



FOREVERWELL® Newsletter • June 2026

YMCA OF THE FOX CITIES

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A NOTE FROM KATE

Staying active and connected isn't just something we do, it's how we thrive! Movement helps keep our bodies strong, our balance steady, and our energy up for the moments that matter most. Whether it's a walk, a class, or simply stretching each day, every bit of movement makes a difference. Just as important is staying social. Sharing a smile, a conversation, or a new experience brings joy, builds friendships, and lifts our spirits in ways that truly support overall wellbeing. At the Y, we believe in growing stronger together. So, keep showing up, keep trying new things, and keep connecting. Your health, happiness, and sense of community are worth it!



See you at the Y!
Kate Yates
FOREVERWELL Program

Director

LAST CALL PROGRAMS

Appleton YMCA:

Book Club, Thursday, June 4 from 9:15-10:30 AM

Heart of the Valley YMCA:

Book Club, Wednesday, June 3 from 1:00-3:00 PM

Tech Talk, Thursday, June 4 from 1:00-2:00 PM

Neenah-Menasha YMCA:

Citrus Printed Tea Towels, Tuesday, June 2 from 1:30-2:30 PM

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

SEARCH FOR YOUR PROGRAMS HERE!

ASSOCIATION-WIDE HIGHLIGHTS



Rewarding Your Healthy Habits

YMCA of the Fox Cities
June, July & August 2026

Keep those healthy habits up all summer long. Each month, pick up a punch card at the front desk. Get 8 punches and turn in your card, for a chance to win prizes. Prize drawings will take place at every YMCA of the Fox Cities location in the month of June, July, and August. The more people that participate, the more prizes we pull! You are welcome to submit more than one card!

Our prize for the month of June will be a pair of box seats at a Timber Rattlers game of your choosing!

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Travel Show
YMCA of the Fox Cities
Monday, June 29
1:00-2:00 PM

Join us to learn about the 2027 Travel Options with Bon Voyage Boutique Travel. We are partnering to bring you the Best of the Hawaiian Islands and a Cruise through Greece.

No registration required.

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

Summer Pickleball
YMCA of the Fox Cities
Varies by Location

Come and check out our variety of options for Pickleball this summer. Various locations offer indoor or outdoor play.

No registration required.

Fee: Y Members - FREE



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WHAT'S HAPPENING AT THE Y



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Walking Group
Fox West YMCA
Mondays
7:45-8:45 AM

Meet at the front desk to enjoy a social walk outside with FOREVERWELL Specialist Anne.

No registration required.

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

Chinese Mah Jongg

Fox West YMCA

Wednesdays

11:15 AM-12:45 PM - Beginner's Play

12:45-2:15 PM - Experienced Play

Apple Creek YMCA

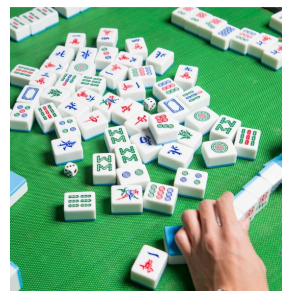
Thursdays

1:00-3:00 PM - Open Play

Join new friends in the fun in this exciting tile-based game. Chinese Mah Jongg involves strategy, skill, and a bit of luck! Drop-Ins Welcomed!

No registration required.

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



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Game Day

Heart of the Valley YMCA

Wednesdays

1:00-3:00 PM

Enjoy a variety of classics like cards, chess, checkers, and cribbage, or feel free to bring your own favorite game to share. Just bring yourself—along with a game if you'd like—and a smile (or the desire to find one). Come for the games and stay for the friendships!

No registration is required.

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

Drop-In Crochet

Heart of the Valley YMCA

Thursday, June 4

1:00-3:00 PM

Join us for our drop-in crochet time! Bring your projects, bring your questions and maybe learn a new stitch or two!



No registration is required.

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



REGISTER TODAY!

Get Connected, Stay Connected Technology Classes

Neenah-Menasha YMCA
Tuesday, June 9
10:00 AM-11:00 AM

This summer, we will continue to offer a technology class the second Tuesday of each month. The forum will be open. If there is something you would like to discuss/learn more about, please bring your questions to class or reach out to Julie Swiecichowski in advance. We look forward to having a fun, diverse conversation about all things technology this summer!

Registration is required.

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



CarePatrol
Fox West YMCA
Tuesday, June 9
8:30-9:30 AM

Grab a cup of coffee to go and join the CarePatrol Advisor, Tyler, in conversation as you take a stroll around the YMCA property and the local Greenville trails. Get to know what CarePatrol can do for you and members of your family.

