



ForeverWell Newsletter



SAVE THE DATES



- **Together Tuesday**
 - Sturgeon Bay 6/4, 6/18
 - Social Lounge @ 10:00
 - Kane Center 6/11, 6/25
 - Social Lounge @ 11:00
- **Peterson Park Walk**
 - Sturgeon Bay 6/5 @ 10:30am
 - Meet at the entrance by Iowa Street
- **Wisdom Wednesday:**
 - Sturgeon Bay 6/5 @ 11:30
 - ADRC Elder Benefits Specialist: Navigating Medicare
 - Kane Center 6/19 @ 11:00
 - In Depth Insects with Donna Danielson
- **Tech Talks with Quantum Technologies**
 - Sturgeon Bay: 6/5 @ 10:00am
 - Kane Center: 6/26 @ 11:00am

JUNE 20 IS NATIONAL ICE CREAM SODA DAY

Join us at the outdoor classroom on June 20th at 11:00am for some ice cream soda! Enjoy the warm sun and the company of fellow Y members!

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 Lautenbach Woods Nature Preserve.

June 17 at 12 pm

Guide: Kim DeCock

Register online or at the front desk!

Tech Talks with Quantum Technologies

Starting in June we will be hosting Quantum Technologies once a month at each program center to talk about different topics relating to technology and answer any questions.

- Sturgeon Bay: 6/5 @ 10:00am
- Kane Center: 6/26 @ 11:00am

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.

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: SILVER SNEAKERS BOOM



Are you an older adult looking for more of a challenge? BOOM incorporates athletic exercises that boost overall fitness and total body conditioning. In this class, you will move through several "blocks" which are groups of exercises that focus on different muscle groups for strength and activity-specific drills to improve strength, balance, endurance, and functional skills.

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

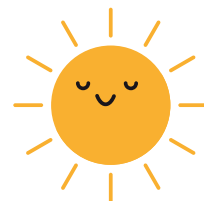
Introduce yourself to a Y member you don't know. • Learn a new card game at the Y with other FW members who will teach you.

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.



Summer Fun



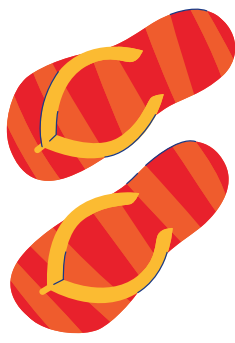
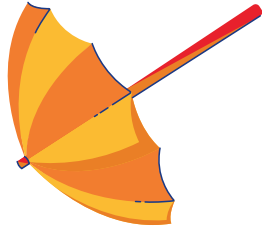
Z U K G T P G E C R P Y V L L H Y D S I O V U E
F J I Z O N C U D B Z T D Z K E P S U Y P J G L
U J W G J U D E P X G W Z A K Z Z Y N M R W A C
S P S P F C I N C I P M A W Q D N Z S L I C I I
T D T U Q S Y F B I F S H Z H X O G C T N S P S
V S D M J K G U Y M X Y P B E A C H R D E U S P
I O F B B V E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

SANDCASTLE
SUNSCREEN
POPSICLE
COOKOUT
FRIENDS
SWEAT

SUNGLASSES
SPRINKLER
SUNSHINE
CAMPING
PICNIC
BIKE

HAMBURGERS
VACATION
ICECREAM
OUTSIDE
SUMMER
POOL

WATERMELON
SWIMSUIT
SWIMMING
HOTDOGS
BEACH
HOT



JUNE 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Together Tuesday @ 10:00 SB	5 Peterson Park @ 10:30 Wisdom Wednesday @ 11:30 SB Tech Talk @ 10:00	6	7	8
9	10	11 Together Tuesday @ 11 KC	12 Milwaukee Bus Trip	13	14	15
16	17 Nature Hike @ 12	18 Together Tuesday @ 10:00 SB	19 Wisdom Wednesday @ 11 KC	20	21	22
23	24	25 Together Tuesday @ 11 KC	26 Tech Talk @ 11:00 KC	27	28	29



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