



ForeverWell Newsletter



A NOTE FROM FOREVERWELL TEAM

Spring is here! This month's theme is all about getting involved in your community. Do Good Door County will be coming to talk about The Village model and how you can be involved with it. MatchUp Door County will be talking about its job-matching program. We also want to highlight National Volunteer Month and provide you with opportunities to volunteer within the YMCA and the community. We also want to remind you of our outdoor engagement activities as the weather gets warmer! A lot is going on, we suggest you keep this sheet on the fridge so you can keep track of all the dates.

We look forward to seeing you at the Y!



SAVE THE DATES

- **Wisdom Wednesday:**
 - **Sturgeon Bay 4/10 @ 11:30**
 - **Do Good Door County: The Village Model**
 - **Kane Center 4/17 @ 11:00**
 - **Beth Bartolo: History of Newport State Park**
- **Together Tuesday**
 - **Sturgeon Bay 4/2, 4/16**
 - **Social Lounge @ 11:30**
 - **Kane Center 4/9, 4/23**
 - **Social Lounge @ 11:00**
- **Spring Registration**
 - **Registration for our Spring session opens on 4/15**
- **Senior Health and Wellness Day (Registration opens 4/15)**
 - **Sturgeon Bay 5/15**
 - **Kane Center 5/16**

NATIONAL VOLUNTEER MONTH

April is National Volunteer Month!

The Door County YMCA offers many volunteer opportunities to get involved with. Some opportunities include helping prepare or hand out snack meals, volunteer for events like the Blossom Run or gymnastics meets, assist with our youth sports programs, or help coordinate ForeverWell events.

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 Land Trust - Bay Shore Blufflands.

April 15 at 12 pm

Guide: Kim DeCock

Register online or at the front desk!

MatchUp Door County

Are you looking to get more involved in the community and make a little money on the side? The MatchUp program helps connect you to part-time jobs that fit you.

- Sturgeon Bay Together Tuesday 4/16 @ 11:30
- Kane Center Together Tuesday 4/9 @ 11:00

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.

CLASS OF THE MONTH: STARTER FIT



Starter Fit is an instructor-led 8-week small group orientation for anyone new to fitness and wants help starting. We will teach you how to use all the cardio machines and selectorized strength machines at a slow and steady pace. No matter your fitness experience you will leave with a sense of accomplishment and confidence in the wellness center. Limited space, so register early.

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.

Senior Health and Wellness Day

Save the date for our Senior Health and Wellness Day! Attend multiple breakout sessions about a variety of topics, try out some fitness classes, and enjoy a free lunch.

- Sturgeon Bay: May 15
- Kane Center: May 16

Registration will open on April 15th!

Call or go online to register.

Contact Abby or Mae with questions.

ForeverWell Bus Trips

We are excited to announce that we will be starting up some bus trips this year. Join us as we travel down to Milwaukee for the day on June 12th. We will start our day at the Mitchell Park Domes (also known as the Milwaukee Domes). Enjoy a guided tour of the Desert Dome, the Floral Dome, and the lush Tropical Dome. Next, we'll go to the Public Market for lunch and a little shopping on your own. It's Milwaukee's most unique downtown food destination! Bursting with one-of-a-kind, high-quality selections of artisan and ethnic products and freshly made foods. Included in your cost is a coach bus, admission for the tour, and gratuities.

REGISTER ONLINE OR IN-HOUSE! SPOTS ARE LIMITED!

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.



VOLUNTEER OPPORTUNITIES FOR NATIONAL VOLUNTEER MONTH

YMCA Opportunities

- Get involved in our food program and help prepare the lunches given to kids and seniors in our community.
- Volunteer for events like Blossom Run, Healthy Kids Day, etc
- Volunteer with our childcare center and participate in activities with our Youth
- Volunteer with ForeverWell events
- For more information contact Josh Oberndorfer at (920) 743-4949 or joberndorfer@doorcountyyymca.org.

Community Opportunities

- Check out United Way for a list of organizations looking for volunteers in our community
- Check out our Wisdom Wednesday at the Kane Center on 4/17 to learn about volunteering in Newport State Park.



Spring Time

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

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|-------------|------------|-----------|----------|----------|----------|----------|----------|
| Caterpillar | Refreshing | Butterfly | Baseball | Blooming | Daffodil | Duckling | Hatching |
| Raincoat | Sunshine | Umbrella | Beehive | Flowers | Mothers | Newborn | Outdoor |
| Rainbow | Showers | Weather | Basket | Breezy | Chicks | Clouds | Clover |
| Easter | Farmer | Fluffy | Pastel | Season | Sprout | Alive | April |
| Birds | Boots | Break | Bunny | Clean | Crisp | Daisy | Grass |
| Lilac | Plant | Robin | Sweet | Tulip | Windy | Born | Iris |
| Kite | Lamb | Nest | Rain | Sing | Stem | Worm | Egg |
| May | | | | | | | |



APRIL 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	1	2 Together Tuesday @11:30 SB	3	4	5	6
14	8	9 Together Tuesday @11 KC	10 Wisdom Wednesday @ 11:30 SB	11	12	13
21	15 Nature Hike @ 12	16 Together Tuesday @11:30 SB	17 Wisdom Wednesday @ 11:00 KC	18	19	20
28	22	23 Together Tuesday @11 KC	24	25	26	27
	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.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