



ForeverWell Newsletter



MAY IS MENTAL HEALTH AWARENESS MONTH

1 in 5 older adults experience a mental health concern. Depression and anxiety are not a normal part of aging and there is help available! Senior Life Solutions is a great resource for seniors in our community and there are countless other resources available. You are not alone and it is important to take care of yourself.

SAVE THE DATES



- **Wisdom Wednesday:**
 - Sturgeon Bay 5/8 @ 11:30
 - Senior Life Solutions: Mental Health Bingo
 - Kane Center 5/29 @ 11:00
 - Senior Life Solutions: Mental Health Bingo
- **Mother's Day Bouquet Making**
 - 5/10 @ 11am - Kane Center
- **Together Tuesday**
 - Sturgeon Bay 5/7, 5/21
 - Social Lounge @ 11:30
 - Kane Center 5/14, 5/28
 - Social Lounge @ 11:00
- **Coffee with the CEO**
 - Sturgeon Bay 5/7 @ 11:30
 - Kane Center 5/28 @ 11:00

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 the Ephraim Preserve at Anderson Pond.

May 20 at 12 pm

Guide: Kim DeCock

Register online or at the front desk!

Youth Art Show

Our Sturgeon Bay youth art class is hosting an art show and wants you to be the judge! Come judge at any point on 5/22 and award ribbons for 1st-3rd place. Ask the front desk for more details!

Mother's Day Bouquet Making – May 10

Come make a bouquet for you or someone you love for Mother's Day at the Kane Center. Registration is required, a \$35 fee will cover the cost of supplies.

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 Tuesdays, and nature hikes, be a friendly face in class for new members, and more. Contact Abby or Mae for more information.

CLASS OF THE MONTH: FOREVERWELL STRENGTH



It's never too late to start weight training! The instructor will help you focus on muscular strength, balance and increased mobility. A program for those age 50 and older. Hand weights are utilized during this class (one needs to at least 3lb or less). This class also goes down to the ground for strength work.

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

Call or go online to register.

Contact Abby or Mae with questions.

SPONSORED BY



STURGEON BAY PROGRAM CENTER

- Fall Assessments
- Memory Assessments
- Skin Cancer Screens
- Benefits of Anti-Inflammatory Foods
- Senior Life Solutions Presentation
- Silver Sneakers BOOM
- Guided Meditation
- Advanced Directives
- Preparing for Retirement
- Fall Prevention Class
- Chair Yoga
- Caring for Our Feet as We Age
- CredibleMind Door County
- Twinges
- Silver Sneakers Classic
- YMCA Weight Loss Program

KANE CENTER

- Fall Assesments
- Memory Assessments
- Skin Cancer Screens
- Tick Bite Presentation
- Senior Life Solutions Presentation
- Memory Questions Answered
- Silver Sneakers BOOM
- Benefits of Anti-Inflammatory Foods
- CredibleMind Door County

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!

Pricing:
Members: \$75
Community
Members: \$95



Mitchell Park Domes

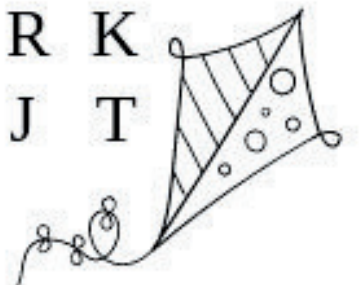


Milwaukee Public Market

SPRING



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



BUMBLEBEE
BUNNY
BUTTERFLY
CATERPILLAR
CHICK

DUCKLING
EASTER
EGGS
FLOWERS
GRASS

GREEN
GROW
LAMB
NEST
ROBIN

ROSES
SEEDS
SHOWERS
SUNSHINE
TULIP
WORMS



MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5			1	2	3	4
12	6	7 Coffee with the CEO @11:30 SB	8 Wisdom Wednesday @ 11:30 SB	9	10 Bouquet Making @11 KC	11
19	13	14 Together Tuesday @11 KC	15 Senior Health and Wellness Day SB	16 Senior Health and Wellness Day KC	17	18
26	20 Nature Hike @ 12	21 Together Tuesday @11:30 SB	22 Youth Art Show Judging SB	23	24	25
	27	28 Coffee with the CEO @11 KC	29 Wisdom Wednesday @ 11 KC	30	31	

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