



FOREVERWELL



## FOREVERWELL® Newsletter • March 2026 YMCA OF THE FOX CITIES

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### A NOTE FROM KATE

Joining in on YMCA travel experiences is more than a chance to see new places—it's a powerful way for us to expand our minds, build meaningful connections, and break free from social isolation. When we step outside our everyday routines, we open ourselves to new cultures, ideas, and perspectives. Travel with the Y creates a welcoming, supportive environment where people can explore together, share stories, and form friendships that last far beyond the trip itself. Every journey brings the opportunity to learn, laugh, and feel connected.

Join us on March 10 at 1:00 PM at the Appleton YMCA to learn more about Tuscany, New York at the Holidays, and Ireland in 2027.

Interested in our local bus trips? Click here: [Adult Bus Trips | YMCA of the Fox Cities](#)

Life is richer when we experience it together! See you at the Y!



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Kate Yates  
FOREVERWELL Program Director

## PROGRAM HIGHLIGHTS



### **2-Man Scramble Golf Simulator Tournament** Neenah-Menasha YMCA Sunday, March 8 8:00 AM-2:00 PM

Join our exciting 2-man scramble, a one-day golf simulator tournament! Compete in a scramble format with up to six teams. Choose a one-hour time slot between 8:00 AM and 2:00 PM for a warm-up and 9-hole round.

Registration is required.

**Fee: \$50 for ALL**

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### **Adult Golf League** Eagle Links Golf Club Thursdays, May 7-August 13 Tee Times Start at 3:00 PM

The YMCA of the Fox Cities is hosting a 9-hole 2-person Scramble Gold League. This league is open to golfers of all skill levels and features a scramble format.

Registration is required.

**Fee: Y Members - \$120**  
**General Public - \$160**

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## **NEW! Holiday Overnight Trip: New York City YMCA of the Fox Cities**

Experience the "Big Apple" at its festive best. There's nothing like the beauty of the glittering lights of New York during the holidays.

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

### **Balance & Strength - Training for Falls Prevention Ogden YMCA Tuesdays & Thursdays 9:30-10:15 AM March 3-April 30**

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](mailto:roszman@ymcafoxcities.org)

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



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

In this class, we will look at the camera on your phone and review the types of photos and videos you can take. We will take extra time to review how you can change the view on your camera to enhance the photos. Then, we talk about your photo library and how you can better organize it. We can also demonstrate how you can back-up your photos onto a laptop. If time permits, we will take a look at some online sites that you can use to print photos.

No registration required.

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

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**Ageless Grace  
Neenah-Menasha YMCA  
Tuesdays  
8:15-8:45 AM**

Ageless Grace is a seated wellness program that combines physical movements and cognitive exercises which are designed to promote agility, mental sharpness and overall well-being.

No registration required.

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



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## Memory Café: Backyard Birds & Nature

Fox West YMCA

Wednesday, March 4

1:30-3:00 PM

Welcoming Spring with a relaxing session all about Wisconsin's backyard birds. Enjoy a simple bird-identification activity, listen to familiar bird calls, share nature memories, and make a pinecone bird feeder. A calm, cheerful way to celebrate the season together!

No registration required.

**Fee: FREE**

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## Mobility Made Easy: A Joint Mobility Series

Appleton YMCA

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.

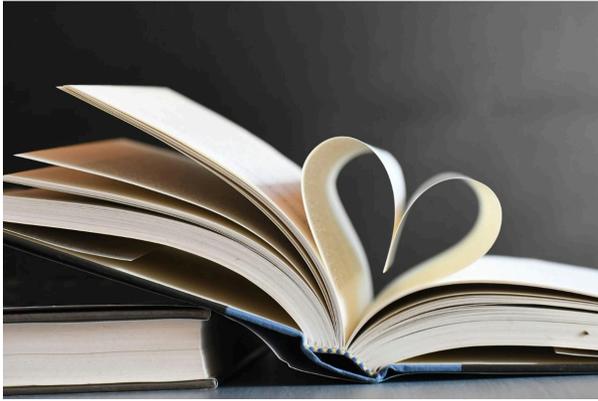
Registration is required.

