



**FOREVERWELL® Newsletter • July
2026
YMCA OF THE FOX CITIES**

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A NOTE FROM KATE

Who says camp is just for kids?

Come rediscover the magic of a night at camp with the Y. From boat rides, nature walks, and ropes courses to crackling campfires and starlit skies, the opportunities are endless at Camp Nan A Bo Sho. Enjoy a variety of activities to choose from and home cooked meals while relishing in the benefits of sleeping on a mattress, in a cabin, with electricity and running water. Come home refreshed, inspired and maybe a bit nostalgic.



[LEARN MORE](#)

Because why should the kids have all the fun?

See you at the Y!

[REGISTER TODAY!](#)

Kate Yates
FOREVERWELL Program
Director

LAST CALL PROGRAMS

Heart of the Valley YMCA:

Visit with Samaria on Wednesday, July 1 from 1:00-2:00 PM.

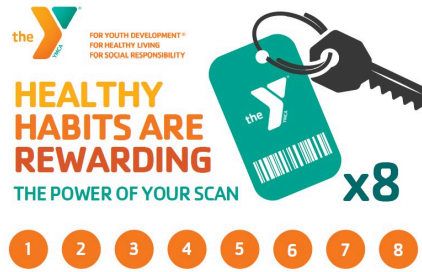
Neenah-Menasha YMCA:

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

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 continue to take place at every YMCA of the Fox Cities location in the months of 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 July will be a campfire themed gift set, just in time for a summer camping adventure!!

LEARN MORE

Want the opportunity to earn a double punch??

Check out these specific programs at each location to get twice the benefits:

Apple Creek YMCA:

Shopping, Preparing, and Cooking for Better Blood Pressure Management on Wednesday, July 1 from 1:00-2:00 PM.

Appleton YMCA:

Attend any class listed on this [flyer](#) to earn a double punch on Wednesday, July 22. Class times vary.

Fox West YMCA:

Drums Alive on, Wednesday, July 8 from 10:15-11:00 AM.
Summer Flower Bottle Painting on Monday, July 20 from NOON-1:30 PM.

Heart of the Valley YMCA:

Tai Chi on Tuesday, July 7 from 10:00-10:50 AM.
Rev & Flow on Monday, July 13 from 5:30-6:15 PM.

Neenah-Menasha YMCA:

Ageless Grace, dedicated to the music of Neil Diamond, on Tuesday, July 14 from 8:15-8:45 AM.

Ogden YMCA:

Simply Fit, on Wednesday, July 15 from 9:35-10:15 AM.



[LEARN MORE](#)

[REGISTER TODAY!](#)

A Day in the Park for the Young at Heart: Bingo Party

**Riverside Park, Neenah
Tuesday, September 15
9:00 AM-12:15 PM**

Join us for A Day in the Park to meet friends and have fun. Come try your luck at bingo for a chance to win great prizes. A boxed lunch, t-shirt, and entertainment included.

Registration required.

**Fee: Through August 8 - \$15
After August 8 - \$20**

**Medicare 101
Fox West YMCA
Tuesday, July 7
6:00-7:00 PM**

**Apple Creek YMCA
Tuesday, July 14
10:00-11:00 AM**

**Appleton YMCA
Thursday, July 16
11:00 AM-NOON**

Join us for an insightful educational session on Medicare, where you can gain a comprehensive understanding of this crucial healthcare program. Don't miss this chance to empower yourself with knowledge and make informed decisions about your healthcare future.

Registration not required but preferred.

Fee: FREE



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[REGISTER FOR
APPLETON](#)

WHAT'S HAPPENING AT THE Y



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Stitchin' Time: Drop-in Crochet

**Heart of the Valley YMCA
Tuesday, July 7
1:00-3:00 PM**

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

No registration required.

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

Cooking Class: Fresh Fruit-Stuffed Angel Food Cake

**Heart of the Valley YMCA
Thursday, July 9
1:00-3:00 PM**

Join us for a fun and hands-on cooking experience where you will create a delicious Fresh Fruit Stuffed Angel Food Cake. Perfect for all skill levels! Come ready to learn, create and enjoy.

Registration is required.

**Fee: Y Members - \$17
General Public - \$27**



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REGISTER TODAY!



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Memory In Motion: Music Bingo & Drums Alive

**Fox West YMCA
Monday, July 13
10:15-11:15 AM**

We are excited to announce a new initiative launching this fall. Join us to sample these classes before they launch! In collaboration with the Fox Valley Memory Project, this program is specifically designed to assist individuals experiencing memory loss or brain changes.

REGISTER TODAY!

