



FOREVERWELL



ForeverWell Newsletter • April 2024 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



We have a busy spring planned for you! Your ForeverWell staff at all the branches feel passionately about serving our community adults and providing opportunities that excite and enrich the lives of those around us.

Please join us this month, for one of these many opportunities. As always, for the full program guide and monthly calendars, visit us online at: ymcafoxcities.org/foreverwell.

Kate Yates
ForeverWell Program Director

TRAVEL WITH THE Y

Bookworm Gardens and South Pier

Wednesday, August 7, 2024

Travel to Sheboygan for a special visit to Bookworm Gardens, a picnic lunch at a nearby park, then the South Pier district to wander around shops and explore the riverfront. We encourage you to invite the youngsters in your life to spend this special day with us!

Fee:

Y Member: \$74 for adults; \$64 for children

General Public: \$89 for adults; \$79 for children

Includes: deluxe transportation, garden entrance fee and all gratuities



[Learn More](#)

[Register an Adult Today!](#)

[Register a Child Today!](#)

Special Presentation for San Antonio Holidays

A Trip with Premier World Discovery

Appleton YMCA

Thursday, May 9, 2024

2:00 PM

Join us to learn about this exciting trip to San Antonio!

Trip highlights include:

- San Antonio and Austin City Tour
- Alamo
- Riverwalk Cruise
- Tower of the Americas
- Fiesta de las Luminarias
- Fredericksburg
- Lyndon B. Johnson Ranch as well as Library and Museum at the University of Texas
- Roundtrip airfare from Appleton with bus transportation from Fox West YMCA
- Featuring one hotel stay

2025 travel locations will also be highlighted!

Attendees may utilize the parking ramp adjacent, for free, by taking a ticket and getting it validated when inside.

If you have any questions, please contact Kate Yates at 920.886.2105 or



Fiesta de las Luminarias in San Antonio



Alamo in San Antonio

[Learn More About Flight-Based Trips](#)



Field Trips Are Open for Registration

These fun excursions provide an opportunity to get outdoors! Walks, hikes, biking and golf events are available.

Many are free to members, though we ask you to please register, so we know how many people to expect.

**Learn More About
Field Trips**

FOREVERWELL PROGRAM HIGHLIGHTS

Craft of the Month: Candle Making

**Heart of the Valley YMCA
Thursday, April 11, 2024
1:00-3:00 PM**

Design your very own candle! Personalize it with various fragrances, labels and décor. Benefits are not limited to relaxation, creativity, and aromatherapy. You won't want to miss this unique process.

**Fee: Y Member \$20
General Public \$30**



Register Today!



American Sign Language Awareness Day

**Fox West YMCA
Monday, April 15, 2024
8:00-9:00 AM**

This educational class on ASL will help you to understand the importance of such a language and will even teach you how to sign a few phrases. Come celebrate American Sign Language Awareness Day with us to learn more!

Register Today!

Fee: Free

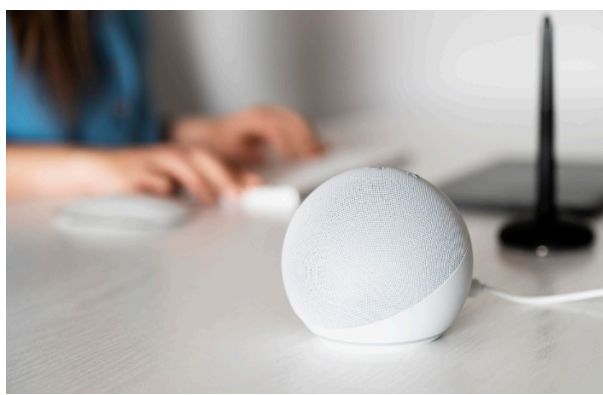
Tech Lab: Set Up A Virtual Assistant

Neenah-Menasha YMCA
Thursday, April 18, 2024
1:00-3:00 PM

Learn about the virtual assistant on your cell phone. If needed, we will load an application. From there, we will review the settings for your virtual assistant and ensure they are appropriate for your needs.

Then, we will practice using the assistant to help us answer questions, make phone calls, navigate us to an address, etc.

Fee: Y Member \$10
General Public \$20



Register Today!

VOLUNTEER HIGHLIGHT

Most of the time volunteers at the Y come in organized positions, such as our board of directors, or those individuals that volunteer for a special event or day. However, at the Fox West YMCA Nancy Scovronske made her own volunteer position to fill a need in our Simply Fit and SilverSneakers classes.

