



ForeverWell Newsletter



SAVE THE DATES

WISDOM WEDNESDAY

Sturgeon Bay: November 8, 11:15am

Art for Wellness with Becky Brown

Kane Center: November 15, 11:00am

Travel Tips with Ann Vander Wyst



TOGETHER TUESDAY

Sturgeon Bay: November 7 & 21, 11:00am

Kane Center: November 14 & 28, 11:00am

BOOK CLUB

Sturgeon Bay: November 30, 11:45am

OUTDOOR ENGAGEMENT

Peterson Park • November 15, 10:30am

Register online or at the Y

NATIONAL DAYS



THANKFUL NOVEMBER

Take time to be thankful this month! Write down something you're thankful for and it will be posted on our Gratitude wall for the month of November.



A NOTE FROM ABBY & MAE

As the holiday season starts soon, we wanted to take a moment to share our gratitude! The Y wouldn't be the same without each and every one of you. Thank you for supporting the Y and being engaged with ForeverWell! We hope you take this month to think about everything you're thankful for in your life. We are excited for what the holiday season will bring for ForeverWell! We have a lot of great ideas to get you in the holiday spirit. We can't wait to see you at the Y this month!

WHAT'S HAPPENING AT THE Y



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

WISDOM WEDNESDAYS

Did you know that art can make us healthier? Studies show that creative activities decrease depression, reduce stress, improve problem solving abilities, help us process emotions and generally make us feel good! Join us for a chance to exercise your creative muscles as we put a unique spin on Grant Wood's iconic painting, American Gothic. No art skills? No problem! This activity is more about the experience of thinking creatively and having fun with art materials than producing a masterpiece. (Although, you just might!)

OUTDOOR ENGAGEMENT OPPORTUNITIES

Come join us for a laid back walk through the Peterson Park trail. We will be meeting at the outdoor classroom. This hike will take place 10:30-11:30 on November 15th. Register online or at the Y.

THANKSGIVING FEAST

Join us for a ForeverWell Thanksgiving Feast! On November 21st at 11:00 in Sturgeon Bay, we will be holding a potluck. Bring your favorite Thanksgiving dish to pass and join your friends as we come together to celebrate the friendships that the YMCA has created. There will be activities and great conversations. For more information or questions please Abby at (920) 743-4949.

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 on Tuesdays and Thursdays from 1:00pm-2:30pm 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.

CLASS OF THE MONTH: CHAIR YOGA



Using guided meditation, students will improve their flexibility, strength and balance as they develop stronger back and abdominal muscles. The exercises are performed in a safe, controlled manner, using a chair as part of the class. Great for individuals new to yoga or with experience.

Sturgeon Bay: Mondays 10:15am-11:15am with Suzanne H.

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: 10 WAYS TO LOVE YOUR BRAIN

November is Alzheimer's Awareness Month! There are over 6 million Americans living with Alzheimer's disease. While there is no cure for Alzheimer's, there are ways you can love your brain! Here are 10 ways to love your brain from the Alzheimer's Association.

1. Engage in regular exercise that increases blood flow to the brain. This is linked to a reduced risk of cognitive decline
2. Hit the books! Formal education in any stage of life will help reduce your risk of cognitive decline and dementia! Come check out a wisdom Wednesday or take a class through LIR.
3. Quit Smoking! Evidence shows that smoking can increase risk of cognitive decline.
4. Take care of your heart! Evidence shows that risk factors for cardiovascular disease and stroke like obesity, high blood pressure, and diabetes negatively impact your cognitive health.
5. Wear a seat belt and a helmet! Brain injury can raise your risk of cognitive decline
6. Fuel Up! Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
7. Get some Sleep! Not getting enough sleep may result in problems with memory and thinking.
8. Take care of your Mental health! Studies link a history of depression with increased risk of cognitive decline.
9. Buddy up! Staying socially engaged may support brain health. Come check out the social engagement opportunities through ForeverWell.
10. Stump yourself! Challenge and activate your mind! Challenging your mind may have short and long term benefits for your brain.

https://www.alz.org/help-support/brain_health/10_ways_to_love_your_brain



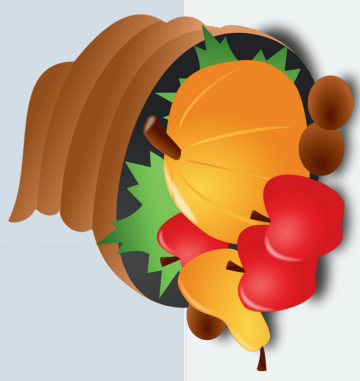
FOREVERWELL ORIENTATIONS

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.



November 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
Daylight Saving Time Ends		Together Tuesday @11 SB	Wisdom Wednesday SB			Veterans Day
12	13	14	15	16	17	18
		Peterson Park Walk 10:30-11:30 SB				
19	20	21	22	23	24	25
		Together Tuesday @ 11	Wisdom Wednesday @ 11			
26	27	28	29	30		
		Thanksgiving Feast @11 SB		Thanksgiving Day		
		Together Tuesday @11 ND				



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/
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