NOON-1:00 PM

It's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

Registration is required.

Fee: FREE



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Tech Talk
Appleton YMCA
Thursday, February 19
NOON-1:00 PM

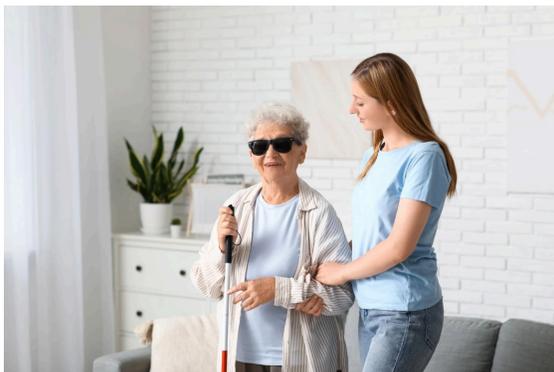
Learn the basics of navigating your smartphone. Download apps, change settings, customize home screen and more. Get your questions answered and make your phone work for you. Bring your cell phone for hands-on help!

No registration is required.

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



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**Viewing Life with Perspective: Vision
Loss & Ways to Adjust**
Apple Creek YMCA
Tuesday, February 24
1:00-2:30 PM

Do you have vision loss from macular degeneration, glaucoma or another eye condition? Join Jean Kenevan, from the Office for the Blind and Visually Impaired, to talk about vision loss and ways to adjust it. This program will provide you with how you can successfully live with vision loss.

Registration is required.

REGISTER TODAY!

Fee: FREE

NAMI Lunch & Learns

This interactive presentation is designed to help strengthen emotional well-being through accessible, research-informed practices. We'll explore how self-love, gratitude, and a positive mindset contribute to better mental health, improved relationships, and a greater sense of life satisfaction.

Registration is required.

Fee: FREE

The Importance of Self-Love

Neenah-Menasha YMCA

Tuesday, February 10

10:00-11:00 AM

Strengthening Emotional Awareness, Self-Love, Gratitude and Positive Thinking

Appleton YMCA

Wednesday, February 18

11:30 AM-1:00 PM

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REGISTER FOR FEBRUARY 10!

REGISTER FOR FEBRUARY 18!

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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