



ForeverWell Newsletter



A NOTE FROM FOREVERWELL TEAM

It may be cold and snowy outside but there are plenty of activities to warm you up at the Y in February. February is American Heart Month! Take care of your heart and try a new class this month, learn about phishing scams targeted at older adults, enjoy some fondue, or meet some new friends at Together Tuesday!

We look forward to seeing you at the Y!

SAVE THE DATES



WISDOM WEDNESDAY

Fondue Party

- Enjoy a fondue party! The Y will be supplying the cheese and chocolate. Bring some food you'd like to dip. Sign up online or at the front desk.

- **Sturgeon Bay 2/14 @ 11:30**

Stay Safe from Phishing with Quantum Technologies

- Quantum will be discussing common phishing scams and how to identify them and protect your security

- **Kane Center 2/21 @ 11:00**

Together Tuesday

- **Sturgeon Bay 2/6, 2/20**
 - Social Lounge @ 11:00
- **Kane Center 2/3, 2/27**
 - Social Lounge @ 11:00

Book Club

- **Sturgeon Bay 2/29**
 - Community Room

NATIONAL DAYS

National Wear Red Day 2/2



Wear red to your classes on Friday to bring greater attention to heart disease.

WHAT'S HAPPENING AT THE Y



OUTDOOR ENGAGEMENT OPPORTUNITIES

Join us for a fun afternoon enjoying the great outdoors! In February our hiking/snowshoeing group will meet at the Legacy Nature Preserve at Clay Banks Land Trust 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!

2/19 @ 12pm

Guide: Kim DeCock

Register online or at the front desk!

ANNUAL COMMUNITY BREAKFAST

Join us for our Annual Community Breakfast on Thursday, February 15th at Stone Harbor Resort. This event is the kick-off to our Annual Campaign and is a great way for us to share the impact that the YMCA has on the people in our community. Check In and Breakfast begin at 7:30 a.m. with a program to begin at 8:00 a.m.

Register online or at the front desk!

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: SILVER SNEAKERS BOOM MUSCLE



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:

- Monday & Wednesday - 9am-9:45am with Abby

Kane Center:

- Wednesday - 10:15am-11am with Bailey

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

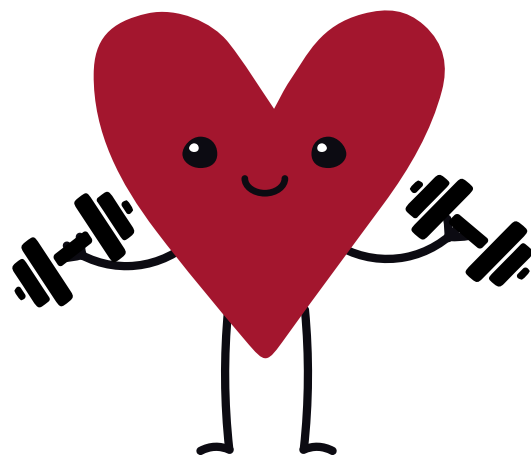
Be with nature. Take time to take even a short walk or breathing break in the fresh air. Grab a little bit of sunshine even if temperatures are low.

9 WAYS TO PROMOTE HEART HEALTH

1. Eat a Balanced Diet
 - Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars
2. Exercise Regularly
 - Engage in physical activity for at least 150 minutes per week
3. Quit Smoking
 - If you smoke, seek support to quit smoking!
Smoking is a major risk factor for heart disease
4. Manage Stress
 - Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart
5. Monitor Blood Pressure
 - Check your blood pressure regularly and with your healthcare provider to manage it within a healthy range
6. Control Cholesterol
 - Maintain healthy cholesterol levels by following a heart-healthy diet and if necessary, taking prescribed medications
7. Maintain a Healthy Weight
 - Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity
8. Limit Alcohol Consumption
 - If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems
9. Get Adequate Sleep
 - Aim for 7-9 hours of quality sleep per night to support heart health

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.





Valentines Day



F K H S W F E B R U A R Y M D R M
 X J L K J T A L S N O O L L A B G
 O K D K W O R R A Q U D X Y R N M
 K P A N C L W D E R Z C A Y I B U
 D E N S S E N I P P A H G O M E W
 F D P S O U L M A T E B N W O W B
 L L D Q C P G W V P S T K U Y L X
 O B R C X H K U E T A D R E V O L
 W S W E E T H E A R T D R O S E S
 E J E W E L R Y Z F G C P W L Y O
 R P I N K K X N B X B S U A G Q S
 S T R E L A T I O N S H I P Y T T
 H N S Y D N A C E N I M E B I U R
 P I J P A E T A L O C O H C X D A
 J A K Q E U Y R C A R D S A H J E
 L S G U H Q Y V A L E N T I N E H
 D T G F W V W M R A E B Y D D E T

Arrow

Balloons

Be Mine

Candy

Cards

Chocolate

Cupid

Date

February

Flowers

Happiness

Hearts

Hugs

Jewelry

Love

Pink

Red

Relationship

Roses

Saint

Soulmate

Sweet Heart

Teddy Bear

Valentine

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Sturgeon Bay Events (SB) will be in orange Kane Center Events (KC) will be in blue	1	2 Wear Red Day	3
4	5	6 Together Tuesday @11 SB	7	8	9	10
11	12	13 Together Tuesday @11 KC	14♥ Fondue Party	15 Community Breakfast	16	17
18	19 Guided Snowshoe Hike	20 Together Tuesday @11 SB	21 Wisdom Wednesday @ 11 KC	22	23	24
25	26	27 Together Tuesday @11 KC	28	29		

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/
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