



FOREVERWELL



FOREVERWELL® Newsletter • October 2026 YMCA OF THE FOX CITIES

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A NOTE FROM KATE



Fall is my favorite time of year. I love looking back on the memories of Halloween dressing up with my brother, visiting grandparents' homes and trick or treating with friends. Even now, Halloween remains a tradition and a welcomed kick-off to the holiday season. The holiday season has always had a wonderful way of bringing people together. It helps to remind us how important connection and a sense of belonging really is. It's essential and it doesn't happen on its own. It's a choice and a commitment that grows over time, during shared experiences and opportunities.

During the month of October, we will be hosting Active Aging Week. We hope you take the opportunity to join us and

allow us the privilege of becoming part of your support system and community. You belong here!

See you at the Y!

Kate Yates
FOREVERWELL Program
Director

LAST CALL PROGRAMS

Appleton YMCA:

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

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



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Active Aging Week **YMCA of the Fox Cities** **October 5-9, 2026**

This week, we honor the strength, spirit, and resilience of adults who continue to live life with energy, purpose, and joy.

At the Y, we believe that age is just a number and every day is a new opportunity to move, connect, and thrive. Whether you're dancing in Zumba, stretching in yoga, walking with friends, or trying something new, you're showing the world that active aging is empowered aging.

KEEP MOVING.
KEEP CONNECTING.

KEEP GROWING.

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



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**REGISTER FOR
APPLETON YMCA**

**REGISTER FOR
FOX WEST YMCA**

**REGISTER FOR
HEART OF THE VALLEY
YMCA**

**REGISTER FOR
NEENAH-MENASHA
YMCA**

**REGISTER FOR
OGDEN YMCA**



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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.

Tickets:

Pit - \$65

Orchestra - \$55

Dress Circle - \$35

Grand Tier - \$25

Family Circle - \$10

Travel Show: Hawaii & Greece

Appleton YMCA

Monday, October 19

3:30-4:30 PM

Join us to learn about 2027 Travel options with Bon Voyage Boutique Travel. We are partnering up to bring you the Best of the Hawaiian Islands (back by popular demand) and a Cruise through Greece. These 30-minute presentations will provide insight into these amazing opportunities and will offer time to register.



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WHAT'S HAPPENING AT THE Y

Memory in Motion Pop-up

Ogden YMCA

Wednesday, October 7

11:00 AM-NOON

In collaboration with the Fox Valley Memory Project, this pop-up program is specifically designed to assist individuals experiencing memory loss or brain changes. This event includes a combination of brain and physical exercises. The goal is to promote both physical and mental wellness for participants.



Registration is required.

Fee: FREE

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Blood Pressure Self-Monitoring Nutrition Seminar: Lowering Sodium Intake

**Apple Creek YMCA
Wednesday, October 7
1:00-2:00 PM**

Work with a Healthy Heart Ambassador to achieve your goal of lowering and managing blood pressure! In this month's nutrition seminar, participants will learn about Lowering Sodium Intake.

Registration is required.

Fee: FREE

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Craft Time: Bowl Pot Holder

**Heart of the Valley YMCA
Thursday, October 8
1:00-3:00 PM**

We will be making a bowl pot holder. Participants will need to bring their own sewing machine (please let us know if you need one). Bring your own material or we will have some to choose from (2 fat quarters or 1/2 yard of COTTON material) needed.

Registration is required.

**Fee: Y Members - \$5
General Public - \$15**



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Monthly Craft: Yarn Ghost & Pumpkin Man

Appleton YMCA
Thursday, October 8
1:00-3:00 PM

Enjoy time socializing with others, learn some new skills, and create a beautiful seasonal craft to take home!

Registration is required.

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

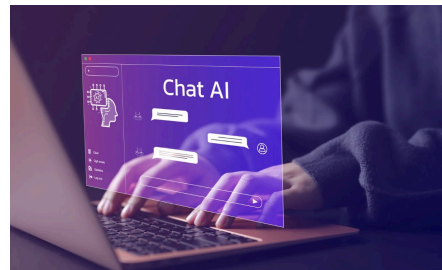
Get Connected, Stay Connected Technology Classes

Neenah-Menasha YMCA
Tuesday, October 13
10:00 AM-11:00 AM

In this class, we will talk about online resources available to help with travel plans and reservations. We will also demonstrate how the Artificial Intelligence application, ChatGPT, can help plan itineraries.

Registration is required.

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



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Letting Go: Mindfulness for Fall

Neenah-Menasha YMCA
Wednesday, October 14
11:30 AM-12:30 PM

Join us and enjoy a deeply relaxing, guided journey with mindfulness and yoga teacher Jennie Eastman-Kiesow featuring a body scan and visualization designed to help release stress. We'll explore the benefits of mindfulness, try some restorative

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breathwork, and practice awareness-based meditation.

Registration required.

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

Line Dance Potluck
Heart of the Valley YMCA
Tuesday, October 20
1:00-3:00 PM

Get ready to stomp your boots at our line dance social! Come dance, make new friends, and enjoy some country fun! Wear your denim and red. Please bring a dish to share. Registration required.

*Plan accordingly, we will not have outlets available to keep things warm.

Registration is required.

Fee: FREE



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**House Plants 101:
Proper Soil Conditions,
Containers, and
Fertilizers**

Ogden YMCA
Wednesday, October 21
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

Spooky Chocolate Treats

Neenah-Menasha YMCA
Tuesday, October 27
NOON-1:30 PM

Make your own spooky chocolate treats just in time for Halloween! Join us as we work with white, milk and dark chocolates. This fun, social and educational project is geared towards adults aged 55+.

Registration required.

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



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Monster Mash Cupcakes

Apple Creek YMCA
Tuesday, October 27
1:30-4:00 PM

Join us for a lighthearted decorating class where we turn cupcakes into adorable little monsters! Learn simple frosting piping techniques to create fun textures, silly faces, and colorful designs. All supplies are provided, and you'll even take home your own sweet creations. No experience needed, so just come ready to relax, get creative, and enjoy time with friends! Open to ALL ages, grandparents and grandkids alike!

Registration required.

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

SNEAK PEEK INTO EARLY NEXT MONTH

Fox West YMCA:

Planning AHEAD on Mondays and Wednesdays, November 2, 4, 9, 11, 16, and 18 from 11:00 AM-NOON.

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.

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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