



ForeverWell Newsletter



SAVE THE DATES



WISDOM WEDNESDAY

Sturgeon Bay: September 13, 10:00am •
Community Room • Fall Prevention with Krista Keck
Kane Center: September 20, 11:00am • Social
Lounge • Fall Prevention with Krista Keck

TOGETHER TUESDAY

Sturgeon Bay: September 19, 11:00am •
Community Room
Kane Center: September 12 & 26, 11:00am •
Social Lounge

BOOK CLUB

Sturgeon Bay: September 28, 11:45am • Meeting
Room

TECH THURSDAY

Sturgeon Bay: September 28, 10:00am-11:00am •
Community Room
Kane Center: September 7, 1:00pm-2:00pm
Social Lounge

NATIONAL DAYS

NATIONAL ICE CREAM CONE DAY: SEPTEMBER 22

Enjoy a sweet treat to celebrate national ice cream
cone day!



A NOTE FROM ABBY & MAE

Hello from Abby & Mae! We have been working on some exciting stuff over the past 6 months and are incredibly excited to share it with you all! YMCAs Nationwide have started to make a switch in their "Active Older Adult" programming with a new program called ForeverWell. This program involves five components of whole body health; mind, body, spirit, community, and nature. Each month we will deliver engagement opportunities in all of these components to ensure you have the resources you need to remain foreverwell. The last week of every month you will receive a newsletter highlighting what's new in our ForeverWell programming so you remain in the loop. If you would like more information on programs or classes please reach out to us with any questions! We hope you are just as excited as we are for these new changes. We look forward to spending time with all of you!

WHAT'S HAPPENING AT THE Y



FALL PREVENTION WEEK

September 18-22 is National Fall Prevention Week! Falls are the leading cause of fatal and nonfatal injuries among older adults. At the Y we offer two fall prevention classes. Moving for Better Balance is a tai chi based class that focuses on balance and strength. Stepping On is a research based fall prevention program proven to reduce falls by 30%. Want to learn more about Fall Prevention? Come to our FREE fall prevention clinic where you can learn more about fall prevention and get a fall risk assessment. This will be offered in Sturgeon Bay on September 20th and at the Kane Center on September 27th.

WISDOM WEDNESDAYS & TOGETHER TUESDAYS

We are excited to be bringing back Together Tuesday and Wisdom Wednesday! Together Tuesdays will be the 1st and 3rd Tuesdays of the month in Sturgeon Bay and the 2nd and 4th Tuesdays of the month at the Kane Center. Come socialize with your fellow members and enjoy some food!

Wisdom Wednesdays will be the 2nd Wednesday of the month in Sturgeon Bay and the 3rd Wednesday of the month at the Kane Center. Come learn something new as we invite a new guest speaker each month!

TECHNOLOGY THURSDAYS

Technology Thursdays will be the 1st Thursday of every month at the Kane Center and the 4th Thursday of every month in Sturgeon Bay. Come ask any questions you may have about technology or learn something new about technology on Tech Thursdays.

OUTDOOR ENGAGEMENT OPPORTUNITIES

- Crossroads Hike is tentatively set for Monday, September 11. Contact Abby for more details or to sign up.
- Eagle Tower & Sentinel Trail hike is tentatively set for Monday, September 25. Contact Mae to sign up or for more details.

STEPPING ON

Come join us for a 7 week fall prevention class! In this workshop you will learn how to build physical strength and balance. You'll also learn how to identify and remove fall hazards in your life, learn how vision, hearing, medication, and footwear affect your risk of falling, and how to get up if you do fall. This program will start September 11th and run for 7 weeks on Monday's from 1:00pm-3:00pm at the ADRC in Sturgeon Bay.

LIVESTRONG

In Partnership with the LiveStrong foundation, the YMCA has developed a small-group cancer survivorship program for those who are living with, through or beyond cancer. This is a free 12 week program built to increase strength, develop supportive relationships, and increase quality of life! Survivors and their family will receive a free YMCA membership during this program! Our next LiveStrong program will start September 5 and run on Tuesdays and Thursdays from 1:00pm-2:30pm for 12 weeks.

MOVING FOR BETTER BALANCE

Moving for Better Balance is a 12 week evidence-based fall prevention program developed by researchers at the Oregon Research Institute. This program is based on 8 forms of Tai Chi. These forms are modified specifically for fall prevention and will work on balance, muscle strength, flexibility, and mobility. This program may also help reduce stress and improve mental health. Our next session of Moving for Better Balance will start 9/5/23 on Tuesdays and Thursdays from 9:15-10:15am running for 12 weeks.

For more information on any of these classes or programs or to sign up please contact Abby Tesch at the Sturgeon Bay program center at 920.743.4949 or atesch@doorcountyyymca.org or Mae Daniels at the Kane Center at 920.868.3660 or mdaniels@doorcountyyymca.org.

WHOLE PERSON WELLBEING

Take care of yourself, your whole person by including a focused and intentional variety of activities.

BODY

Try a different class • Connect with eye and hand coordination games- Pickleball, Basketball, Volleyball!