No registration required.

Fee: FREE

Cooking Class
Heart of the Valley YMCA
Thursday, June 11
1:00-3:00 PM

Join us for a fun, hands-on cooking class and learn an easy and delicious recipe! We will make no-knead cinnamon raisin artisan bread and soft pretzel bites. We will prepare the dough in class, and you will bake at home. Enjoy a live baking demonstration and taste fresh samples. This fan-favorite class is yummy and simple!

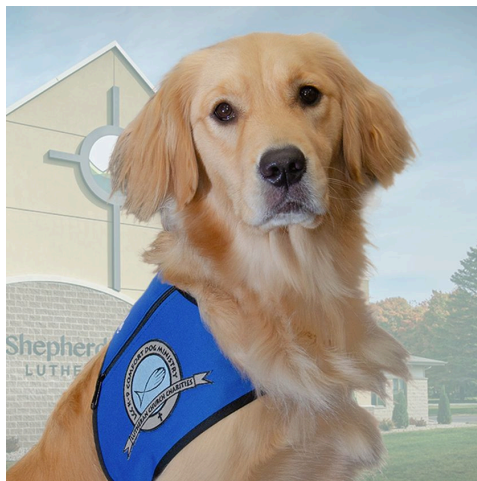


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Registration required.

Fee: Y Members - \$10
General Public - \$20

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Visit with Samaria
Neenah-Menasha YMCA
Friday, June 12
12:30-1:30 PM

Fox West YMCA
Tuesday, June 16
11:00-NOON

Samaria is a comfort dog that brings a calming influence, allowing people to open their hearts and receive help in their time of need. Come meet Samaria and experience her gift.

Fee: FREE

Information Validation Series

Appleton YMCA
Wednesdays, June 17, 24,
& July 1
9:30-10:30 AM

Boost your information literacy in this series with the Appleton Public Library. Learn how to verify sources, how the online algorithm and confirmation bias works, plus more to keep you informed and up to date on this ever-changing age of technology.

Registration is required.

Fee: FREE

REGISTER
FOR JUNE 17

REGISTER
FOR JUNE 24

REGISTER
FOR JULY 1



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American Mah Jongg
Neenah-Menasha YMCA
Thursday, June 18
1:00-3:00 PM

Heart of the Valley YMCA
Thursday, June 18
1:00-3:30 PM

Mah Jongg is a multiplayer tile game of skill and strategy that is 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 is required.

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

Salad Bowl Starter
Appleton YMCA
Wednesday, June 24
NOON-1:00 PM

Get ready to eat fresh with your own "salad bowl" planter. Plant a combination of lettuce and pea seeds to have a fresh salad ready to eat in a few short weeks.

Registration is required.

Fee: Y Members - \$10
General Public - \$16



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OUTDOOR OPPORTUNITIES



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Outdoor Recreation
Excursions: Celebrate the
Solstice

Apple Creek YMCA
Friday, June 19
9:00-11:00 AM

Pause and reset with a solstice hike that weaves in mindful movement, reflection, and art journaling. Reconnect and ground yourself in nature with this kick-start to summer

Registration is required.

Fee: Y Members - \$3
General Public - \$3

**Adult Night at Camp:
Camp Nan A Bo Sho
YMCA of the Fox Cities
Tuesday & Wednesday
September 15-16
Depart at 9:00 AM**

Join us for an elevated one-night, two-day retreat at Camp Nan A Bo Sho. Enjoy high ropes, boating, archery, home-cooked meals, guided nature walks, outdoor education and creative nature art and journaling. Transportation from Apple Creek YMCA included.

Registration is required.

**Fee: Y Members - \$80
General Public - \$80**



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[REGISTER TODAY!](#)

SNEAK PEEK INTO EARLY NEXT MONTH

Apple Creek YMCA:

Lunch & Learn: Achilles Tendon Injuries - How to Prevent, Treat, & Heal on Thursday, July 9 from NOON-1PM

Appleton YMCA:

Book Club on Thursday, July 2 from 9:15-10:30 AM

Heart of the Valley YMCA:

Book Club on Wednesday, July 8 from 1:00-3:00 PM

Neenah-Menasha YMCA:

Acrylic Canvas Daisy Painting on Wednesday, July 8 from 1:00-2:30 PM

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 OTHER 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.

Check Out Our FOREVERWELL Webpage

Visit the YMCA of the Fox Cities Facebook Page

Explore Travel and Outdoor Excursions

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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