



# ForeverWell Newsletter



## SAVE THE DATES



### WISDOM WEDNESDAY

Sturgeon Bay: October 11, 10:00am

LaReina Tipping- Brain Center of Green Bay: Pillars of Brain Health

Kane Center: October 18, 11:00am • DCMC Senior Life Solutions- Depression: Men vs Women

### TOGETHER TUESDAY

Sturgeon Bay: October 3 & 31, 11:00am

Kane Center: October 10 & 24, 11:00am

### BOOK CLUB

Sturgeon Bay: October 26, 11:45am

### TECH THURSDAY

Sturgeon Bay: October 26, 10:00am-11:00am • Community Room

Kane Center: October 5, 1:00pm-2:00pm Social Lounge

### OUTDOOR ENGAGEMENT

White Cliff Nature Preserve Hike • October 16  
Register online or at the Y

## NATIONAL DAYS

### NATIONAL PUMPKIN DAY: OCTOBER 26

Get into the fall spirit and decorate your own pumpkin at the Y. Register at the front desk or online!



## A NOTE FROM ABBY & MAE

Happy October! Fall brought a lot of change to the YMCA. Our ForeverWell classes and engagement opportunities are in full swing. We have enjoyed connecting with you all and offering different ways to be active at the Y. The new facility is officially open in Sturgeon Bay! Thank you for all of your patience and support throughout the construction. We have a lot of exciting things planned for October! We hope to see you soon.

## 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

Learn about the key habits and protective measures under your control to promote healthy aging and maintain good cognitive health throughout life. Key presentation points will include brain foods and nutrition, brain and body benefits of physical exercise and restorative sleep, appropriate stress management and social stimulation as well as avoidance of toxins. Become aware of neuroplasticity - our brain's amazing ability to adapt, change and create new pathways in response to experiences, new information or damage. Come Learn more 10/11 at 10:00 AM in Sturgeon Bay.

### HALLOWEEN PARTY

Come join us for a Halloween Party! There will be fun activities and food. Feel free to bring a spooky dish to share. The Halloween party will take place in Sturgeon Bay from 11-12 on October 31st.

### OUTDOOR ENGAGEMENT OPPORTUNITIES

White Cliff Nature Preserve hike is tentatively set for 10/16 for more details or to sign up contact Abby Tesch (920) 743-4949 [atesch@doorcountyyymca.org](mailto:atesch@doorcountyyymca.org)

### 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](mailto:atesch@doorcountyyymca.org) or Mae Daniels at the Kane Center at 920.868.3660 or [mdaniels@doorcountyyymca.org](mailto:mdaniels@doorcountyyymca.org).

## CLASS OF THE MONTH: FOREVERWELL STRENGTH



Wanting to build strength but not sure where to start? Come join us for ForeverWell Strength. The Instructor will help you focus on muscular strength, balance, and increased mobility.

Sturgeon Bay:

Monday 7:50-8:25 with Dwight

Thursday 8:50-9:25 with Mary Claire

Friday 7:50-8:25 with Abby

Kane Center:

Monday 9:15-10:00 with Bonnie

Wednesday 9:15-10:00 with Bonnie

## 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: CROSSWORD PUZZLE

## Across

1. Peter I, for one
5. Border plant
10. Call to a mate
14. Altar locale
15. Gibson garnish
16. Ice cream treat
17. Quarterback's option
18. Girder material
19. Comedienne Imogene
20. "Halt!"
21. Verse of four measures
23. Show fear
25. Dead letters?
26. Kind of cord
28. Chill out
33. Unrefined
34. Energize (with "up")
35. Block
36. Hourly charge
37. Stake
38. Look after
39. Chowd down
40. Neglected boy
41. Abstain
42. From the age of chivalry
44. Plow's trail
45. "Gosh!"
46. Heart line
47. Smelly pranks
52. Desire
55. Fashion designer Chanel
56. Circa
57. Showy flower

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55					56						57			
58					59						60			
61					62						63			

58. Unpleasant emanation
59. Hangman's knot
60. Air show stunt
61. Strengthen, with "up"
62. Dissuade
63. Kitty starter

## Down

1. Last call?
2. Cross words
3. Kind of press
4. Answer
5. Inexpensive lodging
6. Script direction
7. South Beach, for one
8. Suffix with theater

9. Darkroom apparatus
10. Click the OK button
11. Knee-slapper
12. Enough, for some
13. Academic period
22. Personal air
24. Is no longer
26. "Beat it!"
27. Go on and on
28. Watch
29. Square
30. Mental lapse
31. Ballroom dance
32. Fund
34. Buddhist leader
37. Range of frequencies
38. Tex-Mex staple
40. Nerdy one
41. PETA peeve
43. Slight, in a way
44. Encourage
46. Bullying, e.g.
47. Kilt wearer
48. Type of list
49. Desktop feature
50. Double-reed instrument
51. Kind of court
53. Congeal
54. Hoopla

# October 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
<p><b>NOTES</b></p> <p>Sturgeon Bay Events (SB) will be in orange</p> <p>Kane Center Events (KC) will be in blue</p> <p>Events or days happening at both locations or offsite will be in black</p>						



## DOOR COUNTY RESOURCES

NAME	PHONE	ADDRESS	WEBSITE
<b>Adult Protective Services (Elder Abuse)</b>	24/7: 2.833.586.0107 Local: 920.746.7155	421 Nebraska Street Sturgeon Bay, WI 54235	<a href="https://www.co.door.wi.gov/349/Adult-Protective-Services-Program">https://www.co.door.wi.gov/349/Adult-Protective-Services-Program</a>
<b>Advocates in Home Care</b>	920.746.2000 877.746.2001	111 Michigan St Sturgeon Bay, WI 54235	<a href="https://advocatesforindependentliving.org/">https://advocatesforindependentliving.org/</a>
<b>Aging &amp; Disability Resource Center</b>	920.746.2372	916 N. 14th Ave. Sturgeon Bay, WI 54235	<a href="https://www.adrcdoorcounty.org/">https://www.adrcdoorcounty.org/</a>
<b>Alzheimer's Association</b>	24/7: 800.272.3900 GB Office: 920.469.2110	2700 Vernon Dr. Ste. 340 Green Bay, WI 54304	<a href="https://www.alz.org/wi/about-us">https://www.alz.org/wi/about-us</a>
<b>DCMC Senior Life Solutions</b>	920.746.3778	Door County Medical Center	<a href="https://www.dcmedical.org/medical-services/senior-life-solutions">https://www.dcmedical.org/medical-services/senior-life-solutions</a>
<b>Do Good Door County</b>	920.659.5159	185 E. Walnut St Sturgeon Bay, WI 54235	<a href="https://dogooddoorcounty.org/">https://dogooddoorcounty.org/</a>
<b>Door County Courier</b>	920.559.0339	359 Louisiana St #325 Sturgeon Bay, WI 54235	<a href="https://www.doorcountycourier.com/">https://www.doorcountycourier.com/</a>
<b>Door County Learning in Retirement NWTc</b>	920.498.5444	229 North 14th Avenue Sturgeon Bay, WI 54235	<a href="https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir">https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir</a>
<b>Mental Health Crisis Hotline</b>	988		
<b>Neighbor to Neighbor</b>	920.743.7800	62 S. 3rd Avenue P.O. Box 626 Sturgeon Bay, WI 54235	<a href="https://neighbor-to-neighbor.org/">https://neighbor-to-neighbor.org/</a>

## DOOR COUNTY FOOD PANTRIES

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