



ForeverWell Newsletter



A NOTE FROM FOREVERWELL TEAM

Happy New Year! Hopefully you are just as excited as we are for the next year of programming. January can be long and cold but there's no shortage of activities at the Y come check them out! This month we have some awesome activities planned for you including but not limited to trust/estate planning, nutrition guidance, bingo, Together Tuesdays, and a winter hike.

We look forward to seeing you at the Y!

SAVE THE DATES



WISDOM WEDNESDAY

Living Trusts with Pinkert Law Firm

- Do you have a living trust? If so, when did you last review it? Come learn more about the importance of a trust, and what a trust entails.
 - Sturgeon Bay 1/10 @ 11:30
 - Kane Center 1/17 @ 11:30

Together Tuesday

- Sturgeon Bay 1/2, 1/16
 - Social Lounge @ 11:00
- Kane Center 1/9, 1/23
 - Social Lounge @ 11:00

Book Club

- Sturgeon Bay 1/25
 - Community Room

Bingo

- Sturgeon Bay
 - Community Room 1/29 @ 11:30

Soup Day

- Kane Center 1/15

NATIONAL DAYS



National Popcorn Day 1/19

Enjoy some delicious popcorn and celebrate National Popcorn Day on Friday January 19th.

WHAT'S HAPPENING AT THE Y



NUTRITION COACHING

Looking to get back on track with nutrition in 2024? Come learn more about nutrition and healthy eating habits in Sturgeon Bay Thursday 1/25 at 11:30. Contact Abby Tesch for more information.

OUTDOOR ENGAGEMENT OPPORTUNITIES

Join us for a fun afternoon enjoying the great outdoors! In December our hiking/ snowshoeing group will meet at Potawatomi 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!

1/15 @ 12pm

Guide: Kim DeCock

Register online or at the front desk!

SOUP DAY AT THE KANE CENTER JANUARY 15TH!

The Door County YMCA is hosting its annual Soup Day at the Kane Center on January 15 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.

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: MOVING FOR BETTER BALANCE



Moving for Better Balance is a 12 week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi. Research has shown that participants in Tai Chi classes decreased their risk of falling by 55%.

Sturgeon Bay: FREE TRY IT • Jan 2 and Jan 4 9:15

- Tuesdays and Thursdays 9:15-10:15 with Sarah and Abby

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.

Name: _____

Date: _____

NEW YEAR'S EVE WORD SEARCH



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

RESOLUTIONS
CHEERS
CALENDAR
FATHER TIME
HUGS
MASK

FOOD
BALLOONS
FIREWORKS
NOISE
DANCE
MUSIC

JANUARY
HATS
SONGS
CONFETTI
GOALS
TWELVE

NEW YEAR
COUNTDOWN
CLOCK
PARTY
MIDNIGHT
CELEBRATION

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