



FOREVERWELL



FOREVERWELL® Newsletter • September 2026 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



As we celebrate Falls Prevention Week at the YMCA, I'm reminded that staying active isn't just about exercise. It's about preserving the freedom and confidence to live life on our own terms. We all have our own "why." Whether it's keeping up with grandkids, enjoying a favorite hobby, exploring new places, or simply feeling steady and strong as you move through your day, maintaining your balance and strength matters.

That's why I'm especially excited about our Falls Prevention Week activities happening at our YMCA branches and the introduction of Moving for Better Balance, a proven program designed to improve balance through gentle Tai Chi-based movements.

No matter where you are on your wellness journey, know that your YMCA community is here to support you every step of the way. Take look at these upcoming opportunities!

See you at the Y!

Kate Yates
FOREVERWELL Program
Director

LAST CALL PROGRAMS

Heart of the Valley YMCA:

Intro to Strength Training on Wednesday, September 2 from 10:00-11:00 AM.

Visit Samaria the Comfort Dog on Wednesday, September 2 from 1:00-2:00 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

Show Off Your Y - Share the Fun with a Friend! **YMCA of the Fox Cities** **August 31-September 6**

We're inviting you to show off your Y and all the amazing things it offers - from energizing group fitness classes to the welcoming community that makes it so special.

Between August 31-September 6, 2026, Y members can bring a friend to any group fitness class for



**VIEW GROUP
EXERCISE SCHEDULE**

FREE! Whether it's Zumba,
yoga, cycling or boot camp -
it's more fun to move together!



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Falls Prevention Week **YMCA of the Fox Cities** **September 21-25, 2026**

During Falls Prevention Week, we offer a variety of FREE classes and educational opportunities across our 6 locations to help you feel more confident, improve your balance, your muscle strength and flexibility, and teach you practical strategies to reduce your risk of falls, stay active, and maintain independence through expert-led workshops, presentations, and movement-based activities.

Fee: FREE

Medicare 101
Fox West YMCA
Monday, September 14
10:00-11:00 AM

Fox West YMCA
Tuesday, September 15
6:00-7:00 PM

Heart of the Valley YMCA
Tuesday, September 22
12:30-1:30 PM

Heart of the Valley YMCA
Wednesday, September 23
5:00-6:00 PM

Appleton YMCA
Wednesday, September 30
11:00 AM-NOON

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



REGISTER FOR
SEPTEMBER 14

REGISTER FOR
SEPTEMBER 15

REGISTER FOR
SEPTEMBER 22

REGISTER FOR
SEPTEMBER 23

empower yourself with knowledge and make informed decisions about your healthcare future.

**REGISTER FOR
SEPTEMBER 30**

Registration required.

Fee: FREE

WHAT'S HAPPENING AT THE Y

Ageless Grace

**Neenah-Menasha YMCA
Tuesdays, September 1, 8, 15,
22, and 29
8:15-8:45 AM**

This program is a seated program that combines physical movement and cognitive exercises designed to promote agility, mental sharpness, and overall well-being. It stimulates 5 different brain functions: strategic planning, memory/recall, analytical thinking, creativity/imagination, and kinesthetic learning.

No registration required.

Fee: Y Members Only - FREE



Joint Mobility Series

**Neenah-Menasha YMCA
Wednesdays, September 9,
16, 23, and 30
Noon-1:00 PM**

Lead by certified Physical Therapists from PT Solutions, this functional movement class is designed to enhance mobility, build practical strength for everyday activities, and reduce the risk of falls. Through targeted joint-specific exercises and balance training, participants will improve coordination, flexibility, and confidence in movement. Ideal for older adults or anyone looking to move with more ease

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and purpose.

Registration is required.

Fee: FREE

Understanding AI for Seniors

**Appleton YMCA
Wednesday, September 9
9:30-10:30 AM**

In collaboration with the Appleton Public Library, learn what AI is, how it's used in everyday life, and ways it can make tasks simpler and more convenient. No technology background needed.

Registration is required.

Fee: FREE



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**Art Journaling:
Empowered Lines
Neenah-Menasha YMCA
Wednesday, September 9
11:30 AM-12:30 PM**

Think you're not an artist? This workshop is for you! Join Artist and FOREVERWELL Specialist Stacy Parish for a step-by-step, simple drawing and painting experience focused on process over product - while starting your own art journaling practice.

Registration is required.

