



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

---

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

---

### A NOTE FROM KATE

Traveling together means more laughs, new friendships, and shared memories along the way. **Last call!**

Join us for our Farm Fresh & Greenhouse Magic Day Trip (Wednesday, May 6): **Registration closes April 8th.**

Journey to Farm Wisconsin Discovery Center. Explore interactive exhibits, witness the miracle of birth, and enjoy a guided farm tour. After lunch, travel to LeClare Family Creamery to indulge in a cheese tasting and to meet their friendly goats. Make a stop in their greenhouse- Just in time for Mother's Day!

See you at the Y!

Kate Yates  
FOREVERWELL Program Director



**REGISTER TODAY!**

**OVERNIGHT TRIPS**

# PROGRAM HIGHLIGHTS

---



## CREATE A MEANINGFUL LEGACY



### Planning for the Future Heritage Club YMCA of the Fox Cities

Thinking ahead is one of the most meaningful gifts we can give our families and our community. By including the YMCA of the Fox Cities in your will or as a beneficiary, you can continue supporting the programs and values that matter to you—well into the future. Even a small gift can make a big impact for generations to come. If you'd like to learn more, please contact Jan Davey. We're here to help, with no obligation and at your convenience.

EMAIL JAN TODAY!

CALL JAN TODAY!

---

### Blood Pressure Self-Monitoring Program Apple Creek YMCA Thursdays 11:30 AM-12:30 PM

The Y's Blood Pressure Self-Monitoring Program helps adults with hypertension achieve the goal of lowering and managing their blood pressure through increased awareness of triggers that elevate it.

Registration is required.

**Fee: Y Members - \$30**  
**General Public - \$50**



LEARN MORE

REGISTER TODAY!

---



**REGISTER TODAY!**

## **Get Connected, Stay Connected Technology Classes**

**Neenah-Menasha YMCA**

**2nd Tuesdays**

**10:00 AM-11:00 AM**

In this class, we will talk about various platforms on which you can listen to all kinds of programming and music at no cost. We will show you where you can find free podcasts and audiobooks and how to access them. We will discuss where you can find movies, TV Shows, Instructional Videos, etc., to watch. Some content will be available for free, but we will also talk about streaming services which have monthly subscription fees. Finally, we will touch on how you can cast content from your phone to your Smart TV and how to load new apps to your Smart TV.

Registration is required.

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

---

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



**LEARN MORE**

### **Book Club**

**Heart of the Valley YMCA**

**1st Wednesday**

**1:00-3:00 PM**

Join us for our monthly book club. Meetings will provide regular opportunities to read, unwind, and have thought-provoking conversations with others who share the love of reading. Let's discuss last month's book and grab the new one!

No registration required.

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

---

## Craft Time

Heart of the Valley YMCA

Thursday, April 9

1:00-3:00 PM

Join us for your chance to learn how to crochet. No experience necessary. You will learn the basic stitches and create a project to take home.

Registration required.

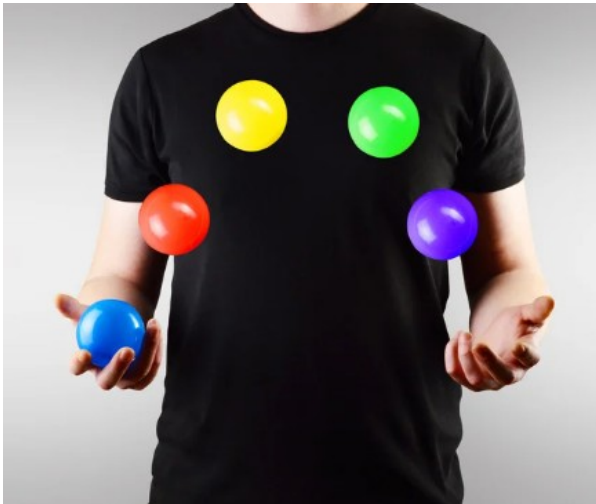
**Fee: Y Members - \$5**

**General Public - \$10**



[LEARN MORE](#)

[REGISTER TODAY!](#)



[LEARN MORE](#)

[REGISTER FOR APRIL 10](#)

[REGISTER FOR APRIL 13](#)

## Juggling Workshop

Heart of the Valley YMCA

Friday, April 10

11:30 AM-12:30 PM

Heart of the Valley YMCA

Monday, April 13

1:00-2:00 PM

Ready for a brain-boosting workshop to improve your coordination, balance and cognitive function? You will learn the art of juggling in a fun and supportive group setting. All equipment is provided and instruction will be led by Ken Boville, who brings decades of experience and expertise to help you confidently build a new skill. Whether you are a beginner or just looking for something different, this class is a great opportunity to challenge yourself.

