



**FOREVERWELL**



## ForeverWell Newsletter • March 2024 YMCA OF THE FOX CITIES

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### A NOTE FROM KATE



We are always looking to expand our program offerings. What types of programs or events would you like to see at your Y this Summer? You are always welcome to send your ideas my way, by clicking on the link above that says, "email Kate." I would love to hear from you!

I had the great fortune of traveling to Ireland for the first-time last year and fell in love. With St. Patrick's Day soon approaching, I find myself dreaming of

those rolling hills and beautiful countryside. I share this blessing with you and wish you a very Happy March. See you at the Y!

#### **An Irish Blessing**

May love and laughter light your days,  
and warm your heart and home.  
May good and faithful friends be yours,  
wherever you may roam.  
May peace and plenty bless your world  
with joy that long endures.  
May all life's passing seasons  
bring the best to you and yours!

Kate Yates  
ForeverWell Program Director

## WHAT'S GOING ON AT THE Y?

### **3.14 Pie Day, Game Day** **Apple Creek YMCA** **Thursday, March 14, 2024** **1:00-2:30 PM**

Come celebrate 3.14 Pie Day with an assortment of games! Gnome Games will join us for an hour + of fun, leading us through some exciting new games. Registration required.

**Fee: Free**



**Register Today!**

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**Register Today!**

### **Lunch & Learn: Fox River Locks** **Apple Creek YMCA** **Wednesday, March 20, 2024** **Noon-1:00 PM**

Christine Williams of the Appleton Historical Society will give a presentation on the history of the Fox River locks system. Learn how the hand-operated lock works, the lives of the lockmaster who lived with their family in government owned houses adjacent to the locks, and the fight to preserve the system which led to the transfer of the locks from the U.S. Army Corps of Engineers to the State of Wisconsin in 2005. Please bring a dish to share! Registration required.

**Fee: Free**

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## **Intro to Pickleball**

**Heart of the Valley YMCA**  
**Thursday, March 7, 2024**  
**Thursday, April 4, 2024**  
**10:00-11:00 AM**

New to the game? Come learn the rules, give it a try and get your questions answered. If you're feeling up for it, stay for Beginner-Open Pickleball from 11:00 AM – 2:00 PM.

**Fee: Free**



**Register Today!**

## **Create a Google Doc**

**Neenah-Menasha YMCA**  
**Thursday, March 21, 2024**  
**1:00-3:00 PM**

In this class, we will create a Gmail account. We will then use that account to create a new Google Document. Once the document is created, we will review all of the features that can be used including formatting text, adding tables, creating links, and sharing the document with others. (If you already have a Gmail account, please make sure you bring your username and password).

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

## **NEW FITNESS CLASS**

### **Balance Basics**

**Heart of the Valley YMCA**  
**Tuesdays & Thursdays**  
**9:00-9:30 AM & 9:45-10:30 AM**

We can all use some help with balance and stability. Having good balance helps in preventing falls, injury and simply making your daily activities easier to perform. This class will teach you exercises to improve your balance both with and without equipment. A chair will be used in all classes. No registration required! Find it on the updated Group Fitness Schedule.

## **FOREVERWELL ART CLASSES**

### **Bunny Block Trio**

**Appleton YMCA  
Tuesday, March 12  
9:30-11:30 AM**

**Register Today!**



### **Irish Gnomes**

**Heart of the Valley YMCA  
Thursday, March 14  
1:00-2:30 PM**

**Register Today!**



### **Mosaics**

**Fox West YMCA  
Wednesday, March 20  
NOON-1:30 PM**

**Register Today!**



### **Wood Porch Sign**

**Neenah-Menasha YMCA  
Wednesday, March 27  
10:00-11:30 AM**

**Register Today!**



**VOLUNTEER OPPORTUNITIES**



## Earth Day Clean-up Event

Fox West YMCA

Monday, April 22, 2024

Time: TBD

We need your help! In celebration of Earth Day, join us to help clean up around the Fox West YMCA. Come ready to get dirty! *More detailed information to come!*

## Community Garden Clean-up

Apple Creek YMCA

Tuesday, May 21, 2024

9:00-10:30 PM

Join us at 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](mailto:nmcveigh@ymcafoxcities.org).



## FROM OUR Y EXPERT



Kirsten Rice is the Health and Fitness Director at the Fox West YMCA. She has been with the Y for 15 years and enjoys helping people of all ages and abilities get stronger.

Kirsten has a degree in Kinesiology from Michigan State University with an emphasis in Health Promotion Specialization and a Certified Personal Trainer through the American College of Sports Medicine.

Protein is one of our core nutrients that provides our bodies calories along with Carbohydrates and Fats, but did you know that as the body ages some adults might actually need more protein than required in their younger years? Protein supports good health, immunity, muscle maintenance, and physical function. Nearly half of all protein in the body is found in muscle, and muscle mass naturally decreases with age. This decline in muscle mass, known as sarcopenia, may increase the need for protein in older adults. Sarcopenia in older adults can lead to frailty, disability, and loss of independence.

It's important to get the right amount of protein. Too little can cause malnutrition or muscle loss, which can lead to decreased physical function and independence. It can also increase fall risk, hospitalization, and mortality. Too much can cause

dehydration, and in those with kidney disease, can further kidney damage. Experts in the field of protein and aging recommend a protein intake between 1.2 and 2.0 g/kg/day for adults 65 and older.

It is also important to note that the quality of the protein plays a role. Examples of high-quality proteins include beef, Greek yogurt (low fat), salmon, chicken, lentils (cooked), almonds, milk (low fat), quinoa (cooked), chickpeas, egg, and oatmeal (cooked). Read food labels for protein content to determine if it is a good choice. Include high protein foods at every meal throughout the day. Breakfast is a good opportunity for protein through eggs and Greek yogurt. Include meat, beans, and lentils throughout the week in menu planning and offer beverages high in protein, such as milk or milk-alternatives (e.g., soy milk, oat milk). Also see how to sneak in high protein foods as snacks throughout the day.

By keeping your bodies protein levels up, your endurance and resistance training exercises will promote good muscle health.

## A LITTLE BIT OF FUN

### Did You Know?

Many of us follow the NCAA tournament schedule during the month of March to celebrate "March Madness." The sport of basketball has become a global phenomenon in the United States, as well as around the world as the second-largest sport, but do you know how it originated? Basketball was invented at the YMCA, 130 years ago.

James Naismith, a second-year graduate student who had recently started as a physical education instructor at the YMCA International Training School located in Springfield, Massachusetts, created the game in 1891. Naismith created the game with a group of young men that were said to be uninterested in exercise.

It all began with nailing two peach baskets on both ends of the gymnasium, and attempting to get a soccer ball into the opposing team's basket.

## 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**

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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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