

FOREVERWELL® Newsletter • November 2026
YMCA OF THE FOX CITIES

Email Kate >> Program Guide >>

Explore FOREVERWELL Programs

A NOTE FROM KATE



November invites us to pause and appreciate the people, moments, and blessings that improve our lives. Gratitude has a way of growing when it's shared. A kind word, a helping hand, a welcoming smile, or simply taking time to check in on a friend can make someone's day. Small acts of kindness often create the biggest ripple effects. I encourage you to reflect on what you're thankful for and don’t be shy about sharing that with others. I’m thankful for you and the home away from home I feel when I walk into the Y. Happy Thanksgiving to you and yours!

See you at the Y!

Kate Yates
FOREVERWELL Program Director

LAST CALL PROGRAMS

Apple Creek:
Information Validation Series - Session 1: Misinformation, Malinformation, and Disinformation on Tuesday, November 3 from 1:00-2:00 PM.

Appleton YMCA:
Understanding AI for Seniors on Tuesday, November 3 from 9:30-10:30 AM.

Women's Bible Friendship Group on Friday, November 6 from 11:00 AM-NOON.

Fox West YMCA:
Sound Bath Experience on Tuesday, November 3 from 10:00-11:30 AM.

Heart of the Valley YMCA:
Intro to Pickleball Clinic on Tuesday & Thursday, November 3 & November 5 from 10:00-11:00 AM.

Neenah-Menasha YMCA:
Create Alongs on Wednesday, November 4 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

Veteran's Day
YMCA of the Fox Cities

As a way to show our gratitude for your service, join us at any YMCA of the Fox Cities locations for coffee and breakfast snacks as you connect with other veterans, YMCA members, and staff. This event is open to the public.

Fee: FREE



LEARN MORE



LEARN MORE

REGISTER FOR FOX WEST YMCA

REGISTER FOR HEART OF THE VALLEY YMCA

REGISTER FOR OGDEN YMCA

Medicare 101
YMCA of the Fox Cities
Dates Vary by Location

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

WHAT'S HAPPENING AT THE Y

Forever Wellness

Fox West YMCA
Monday, November 9, Wednesday, November 11 8:45-9:45 AM and Tuesday, November 17 10:00-11:00 AM

Your journey toward lifelong health starts here with our 3-session program designed to make you feel at ease in the wellness center!

Registration is required.

Fee: FREE



REGISTER TODAY!



LEARN MORE

REGISTER TODAY!

Information Validation Series

Apple Creek YMCA

Part II: Confirmation Bias and Ideological Echo Chamber
Tuesday, November 10 and 1:00-2:00 PM

Part III: Emotional Manipulation, Clickbait, and AI
Tuesday, November 17 1:00-2:00 PM

Think before you click! In this three-session series on information validation, discover how information spreads, how bias can influence your perspective, and how social media and AI can shape how you view the world.

Registration is required.

Fee: FREE

What Makes Food Organic?

Neenah-Menasha YMCA
Tuesday, November 10
11:30 AM-12:30 PM

This presentation will discuss the requirements that make food organic. We will bring in local produce both organic and non-organic to see for ourselves if there are differences.

Registration is required.

Fee: Y Members - Free
General Public - $3
Program Pass



LEARN MORE

REGISTER TODAY!



LEARN MORE

REGISTER TODAY!

NAMI Presentation: Caregiver Stress & Self-Care

Appleton YMCA
Wednesday, November 11
5:00-6:00 PM

This presentation will explore the unique challenges of caregiving, recognize signs of caregiver stress, and provide practical self-care strategies to help you care for yourself while caring for others.

Registration is required.

Fee: FREE

Book & Puzzle Swap

Appleton YMCA
Tuesday, November 17
9:00 AM-NOON

Get ready for the long, cold days by adding new books and puzzles to your collection. In the Commons, come spruce up your collection with "new to you" books and puzzles.

Registration is required.

Fee: FREE



LEARN MORE

REGISTER TODAY!



LEARN MORE

REGISTER TODAY!

Wooden Ornament Workshop: Harvesting Gratitude

Neenah-Menasha YMCA
Tuesday, November 17
1:00-2:00 PM

Create a beautiful Thanksgiving keepsake using simple decoupage techniques and seasonal designs. Reflect on gratitude, set a personal intention, and leave with a handmade ornament to treasure all season long.

Registration required.

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

Lunch & Learn: Grief Around the Holidays

Apple Creek YMCA
Wednesday, November 18
NOON-1:00 PM

This presentation will explore the challenges of grief during the holidays, offer practical coping strategies, and provide support for navigating expectations while caring for your emotional well-being.



LEARN MORE

Registration required.

Fee: FREE

REGISTER TODAY!



LEARN MORE

REGISTER TODAY!

Knot Blanket Project

Fox West YMCA
Wednesday, November 18
NOON-1:30 PM

Join Hortonville High School students to collaborate on crafting lap-sized a knot blanket that you get to keep. Let's create cozy comforts for chilly winter days, one blanket at a time.

Registration required.

Fee: Y Members - $25
General Public - $35

Cooking Class: Christmas Chocolates

Heart of the Valley YMCA
Wednesday, November 18
1:30-3:30 PM

The holiday season is right around the corner! Join us to learn how to make some simple and delicious Christmas treats to share with others. In this class, we will be making Peanut Clusters, Peanut Butter Cups and Peanut Butter Stuffed Pretzels. Participants will receive one dozen of each to take home.

Registration is required.

Fee: Y Members - $20
General Public - $30



LEARN MORE

REGISTER TODAY!



LEARN MORE

REGISTER TODAY!

Create-Alongs

Neenah-Menasha YMCA
Wednesday, November 18
1:00-2:00 PM

Create-Alongs are relaxed, drop-in creative gatherings where you can set aside time for making, exploring, and enjoying the creative process. Bring any project you'd like to work on, from knitting and watercolor painting to writing, coloring, or art journaling, or simply use the materials and creative prompts provided. Class runs the 1st and 3rd Wednesday of each month.

Registration required.

Fee: Y Members - FREE

House Plants 101: Insects, Watering, & Maintenance

Ogden YMCA
Wednesday, November 18
10:30-11:30 AM

Have questions or concerns about bringing your house plants inside after being outside? 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



LEARN MORE

REGISTER TODAY!



SNEAK PEEK INTO EARLY NEXT MONTH

Fox West YMCA:
Mosaic Art on Tuesday, December 8 from 10:00-11:30 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!



Annual Christmas Concert

YMCA of the Fox Cities
Thursday, December 10
7:00 PM

The YMCA of the Fox Cities is proud to present The Spirit of Christmas, an all-new holiday concert led by local musician and longtime YMCA family member Michael Murphy. Some familiar faces return to this ALL NEW CONCERT EXPERIENCE, including Neenah High School's Touch of Class. Join us at the Fox Cities Performing Arts Center as we celebrate the joy, hope, and togetherness of the season.

To avoid additional fees, call the PAC directly for tickets.

Tickets:
Pit - $65
Orchestra - $55
Dress Circle - $35
Grand Tier - $25
Family Circle - $10

LEARN MORE

PURCHASE YOUR TICKETS TODAY!

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.

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:

|association_name| | *|association_address|*

You received this because you are subscribed to emails from the *|association_name|*.
Manage Email Preferences