



ForeverWell Newsletter



SAVE THE DATES



WISDOM WEDNESDAY

- Sturgeon Bay 12/6 @ 11:30
 - Get into the holiday spirit and create your own hot chocolate bombs
REGISTRATION REQUIRED
- **Christmas Party**
 - Sturgeon Bay 12/19 @11
 - Kane Center 12/20 @11

TOGETHER TUESDAY

- Sturgeon Bay 12/5, Social Lounge @ 11:00
- Kane Center 12/12, Social Lounge @ 11am
Wreath Making with Bonnie
REGISTRATION REQUIRED
- No Together Tuesday on 12/26 due to the holiday

Soup Day

- Sturgeon Bay 12/11

BOOK CLUB - will resume in January

NATIONAL DAYS



National Hot Cocoa Day December 13th

Come enjoy a warm cup of hot cocoa by the fire while supplies last.



A NOTE FROM ABBY & MAE

Happy Holidays! We have lots of upcoming events for you to enjoy this holiday season here at the YMCA. From wreath making to snowshoeing to enjoying hot chocolate with your friends in front of our cozy fire, there is no shortage of activities this December. We are grateful for this wonderful community and are looking forward to continuing to celebrate these important times of year with you all. Don't forget to carve out some time to take care of yourself this time of year just like you care for those around you!

WHAT'S HAPPENING AT THE Y



HOLIDAY ACTIVITIES

- **Christmas Party 12/19 @11:00 Sturgeon Bay**
 - Bring a dish to pass if you'd like and enjoy some holiday activities like cookie decorating and more.
- **Christmas Party 12/20 @11:00 Kane Center**
 - Bring a dish to pass if you'd like and enjoy some holiday activities like cookie decorating and more.
- **Movie Monday 12/18 @11:30 Sturgeon Bay and Kane Center**
 - Get in the holiday spirit with a Christmas movie and popcorn
- **Wreath Making 12/12 @11:00 Kane Center**
- **Create Hot Chocolate Bombs 12/6 @11:30 Sturgeon Bay and Kane Center**

SOUP DAY

The Door County YMCA is hosting its annual Soup Day on December 11 where members, staff, and local businesses can donate soup. We then sell the soup to members and guests for a profit to benefit the Annual Campaign. We ask donors to make enough soup to fill 10 pint-sized containers.

OUTDOOR ENGAGEMENT OPPORTUNITIES

Join us for a fun afternoon enjoying the great outdoors! In December our hiking/ snowshoeing group will meet at Newport State Park for a scenic route in the park. We will either be hiking or snowshoeing depending on the weather. We will get together rain, snow or shine!

12/11 @ 12pm Guide: Kim DeCock

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 in January and run twice a week Tuesdays and Thursdays from 1-2:30 for 12 weeks. For more information contact Abby Tesch (920) 743-4949 atesch@doorcountyyymca.org

FOREVERWELL AMBASSADORS

Are you looking for a fun way to help at the Y? We are looking for volunteer ForeverWell Ambassadors. As an ambassador you can help with Together Tuesday, nature hikes, be a friendly face in class for new members, and more. Contact Abby or Mae for more information

CLASS OF THE MONTH: KNEE AND HIP



Is a joint replacement in your future? Have you already had a knee or hip replaced and want to sustain the gains that you have already made? This class will improve your chances for a great outcome! Joint collaborative program with Door County Medical Center including periodic visits from the therapists and working with the YMCA certified trainers. Referral forms to be filled out prior to attending class.

Sturgeon Bay:

- Aquatic Knee and Hip • M/W 11:30-12:15
- Land Knee and Hip • T/Th 11:45-12:30

Kane Center:

- Land Knee and Hip • T/Th 11:15-12:00

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.



Christmas Word Search Puzzle

Courtesy of Christmas-Projects.com



TYULETIDEMCHRISTMASLIGHTSPACBNG
 NSLIHAOAHVHSNBGESNOWFLAKEBDKHCI
 CRHDVCGSCTIGNTOMOTATHREEWISEMEN
 STOYSYUHAOMEDHEWNUTCRAACKERVFJWG
 CNLBJCMEYSNCBORNAMENTSUZSWIYZIE
 JOLLYARRUDEHALGAKIGLYMOECRAEOCR
 ITYOJWADXNYEMISTLETOEOELSEHSLLEB
 NSCANDYCANESCDFVGRYPNDOPDURNSAR
 GOBPUACHRISTMASTREEMNGLSTREMNGE
 LCSCROOGEBLNDYCAITNAIAGTREASTYA
 ETGTWDMBVSEULSEVNHCECSFEKRECNAD
 BSNHIAEEFUITVCJRKTSEILUCDNHOIRM
 EILJRHTMRHGSHAEFEMASGEHOQUCOAIA
 LWKFUYZNERHCDISWBGRCGEVERNAKUKN
 LECAEPWVSAYVEQUJBTNALNCSRSITAE
 SOOINREINDEERHSAOECARAHOEEMOEAPV
 NHTNYEVXRNTNSUMEIKUOMCUECHVSARI
 LMSOGSAETAESPODFAVMWSIHSILESINIT
 CEDBUEUNATIVITYOFSOJACKFROSTUHS
 UOGBTNHCOEYKRMUTLNORTHPOLECFWRE
 PSWINTERSLTEISDYSSENSASWRUKRNAF
 IEFRESVOIWRSTZOMTCHLROUCLYMOIRC
 DKLTLLULMEUEPRANCEROGARLANDASETA
 JOSTVYAEAOUIHBNITREICTOEBWITYRG
 NAPWEFRXDELCMZEPALRANEZVOXTYNOJ
 CHRISTMASDINNERCDEFBLITZENDFIMK

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|--------------|------------------|------------------|----------------|----------------|
| Angels | Bells | Blitzen | Bow | Candles |
| Candy Canes | Cards | Carols | Cheer | Chestnuts |
| Chimney | Christmas Dinner | Christmas Lights | Christmas Tree | Church |
| Comet | Cookies | Cupid | Dancer | Dasher |
| Donner | Elves | Family | Festive | Fireplace |
| Frosty | Garland | Gingerbread Man | Holidays | Holly |
| Ivy | Jack Frost | Jesus | Jingle Bells | Jolly |
| Joy | Manger | Merry | Mistletoe | Nativity |
| Noel | North Pole | Nutcracker | Ornaments | Peace |
| Prancer | Presents | Reindeer | Ribbon | Rudolph |
| Santa Clause | Scrooge | Season | Sled | Sleigh |
| Snowflake | Snowman | Spirit | Stockings | Three Wise Men |
| Tinsel | Toys | Vixen | Winter | Wreath |

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



December 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
			Wisdom Wednesday (Hot Chocoalte Bomb) SB @11:30			
10	11	12	13	14	15	16
	Soup Day SB Newport State Park Hike	Together Tuesday @11 S				
17	18	19	20	21	22	23
			National Hot Cocoa Day			
24	25	26	27	28	29	30
	Movie Monday	Christmas Party @11 SB	Christmas Party @ 11 ND			
Christmas Eve	Christmas Day					
31	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					
New Year's Eve						



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/
Door County Learning in Retirement NWTc	920.498.5444	229 North 14th Avenue Sturgeon Bay, WI 54235	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.holynamenameofmary.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