**Fee: Y Members Only - FREE**

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## **Book Lovers Club**

**Fox West YMCA  
Monday, March 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**

## **Intro to Strength Training**

**Heart of the Valley YMCA  
Monday, March 9  
10:00-10:45 AM**

The Intro to Strength Training class is open to individuals of all levels who are interested in learning more about getting stronger in the gym. This class will provide a comprehensive overview of strength training principles, updated research, and modifications to help you feel confident utilizing equipment in the gym and progressing based on your individual ability.

Registration is required.

**Fee: Y Members Only - FREE**



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## Unlock Your Potential Series: Goal Setting (Part 1)

**Apple Creek YMCA**  
**Tuesday, March 10**  
**1:00-2:00 PM**

Join us for the first part of our two-part series, an engaging presentation designed to help you set meaningful, achievable goals that support overall well-being. We'll explore practical strategies for creating realistic plans, staying motivated, and celebrating progress whether your goals involve fitness, hobbies, or personal growth. This session will provide simple tools and tips to make goal setting enjoyable and effective at any stage of life.

Registration is required.

**Fee: FREE**

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## Cooking Class

**Heart of the Valley YMCA**  
**Thursday, March 12**  
**12:30-1:30 PM or 2:00-3:00 PM**

Get ready to “wow” your friends and family with a rich and flavor-packed cheesy beef dip - perfect for game days, parties, or cozy nights in! You will get step-by-step guidance, a recipe card to take home and you will leave with a tasty side dish.

Registration is required.

**Fee: Y Members - \$15**  
**General Public - \$25**



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[REGISTER FOR 12:30 PM](#)

[REGISTER FOR 2:00 PM](#)



## Seasonal Craft: Baskets and Bunnies

Appleton YMCA  
Thursday, March 12  
9:30-11:00 AM

Learn easy weaving techniques to turn a disposable cup into a decorative basket! Top it off with a cute bunny.

**Fee: Y Members - \$5**  
**General Public - \$10**

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## The Menopause and Perimenopause Map: Understanding Symptoms, Hormones, and Support Strategies

Fox West YMCA  
Monday, March 16  
10:30-11:30 AM

Perimenopause and Menopause are powerful transitional phases that affect far more than just the reproductive system. We will break down what that truly is, how the moving targets of hormones affect you, and how to address symptoms such as fatigue, weight gain, mood swings, sleep disturbances, brain fog and more.

Registration is required.

**Fee: FREE**



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## **Pelvic Floor and Breathwork for Core Stability**

**Fox West YMCA  
Monday, March 23  
9:30-10:30 AM**

Discover how your breath and pelvic floor work together to support your core and overall well-being! Led by licensed pelvic health therapists from Orthopedic and Spine Therapy, this empowering class teaches you how to connect breathing and pelvic floor activation with everyday activities like lifting, walking, and reaching to improve stability, balance, and confidence. Learn gentle exercises and practical strategies you can use at home to strengthen your core and enhance daily comfort.

Registration is required.

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

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## **Neenah Historical Society: YWCA Celebrating Women Neenah-Menasha YMCA Tuesday, March 24 11:30 AM-12:15 PM**

Did you know that the Neenah-Menasha YMCA began as the Young Women's Club (YWC) in 1911? Join us and learn more about this fascinating story and the women behind it with Miranda Ridener, Museum Coordinator at the Neenah Historical Society.

Registration is required.

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



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## **Better Than Bunnies**

**Ogden YMCA**

**Wednesday, March 25**

**10:30 AM-NOON**

Join us and make your own chocolate treats just in time for Easter! We'll be working with white, milk and dark chocolates. Join us for this fun, social and educational project.

Registration is required.

**Fee: Y Members - \$15**  
**General Public - \$20**

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## **Caregivers Series: Building Foundations of Caregiving**

**Apple Creek YMCA**

**Wednesday, March 25**

**2:00-3:00 PM**

Explore the role of the caregiver and changes they may experience, how to build a support team, and ways to manage caregiver stress.

Registration is required.

**Fee: FREE**



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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.

[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](#)

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**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.

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### 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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