For the past few years, Nancy has been a staple to the Monday, Wednesday and Friday classes held in the gym. She arrives early, restocks the class cart with towels, disinfectant, and of course Kleenex so that all 60 participants in class will have what they need. Then she begins her work of setting up chairs, getting out equipment for the instructor, greeting those that arrive for class and getting newbies all set up. She will be the first to send around a card if

someone is ill, has had surgery or has lost a loved one. She gets wind of when participants birthdays are coming up and makes sure we wish them a happy birthday. She takes care of all the little things that mean the most.

She certainly makes the instructors job easier. Thank you Nancy for being a Y ambassador and our Adult Volunteer of the year for the Fox West YMCA.



VOLUNTEER OPPORTUNITES



Earth Day Clean-up Event

Fox West YMCA

Monday, April 22, 2024

Time: 9:00 AM-Noon

Join us for a morning of camaraderie and environmental stewardship at the Fox West YMCA and along Highway 76 for an Earth Day Clean-Up Event! Let's unite for a cleaner, greener environment!

If you are interested, please contact Jenn Ness at 920.886.2147 or jness@ymcafoxcities.org.

Community Garden Clean-up

Apple Creek YMCA

Tuesday, May 21, 2024

9:00-10:30 PM

Join us at the Apple Creek YMCA to help with our Community Garden. We are looking for assistance in prepping our garden for the season. Bring your garden gloves and come ready to get dirty with cleaning-up and weeding the space. We are also looking for volunteers to help with ongoing weeding, maintenance and watering this summer.

If you have any interest in volunteering, please reach out to Natalie McVeigh at 920-702-2317, or nmcveigh@ymcafoxcities.org.



BRANCH HIGHLIGHT APPLE CREEK YMCA

The Apple Creek YMCA is located at 2851 E Apple Creek Rd, Appleton. One of the things that makes this branch so unique, is its focus on nature education.

Did You Know:

- We have a Flex Farm! This vertical hydroponic garden sits comfortably in the lobby, sprouting wonderful fresh foods.
- Our Nature Study Classroom is home to all Environmental Education Programming at the Apple Creek YMCA. Our naturalists teach a variety of classes year-round for children ages 2-13, host field trip programs for schools around the Fox Valley and offer special events for adults and families."
- We have a Nature Preserve! The Bruce B. Purdy Nature Preserve is 104 acres and features wooded hills and ravines, open fields, restored prairie, ponds and wetlands, and pine plantations – all accessed through a network of approximately 3 miles of trails.

- The Apple Creek YMCA has an outdoor agility course and an outdoor walking path on their grounds, around a beautiful pond.
- We have a beautiful garden that grows vegetables and flowers that we share with our members all summer long!
- The Apple Creek YMCA is one of our 3 locations that offer 24/7.

In addition to all these wonderful features, the Apple Creek YMCA offers a robust ForeverWell program. Check out all these amazing opportunities at this branch.

SPRING STROLL

Apple Creek YMCA
Thursday, April 4, 2024
10:30-11:30 AM

Fill your travel mug with your favorite hot beverage and join us for a loop or two around the pond. Meet in the Front Lobby, dress for the weather!

Fee: Free

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Urban Pole Walking Class

Apple Creek YMCA
Friday, April 26, 2024
10:00-11:00 AM

Certified Urban Pole & Nordic Walking Instructor will lead an introduction to Urban Pole Walking class, with options for Beginners to Intermediate. Meet in the Front Lobby.

Fee: Free

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Lunch and Learn: Ice Age Trail

Apple Creek YMCA
Friday, April 26, 2024
Noon-1:00 PM

The Ice Age National Scenic Trail winds nearly 1,200 miles through Wisconsin offering hikers a remarkable journey through landscapes sculpted by glaciers during the last Ice Age. The trail showcases rolling hills and dense woodlands to picturesque lakes and streams, providing a rich tapestry of natural beauty for outdoor adventurers to explore.

Guiding our discussion will be Bill Ryno, a passionate lifelong outdoor enthusiast who successfully completed the trail in July 2023. Eager to share his experience, he looks forward to fostering lively conversations and exchanging insights about the trail.

Fee: Free

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Environmental Education: Flex Farm Hydroponic Growing System

Apple Creek YMCA
Tuesday, April 30, 2024
10:30-11:30 AM

This program will include a demonstration of the Flex Farm hydroponic growing system followed by a hands-on activity! Meet in the Nature Study Room.

Fee: Free

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

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:



YMCA of the Fox Cities | 218 E Lawrence Street Appleton, WI 54911

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