Registration required.

**Fee: Y Members - FREE**

**Understanding AI for Seniors**  
**Apple Creek YMCA**  
**Tuesday, April 14**  
**2:00-3:00 PM**

Explore what AI is, how it's used in everyday life, and ways it can make tasks simpler and more convenient. This presentation is designed to help seniors feel more confident and informed when using today's technology, no technical background needed!

**Fee: FREE**



[LEARN MORE](#)

[REGISTER TODAY!](#)



[LEARN MORE](#)

[REGISTER TODAY!](#)

**Watercolor Workshop**  
**Neenah-Menasha YMCA**  
**Wednesday, April 15**  
**1:30-3:00 PM**

Join local artist and instructor, Anne Griggs-Anderson, in creating beautiful and charming expressions of Spring! You'll be led through watercolor fundamentals, and all participants will create whimsical designs with a focus on spring flowers! No experience needed.

Registration is required.

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

**Ageless Agility**  
**Fox West YMCA**  
**Wednesday, April 15**  
**11:00 AM-NOON**

This presentation is designed for the actively aging population seeking to maintain their vitality and independence by proactively reducing the risk of common injuries. The focus of this talk will be on Upper Body Empowerment - Protecting Shoulders, Arms, and Spine.

Registration is required.



[LEARN MORE](#)

**Fee: FREE**

**REGISTER TODAY!**



[LEARN MORE](#)

[REGISTER TODAY!](#)

### **Transportation Series**

**Appleton YMCA**

**Wednesday, April 15**

**NOON-2:00 PM**

Does public transportation seem intimidating? Let Fox Valley Transit tell you about exploring all transportation options and give you the tools and confidence to travel safely. They will share the programs and opportunities to make navigating the bus routes easier.

Registration is required.

**Fee: FREE**

---

### **Book Club at the Movies**

**Appleton YMCA**

**Thursday, April 16**

**1:30-4:00 PM**

Enjoy popcorn and a movie based on a book we've read in book club. You don't need to be part of book club to enjoy the movie! All are welcome. Bring a beverage to enjoy and a blanket or cushion to get comfortable.

Registration is required.

**Fee: Y Members - FREE**



[LEARN MORE](#)

[REGISTER TODAY!](#)

---



**Valley Transit Bus Station Tour**  
**Appleton YMCA**  
**Wednesday, April 22**  
**NOON-2:00 PM**

Are you Ready to Ride? Come take a tour of the Valley Transit Bus station. Learn how to read the routes, navigate the fare payment system, and plan your trip. Put all this information to use as we take a ride on the bus!

Registration is required.

**Fee: FREE**

[LEARN MORE](#)

[REGISTER TODAY!](#)

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

**Neenah-Menasha YMCA**  
**Wednesday, April 22**  
**11:00 AM-NOON**

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



[LEARN MORE](#)

[REGISTER TODAY!](#)



## Mindfulness for Spring

Ogden YMCA

Friday, April 24

10:30 AM-NOON

Start fresh this spring! Join us for a deeply relaxing guided journey with mindfulness and yoga teacher, Jennie Eastman-Kiesow, featuring a body scan and visualization designed to help release stress.

**Fee: Y Members - FREE**

**General Public - \$3 Program Pass**

[LEARN MORE](#)

[REGISTER TODAY!](#)

---

## SNEAK PEEK INTO NEXT MONTH

### **Apple Creek YMCA:**

Beginner Soap Making Class, May 5 from 1:00-2:30 PM

Lunch & Learn: Intro to Container Gardening, May 6 from NOON-12:45 PM.

### **Appleton YMCA:**

Planning AHEAD, Thursday, May 7 from 9:00-11:00 AM.

### **Fox West YMCA:**

Walking Group, Mondays, starting May 4 from 7:45-8:45 AM.

### **Heart of the Valley YMCA:**

Tech Talk, Thursday, May 7 from 1:00-2:00 PM

Cooking Class, Thursday, May 7 from 1:00-3:00 PM.

**Neenah-Menasha YMCA:** NAMI Talk: Self Love This Spring, Tuesday, May 5 from 10:00-11:00 AM.

To register for FOREVERWELL classes, anytime, contact your Member Services desk at any YMCA of the Fox Cities locations or use the search button below.

[SEARCH FOR YOUR PROGRAMS HERE!](#)

## 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](#)