Registration is required.

Fee: FREE

Nutrition In Motion
Neenah-Menasha YMCA
Monday, July 13
11:15 AM-12:15 PM

Join certified sports dietitian Kate Harrell Jenkins, and learn key nutrition strategies to support active older adults. Whether you are a regular gym goer, a pickleball player, or gardener extraordinaire, Kate has some great energy, nutrient and timing strategies to help you recover faster, prevent injury and best support an active, healthy you!

Registration required.

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



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REGISTER TODAY!



REGISTER TODAY!

Get Connected, Stay
Connected Technology
Classes

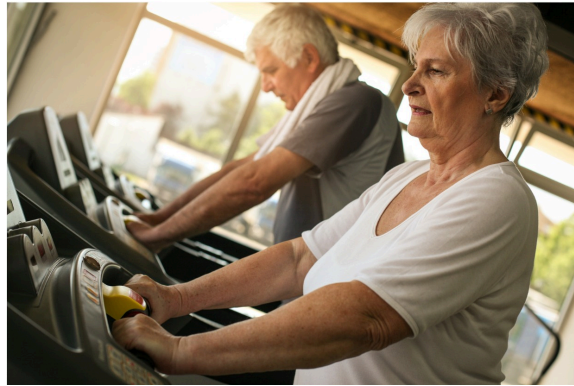
Neenah-Menasha YMCA
Tuesday, July 14
10:00 AM-11:00 AM

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**



**Forever Wellness
Apple Creek YMCA
Tuesday & Thursday,
July 14 & July 16
NOON-1:00 PM**

Your journey toward lifelong health starts here! In your first session, you'll be introduced to our cardio equipment, with our friendly wellness team guiding you to ensure you feel at ease and self-assured. This session will also include learning about the wellness center's etiquette. No prior knowledge or skill is necessary, and all skill levels are welcome. During the second session, a wellness associate will kindly walk you through our circuit machines, providing guidance to elevate your workout.

Registration is required.

Fee: Y Members - FREE

[LEARN MORE](#)

[REGISTER TODAY!](#)

**Lunch & Learn: Achilles
Tendon Injuries - How to
Prevent, Treat, & Heal
Apple Creek YMCA
Thursday, July 16
NOON-1:00 PM**

Join Dr. Gearin Green, a board-certified, fellowship-trained foot and ankle specialist from OSI, to learn about Achilles tendon injuries and how to prevent, treat, and heal them.



[LEARN MORE](#)

Registration is required.

Fee: FREE

REGISTER TODAY!



Summer Flower Bottle Painting

**Fox West YMCA
Monday, July 20
NOON-1:30 PM**

Join us for a creative art project. We will be painting a summer flower scene on a wine bottle and adding fairy lights to illuminate your creation.

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

LEARN MORE

REGISTER TODAY!

Appleton Locks Tour

**Appleton YMCA
Tuesday, July 21
10:00 AM-NOON**

Join us for a 1.5 mile historic walk of the four Appleton Locks with lock historian Christine Williams. Learn the history of this 175-year-old, hand-operated system, even watch a demonstration by a lock tender.

Registration is required.

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



LEARN MORE

REGISTER TODAY!

OUTDOOR OPPORTUNITIES



Nature Basics for Curious Adults: Turtles
Apple Creek YMCA
Saturday, July 18
1:00-3:00 PM

Come join the Apple Creek Naturalists and learn about nature through crafts, outdoor experiences, and meeting the center's ambassador animals!

Registration is required.

Fee: Y Members - \$10
General Public - \$15

[LEARN MORE](#)

[REGISTER TODAY!](#)

SNEAK PEEK INTO EARLY NEXT MONTH

Neenah-Menasha YMCA:

Get to Know Your ADRC on Monday, August 3 from 11:00 AM-NOON.

Fox West YMCA:

Ice Cream Social on Tuesday, August 4 from 10:00-11:00 AM.

Heart of the Valley YMCA:

Visit with Samaria: The Comfort Dog on Wednesday, August 5 from 1:00-2:00 PM.

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

[SEARCH FOR OTHER PROGRAMS HERE!](#)

DID YOU KNOW?



24/7 Access is available at the Apple Creek YMCA, Fox West YMCA, Heart of the Valley YMCA, and Ogden YMCA and Valley Tennis Center. Once you have 24/7 access added to your membership, you can enjoy access to wellness centers, free weight areas, indoor tracks, and gymnasiums.

Visit the Member Services desk at any YMCA of the Fox Cities location during staffed building hours to apply for 24/7 access.

[LEARN MORE](#)

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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