



ForeverWell Newsletter



Last month, our ForeverWell group had a wonderful time visiting the Mitchell Park Domes and the Milwaukee Public Market! Thanks to everyone who made it such a great day!

If you have a suggestion for another bus trip destination please reach out to Abby!

SAVE THE DATES



- **Together Tuesday**
 - Rock Painting
 - Sturgeon Bay 7/2 @ 11:00am
 - Kane Center 7/23 @ 11:00am
 - Bingo
 - Kane Center 7/9 @ 11:00am
 - Sturgeon Bay 7/16 @ 11:00am
- **Peterson Park Educational Walk**
 - Sturgeon Bay 7/17 @ 10:30am
 - Meet at the entrance by Iowa Street
 - Guide: Mark Holey
- **Wisdom Wednesday**
 - Learn about the Y's Hydroponic Gardens and our foods program. Thanks to the support of generous donors and grantors, the Door County YMCA was able to acquire two self-contained hydroponic growing systems from Fork Farms in November of 2023.
 - Sturgeon Bay 7/10 @ 10:00
 - Kane Center 7/24 @ 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 Three Springs Nature Preserve.

July 15 at 12:00pm

Guide: Kim DeCock

Register online or at the Welcome Center!

Tech Talks with Quantum Technologies



Learn more about technology and ask any tech questions you may have! This month, Quantum will be discussing "Tips to Stay Safe Online" and they will be available to help you with any tech questions or problems.

- Sturgeon Bay: 7/3 @ 11:00am
- Kane Center: 7/31 @ 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 Welcome Center 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 for more information.

CLASS OF THE MONTH: TWINGES

A recreational exercise program designed to accommodate individuals with arthritis and other related diseases. Taught in a group setting with activities and exercises to encourage self-care, provide social interaction, improve muscular strength, endurance, and flexibility, maintain independence, manage pain, and relieve symptoms of arthritis. You do not need to know how to swim to enjoy this class.

Sturgeon Bay Class Times:

M/W/F - 9:30am-10:15am, T/Th - 8:30am-9:15am

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.

Crossword #2

Across

1. Little terror
5. Wet bar?
9. Knife wound
13. ____ of thumb
14. Church V.I.P.
16. Bounce back
17. Soon, to a bard
18. Throw for a loop
19. Garbage hauler
20. Complex unit
22. Deadly mushroom
24. Schongauer work
26. Toni Morrison's "____ Baby"
27. Tabloid twosome
28. Noble position
32. Retro phone feature
35. Established
37. Indigenous
38. Not quite right
39. Full of bounce
41. Fishing equipment
42. Like cows and sows
44. Campaign pro
45. Shrek, for one
46. Bomb
48. Certain tide
50. Computer capacity
51. Emphatic
56. New Year's Eve staple
59. X, in math
60. Tim Conway film, "The Billion Dollar ____"
61. Factory
63. Quitter's word

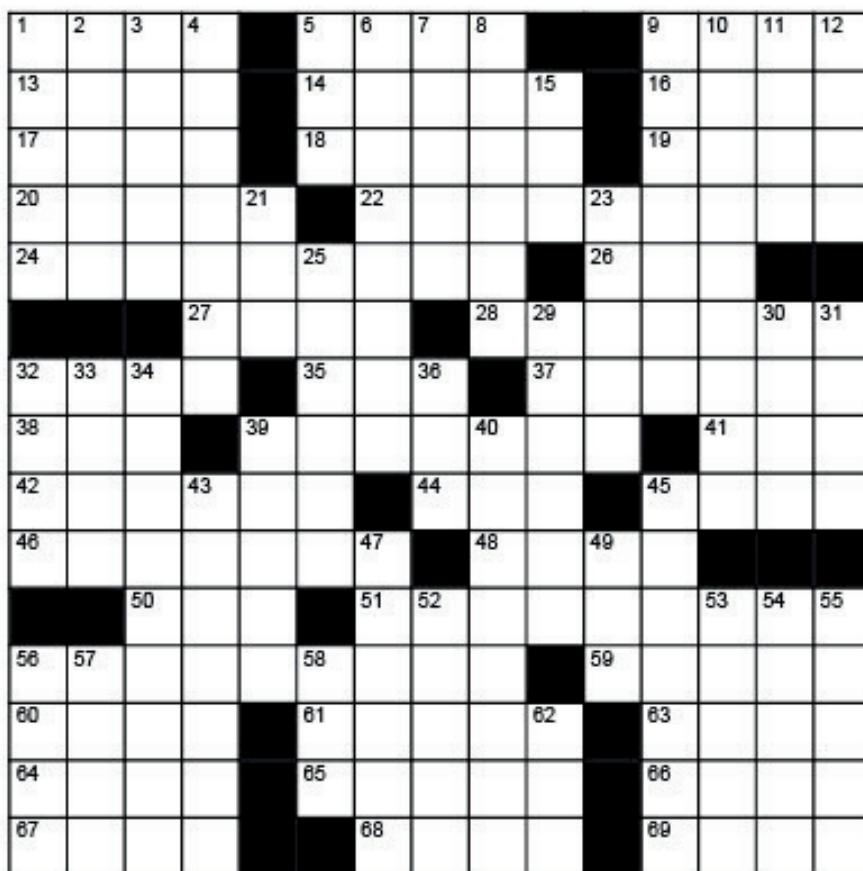
64. Word sung on 12/31
65. Concise
66. Flu symptom
67. Arborist's concern
68. Numerical suffix
69. Give the eye

Down

1. Hold steady
2. Talk at length
3. Follow follower
4. Plant stem extension
5. Mermaid's milieu
6. Veteran
7. Annex
8. Animal fur
9. Type of psychology

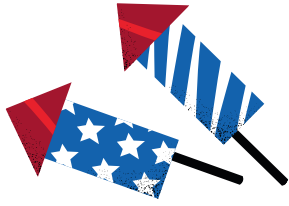
10. Word in a 1978 John Irving book title
11. "Get lost!"
12. Kennel cry
15. Primary color
21. Cereal grass
23. Dogcatcher's catch
25. Evening bell
29. "Brokeback Mountain" director
30. CBer's term
31. Dole (out)
32. Tip, as a hat
33. Brainchild
34. Deserving of respect
36. Word of advice
39. Dry spell

40. Mumbo-jumbo
43. Pie preference
45. Type of illusion
47. Young raptor
49. It may be framed
52. Capture
53. Likeness
54. Locale
55. Aromatic compound
56. Chew the fat
57. Rush follower
58. Envelope abbr.
62. Half a score





JULY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Together Tuesday @ 11:00 SB	3 Tech Talk @ 11:00 SB	4 Closed for Holiday	5 No Classes SB	6
7	8	9 Together Tuesday @ 11:00 KC	10 Wisdom Wednesday @ 10:00 SB	11	12	13
14	15 Nature Hike @ 12:00	16 Together Tuesday @ 11:00 SB	17 Peterson Park Walk @ 10:30	18	19	20
21	22	23 Together Tuesday @ 11:00 KC	24 Wisdom Wednesday @ 11:00 KC	25	26	27
28	29	30	31 Tech Talk @ 11:00 KC	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