



ForeverWell Newsletter



A NOTE FROM FOREVERWELL TEAM

Are you looking for a way to get more involved in the Y this month? We are looking for volunteers to help with our ForeverWell events and become ambassadors. Does this sound like something you would be interested in? Contact Abby for more information. We have some exciting things planned this month! Get ready for spring and plant a flower, Learn more about some interesting topics at our Wisdom Wednesdays, enjoy some fresh air on our monthly nature hike, and so much more.

We look forward to seeing you at the Y!

SAVE THE DATES



- **Wisdom Wednesday:**
 - **Sturgeon Bay 3/13 @ 11:30**
 - **Senior Life Solutions**
 - **Kane Center 3/20 @ 11:00**
 - **Mindful Meditation**
- **Together Tuesday**
 - **Sturgeon Bay 3/5, 3/19**
 - **Social Lounge @ 11:30**
 - **Kane Center 3/12, 3/26**
 - **Social Lounge @ 11:00**
- **Book Club**
 - **Sturgeon Bay 3/21**
 - **Community Room**

NATIONAL DAYS



National Plant a Flower Day March 12th @ 11:30

Spring is right around the corner and we are anxious to see those beautiful spring flowers. Join us on March 12th for National Plant a Flower Day. Registration Required
\$5 Donation Appreciated

WHAT'S HAPPENING AT THE Y



Outdoor Engagement Opportunities

Join us for a fun afternoon enjoying the great outdoors! This month's hike will be at Door County Landtrust - Heins Creek Nature Preserve.

March 18 at 12 pm

Guide: Kim DeCock

Register online or at the front desk!

ForeverWell Ambassador

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.

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

CLASS OF THE MONTH: STEPPING ON



Stepping On is an evidence-based fall prevention program created by the Wisconsin Institute of Healthy Aging. In this 7-week class, participants will explore a variety of topics that pertain to falls. Each week a different guest expert will educate on fall prevention. Participants will also learn how to identify fall risks in their home and community and how to prevent them. This class is FREE for all. Contact Abby for more information! We will be starting our next session in April.

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.

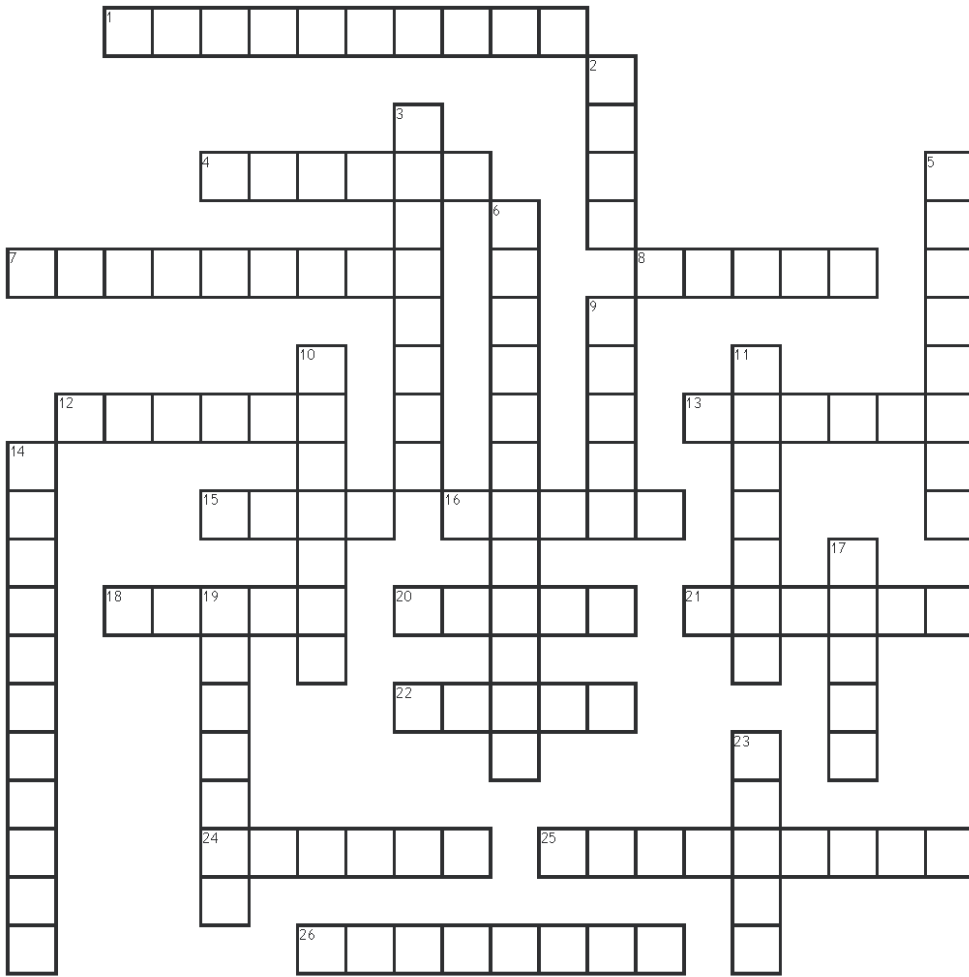
COMMUNITY

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.

St. Patrick's Day



Across

1. A mischievous elf in Irish Folklore
 4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.
 7. To publicly party
 8. The Celtic language of Ireland
 12. A plant of the genus *Trifolium*
 13. March in a procession
 15. Something likened to the metal in brightness or preciousness
 16. A month of a year
 18. Resembling the color of growing grass

20. An occasion on which people can assemble for social interaction and entertainment
 21. A staple food of Ireland
 22. Occurring by chance
 24. A story about mythical or supernatural beings or events
 25. An inherited pattern of thought or action
 26. Another word for 3-leaf clover

Down

2. Invoke upon
 3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.
 5. A special kind of clover

6. Christian missionary and bishop in Ireland
 9. Any art that invokes supernatural powers
 10. Achieved independence from the UK in 1921
 11. An arc of colored light in the sky caused by refraction of the sun's rays by rain
 14. The day of the month of St Patrick's day
 17. A small being, human in form, playful and having magical powers
 19. Highly valued as a gemstone
 23. A form of money

MARCH 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5 Together Tuesday @11 SB	6	7	8	9
10	11	12 National Plant a Flower Day Together Tuesday @11 KC	13 Wisdom Wednesday @ 11:30 SB	14	15	16
17	18 Nature Hike @ 12	19 Together Tuesday @11 SB	20 Wisdom Wednesday @ 11:00 KC	21	22	23
24	25	26 Together Tuesday @11 KC	27	28	29	30

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.holynameofmary.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