MIND

Learn something new- Sign up for a workshop or talk this week! Sign up to give a talk or lead an activity at the Y this month

SPIRIT

Be aware of your sleep. Get a good night's rest. • Enjoy relaxation with a Y Meditation, Tai Chi or Yoga Class.

COMMUNITY

Introduce yourself to a Y member you don't know. • Learn a new card game at the Y with other FW members who will teach you.

ENVIRONMENT

Be with nature. Take time to take even a short walk or breathing break in the fresh air. Grab a little bit of sunshine even if temperatures are low.

MENTAL HEALTH MINUTE: SUDOKU

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1		2	3	8				4
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	6	3	4		5	8	7	
5	4		9	2				
	8	7			4			
2				9	8	4		7
4		9				3		

FOREVERWELL ORIENTATIONS

Are you new to the Y? Maybe you'd just like to connect with someone and learn more about what the Y has to offer? Come meet with one of our staff members and learn about fitness offerings, how to register for classes and activities, how to use the machines, tour our facility, and more! Sign up at our Member Services Desk or give us a call in Sturgeon Bay at 920.743.4949 and in Fish Creek at 920.868.3660.



CLASS OF THE MONTH: SILVER SNEAKERS BOOM



Are you an older adult looking for more of a challenge? BOOM incorporates athletic exercises that boost overall fitness and total body conditioning. In this class you will move through several "blocks" which are groups of exercises that focus on different muscle groups for strength and activity-specific drills to improve strength, balance, endurance, and functional skills.

Sturgeon Bay: Mondays and Wednesdays, 9:00am-9:45am with Abby

Kane Center: Wednesdays, 10:15am-11:00am with Bailey

September 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4 Labor Day	5 Fall 1 Session Starts	6	7 Technology Thursday KC @1-2	8	9
10	11	12	13 Wisdom Wednesday SB	14	15	16
17	Crossroads Hike	18 Together Tuesday KC @11	20 Fall Risk Assessment/Fall prevention information	21	22	23
24	25 Eagle Tower & Sentinel Trail Hike	26 Together Tuesday KC @11	27 Wisdom Wednesday KC	28 Technology Thursday @10-11 Book Club SB @11:45	National Ice Cream Day	Autumnal Equinox
29						
30						

NOTES

Sturgeon Bay Events (SB) will be in orange

Kane Center Events (KC) will be in blue

Events or days happening at both locations or offsite will be in black

DOOR COUNTY RESOURCES

NAME	PHONE	ADDRESS	WEBSITE
Adult Protective Services (Elder Abuse)	24/7: 2.833.586.0107 Local: 920.746.7155	421 Nebraska Street Sturgeon Bay, WI 54235	https://www.co.door.wi.gov/349/Adult-Protective-Services-Program
Advocates in Home Care	920.746.2000 877.746.2001	111 Michigan St Sturgeon Bay, WI 54235	https://advocatesforindependentliving.org/
Aging & Disability Resource Center	920.746.2372	916 N. 14th Ave. Sturgeon Bay, WI 54235	https://www.adrcdoorcounty.org/
Alzheimer's Association	24/7: 800.272.3900 GB Office: 920.469.2110	2700 Vernon Dr. Ste. 340 Green Bay, WI 54304	https://www.alz.org/wi/about-us
DCMC Senior Life Solutions	920.746.3778	Door County Medical Center	https://www.dcmedical.org/medical-services/senior-life-solutions
Do Good Door County	920.659.5159	185 E. Walnut St Sturgeon Bay, WI 54235	https://dogooddoorcounty.org/
Door County Courier	920.559.0339	359 Louisiana St #325 Sturgeon Bay, WI 54235	https://www.doorcountycourier.com/
Learning in Retirement	920.498.5444	2740 West Mason St Green Bay, WI 54303	https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir
Mental Health Crisis Hotline	988		
Neighbor to Neighbor	920.743.7800	62 S. 3rd Avenue P.O. Box 626 Sturgeon Bay, WI 54235	https://neighbor-to-neighbor.org/

DOOR COUNTY FOOD PANTRIES

NAME	PHONE	ADDRESS	WEBSITE
Door of Life	920.421.1253	2731 Hwy 42 Sister Bay, WI 54234	https://www.co.door.wi.gov/349/Adult-Protective-Services-Program
Feed & Clothe My People	920.743.9053	204 North 14th Avenue Sturgeon Bay, WI 54235	feedmypeopledoorcounty.com
Holy Name of Mary	920.493.5055 920.493.6867	7491 County Road H Sturgeon Bay, WI 54235	www.holynameofmary.church
Koinonia Kupboard at First Baptist Church	920.854.2544	2622 S Bayshore Drive Sister Bay, WI 54234	www.firstbaptistsisterbay.com
Lakeshore CAP	920.743.0192	131 S 3rd Avenue Sturgeon Bay, WI 54235	www.lakeshorecap.org
Shepherd of the Bay	920.854.2988	11836 Hwy 42 Ellison Bay, WI 54202	www.shepherdofthebay.org
Stella Maris	920.868.3241	4019 State Highway 42 Fish Creek, WI 54212	www.stellamarisparish.com
Sturgeon Bay Community Church	920.746.9587	620 N 12th Avenue Sturgeon Bay, WI 54235	www.sbcommunitychurch.com