**Fee: Y Members - \$5
General Public - \$10**

Get Connected, Stay Connected Technology Classes

Neenah-Menasha YMCA
Tuesday, September 8
10:00 AM-11:00 AM

This class will be an introduction to Google Applications. We will discuss each application briefly and how it is used.

Registration is required.

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



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Cooking Class - Salad & Apple Crisp

Heart of the Valley YMCA
Thursday, September 10
1:00-3:00 PM

Join us for a fun, hands-on cooking class and learn how to make two fresh and flavorful recipes! In this class, you'll prepare a "make & take" homemade apple crisp and a refreshing cucumber tomato salad. These crowd-pleasing dishes are simple to make, full of great flavor, and perfect for any occasion!

Registration required.

Fee: Y Members - \$15
General Public - \$25

Gut Health with Dr. Mikhaila Riska
Apple Creek YMCA
Tuesday, September 15
1:00-2:00 PM

In this engaging and practical presentation, Functional Medicine Practitioner Dr. Mikhaila Riska will discuss how the digestive system influences nearly every aspect of



health. Participants will learn common signs of an unhealthy gut, simple nutrition and lifestyle strategies to improve digestion, and practical steps to support a healthier microbiome for better aging.

Registration is required.

Fee: FREE

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**House Plants 101:
Bringing Plants Indoors**
Ogden YMCA
Wednesday, September 16
10:30-11:30 AM

Have questions or concerns about bringing your house plants inside after being outside all summer? In Part I of this program series, local plant enthusiast Joanie Reuss will assist participants by offering tips and tricks about transitioning plants indoors, trimming of plants, and creating starters. Bring 1-2 of your house plants into the Y along with your questions or concerns and Joanie will help you get to the bottom of how best to care for your green babies!

Registration required.

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

Book Club Movie
Appleton YMCA
Thursday, September 17
1:30-4:00 PM

Enjoy popcorn while you watch a movie based on one of our Book Club books! This month, the movie is A Beautiful Day in the Neighborhood.

Registration required.



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

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Cooking with Chef Shelly: End of Summer Garden

**Apple Creek YMCA
Friday, September 18
11:00 AM-12:30 PM**

Wondering what to do with all of those pots of herbs, buckets of tomatoes, piles of zucchini? Chef Shelly will help you come up with some tasty meals and ways to make the most of that end of growing season bounty. Learn how to make Quinoa Tabouleh Salad with Tomato and Parsley, Choose Your Adventure Herb Pesto, and Silky Zucchini Parmesan Pasta.

Registration required.

Fee: \$25

Uncovering the Hidden Causes of Digestive Distress

**Fox West YMCA
Wednesday, September 30
10:00-11:00 AM**

In this educational workshop, we will explore the root cause of various factors that often drive frustrating symptoms. You will learn why simply managing symptoms isn't enough, and what practical, natural strategies can help support better digestion and increase energy.

Registration required.

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



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TRAVEL OPPORTUNITIES



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Discover Culture & History: Chicago & Milwaukee Day Trip **YMCA of the Fox Cities** **Wednesday, October 14**

Join us for an inspiring journey filled with architecture, fine dining, and history. From the breathtaking Bahá'í House of Worship and a classic Italian lunch at Maggiano's to a guided tour at the Milwaukee Art Museum*, this is a day that will move, inspire, and stay with you long after the bus ride home.

*Please note the itinerary change now includes the Milwaukee Art Museum instead of the Illinois Holocaust Museum.

Christmas on the Farm: Claussen Family Show **YMCA of the Fox Cities** **Wednesday, November 11**

Celebrate the magic of the season with an unforgettable holiday experience at the Claussen Family Show! Christmas on the Farm combines heartwarming traditions, festive music, and dazzling performances in a charming country setting.



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Overnight Travel Opportunities YMCA of the Fox Cities

Don't miss out on these wonderful opportunities to travel with the Y. Take a look at this page to see what is currently available. Trips fill fast, so don't wait! Contact Kate Yates for more questions at kyates@ymcafoxcities.org.

SNEAK PEEK INTO EARLY NEXT MONTH

Appleton YMCA:

Women's Bible Study Group on Friday, October 2 from 11:00 AM-NOON.

Fox West YMCA:

What Makes Food Organic? on Monday, October 5 from 10:00-11:00 AM.

Heart of the Valley YMCA:

Visit with Samaria: The Comfort Dog on Wednesday, October 7 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.

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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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