



FOREVERWELL



FOREVERWELL® Newsletter • August 2026

YMCA OF THE FOX CITIES

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A NOTE FROM KATE

There's something special about summer in Wisconsin.

Whether it's a nature walk, outdoor fitness class, outdoor bicycle adventure, nature education, or simply gathering with friends in a beautiful setting, time spent outdoors benefits both body and mind.

Research continues to show that spending time in nature can boost mood, improve physical health, and increase feelings of happiness and belonging. This summer, we encourage you to embrace the season and join us outdoors.

Have you been to Apple Creek YMCA yet? Not only do they have a beautiful outdoor campus, but they have a huge variety of outdoor programs and education for adults.



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[REGISTER TO BIKE
THE WIOWASH TRAIL](#)

See you at the Y!

Kate Yates
FOREVERWELL Program
Director

REGISTER FOR
NATURE BASICS FOR
CURIOUS ADULTS

REGISTER FOR
WHAT'S THE BUZZ

LAST CALL PROGRAMS

Fox West YMCA:

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

Heart of the Valley YMCA:

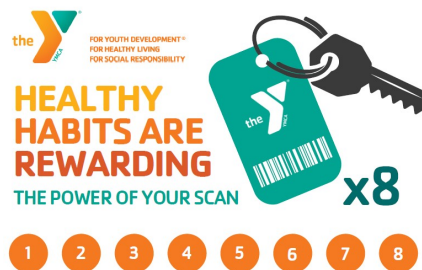
Visit Samaria the Comfort Dog on Wednesday, August 5 from 1:00-2:00 PM.

Book Club on Wednesday, August 5 from 1:00-3:00 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** **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 completed card per month!

Our prize for the month of August will be a self-care gift basket. Think Stretch Sessions, faith-based journals, relaxation and more!

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Want the opportunity to earn a double punch??

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

Apple Creek YMCA:

Perimenopause and Menopause Map on Wednesday, August 26 from 1:00-2:30 PM.

Fox West YMCA:

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

Memory in Motion on Monday, August 10 from 10:15-11:15 AM.

Heart of the Valley YMCA:

Group Cycling on Monday, August 3 from 9:00-9:45 AM and on Wednesday, August 12 from 5:30-6:15 PM.

Balance+ on Tuesday, August 11 from 9:45-10:30 AM.

Neenah-Menasha YMCA:

Y360 Healthy Cooking on Wednesday, August 12 from 11:00 AM-NOON.

Ogden YMCA:

Simply Fit, on Wednesdays, August 5 and 19 from 9:35-10:15 AM.



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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. Register

REGISTER TODAY!

by August 8 to get more bang for your buck!

Registration required.

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

Medicare 101
Appleton YMCA
Thursday, August 6
1:00-2:00 PM

Fox West YMCA
Monday, August 17
10:00-11:00 AM

Apple Creek YMCA
Tuesday, August 18
10:00-11:00 AM

Heart of the Valley YMCA
Wednesday, August 19
5:30-6:30 PM

Join us for an insightful and 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 required.

Fee: FREE



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REGISTER FOR
APPLETON YMCA

REGISTER FOR
FOX WEST YMCA

REGISTER FOR
APPLE CREEK YMCA

REGISTER FOR
HEART OF THE VALLEY
YMCA

WHAT'S HAPPENING AT THE Y

STABILITY
CREATES STRENGTH
Pop-Up Balance Classes



Balance Basics
Appleton YMCA
Mondays, August 3, 17, & 31
4:00-4:30 PM
Mondays, August 10 & 24
Noon-12:30 PM

In this class we will perform exercises to increase strength, flexibility, sensory awareness,

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reflexes and concentration. A great class for beginners and those with limited mobility.

No registration required.

Fee: Y Members Only - FREE

Plant Art: Pounding Flowers

**Apple Creek YMCA
Tuesday, August 4
1:00-2:00 PM**

Join us for flower pounding art, the technique of hammering flowers into cloth, which offers a delightful and accessible creative. This method involves transfer of their natural dyes, resulting in unique and vibrant floral designs.

Registration is required.

**Fee: Y Members - \$7
General Public - \$12**



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REGISTER TODAY!



[LEARN MORE](#)

REGISTER TODAY!

Memory In Motion: Reminisce & Gentle Stretch

**Fox West YMCA
Monday, August 10
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.

Registration is required.

Fee: FREE

Get Connected, Stay Connected Technology Classes

Neenah-Menasha YMCA
Tuesday, August 11
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



REGISTER TODAY!



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REGISTER TODAY!

Y360 Healthy Cooking
Neenah-Menasha YMCA
Wednesday, August 12
11:00 AM-NOON

In this program, we will use Y360 as an educational tool to learn some simple, healthy recipes including breakfast cookies, sweet potato toast and more healthy swaps in the kitchen.

Registration required.

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

Avoiding Scams with APD
Appleton YMCA
Tuesday, August 18
11:00 AM-NOON

Learn the signs and gain practical tips to stay safe from fraud. The Appleton Police Department will provide an overview of how common scams work, the tactics scammers use, and the most prevalent scams currently affecting the community.

Registration is required.

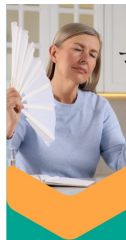
Fee: FREE



LEARN MORE

REGISTER TODAY!

FOREVERWELL®
The Menopause and
Peri-Menopause Map
YMCA OF THE FOX CITIES



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Menopause and
Perimenopause Map
Apple Creek YMCA
Wednesday, August 26
11:00 AM-NOON

Perimenopause and Menopause are powerful transitional phases that affect far more than just the reproductive system. The goal is to empower women with knowledge and actionable tools through nutrition, supplements, sleep, exercise and stress relief so we can feel strong, balanced and supported during this stage of life.

Registration required.

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

Moving for Better Balance

Fox West YMCA
Mondays and Wednesdays,
August 26-November 16
1:15-2:15 PM

Moving For Better Balance works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, through the use of 8 specific Tai Chi-based movements. The program's safe and supportive group setting allows participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.

Registration required.

Fee: FREE



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OUTDOOR OPPORTUNITIES



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Adult Night at Camp Nan A Bo Sho

YMCA of the Fox Cities
9:00 AM September 15-
4:00 PM September 16

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.

Registration is required.

Fee: \$80

SNEAK PEEK INTO EARLY NEXT MONTH

Apple Creek YMCA:

Moving for Better Balance (12-week program) starting on Wednesday, September 9-November 30 from 11:15 AM-12:15 PM.

Appleton YMCA:

Understanding AI for Seniors on Tuesday, September 8 from 1:00-2:00 PM.

Fox West YMCA:

Care Patrol: Coffee and Conversation with Tyler on Tuesday, September 8 from 8:30-9:30 AM.

Heart of the Valley YMCA:

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

Moving for Better Balance (12-week program) starting on Tuesday, September 8-December 3 from NOON-1:00 PM.

Neenah-Menasha YMCA:

Pelvic Health for Men on Wednesday, September 2 from 11:00 AM-NOON.

Art Journaling: Empowered Lines on Wednesday, September 9 from 11:30 AM-12:30 PM.

Ogden YMCA:

Houseplants 101 Series: Soil, Containers, and Fertilizers, Oh My! on Wednesday, September 16 from 10:30-11:30 AM.

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?



Keep your eyes open for Falls Prevention Week information coming in September.

The YMCA of the Fox Cities offers a series of FREE classes and educational opportunities designed to help you improve balance, strength, flexibility, and confidence. Learn practical strategies to reduce your risk of falls, stay active, and maintain independence through expert-led workshops, presentations, and movement-based activities.



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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