



# ForeverWell Newsletter

## WHAT IS FOREVERWELL?

The ForeverWell program serves active older adults by keeping them engaged physically, educationally, spiritually, and socially. Programming is offered in many areas to engage our members and improve their quality of life. Each month a newsletter will be released with information on what's happening at the Y and a calendar of events like guest speakers, hikes around Door County, pop-up social events, etc. We look forward to creating new opportunities to keep you engaged and create new relationships with fellow members.

We look forward to seeing you at the Y soon!



This past month we had fun with our outdoor engagement activities, Wisdom Wednesdays, and rock painting!

If you have suggestions for new activities please reach out to Abby or Bailey!

## FOREVERWELL FOCUSES ON 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.

# WHAT'S HAPPENING AT THE Y

## Outdoor Engagement Opportunities

### Door County Land Trust Hike

Join us for a fun afternoon enjoying the great outdoors! This month's hike will be at the Sturgeon Bay Ship Canal.

**August 19 at 12:00pm**

Guide: Kim DeCock

Register online or at the Welcome Center!

### Peterson Park Walk

Join us for our fourth walk through Peterson Park as we observe the Summer flowers coming to life!

**August 28 at 10:30am**

Guide: Mark Holey

Register online or at the Welcome Center!

## Tech Talks with Quantum Technologies

This month we focus on password management and safety. We'll cover how to create, manage, and secure your passwords effectively. While easy passwords are not secure and secure passwords are hard to remember, we'll show you how to achieve the best of both worlds.

- Sturgeon Bay: 8/7 @ 11:00am
- Kane Center: 8/28 @ 11:00am



## Together Tuesday

Enjoy time with fellow Y members as we participate in a variety of activities each month! Don't want to participate in the activities but still want to socialize? No problem! Come enjoy some snacks and conversation with your fellow Y members! The YMCA will provide light snacks but feel free to bring a snack to share.

### Sturgeon Bay:

- 8/6 at 11:00am - Dominos
- 8/20 at 11:00am - Wii Bowling

**Kane Center: Will return in September**

## Wisdom Wednesday

### Sturgeon Bay: 8/14 at 11:00am

- Women's Heart Club: Marcia Kritzler-Egeland will share her heart story, how the Women's Heart Club started, and how you can be involved. She will also share about heart health.

### Kane Center: 8/21 at 11:00am

- Sound Healing: Come enjoy a sound bath! This is a therapeutic practice that uses sound vibrations from tools like singing bowls and gongs to promote physical, emotional, and spiritual well-being.

RESEARCHED  
AND PROVEN TO  
REDUCE FALLS  
BY 31%!

## CLASS OF THE MONTH: STEPPING ON



Stepping On is an evidence-based program created by the Wisconsin Institute for Healthy Aging. This class explores a variety of topics pertaining to fall prevention like vision, medications, home hazards, ect. We also discuss how to get up from a fall and how to strengthen so you prevent falls in general. Registration is open now!

**September 9th-October 21st**  
**Mondays 1:00-3:00 at the ADRC**

wiha  
Wisconsin Institute  
for Healthy Aging

SteppingOn



## 60's Songs



Find and circle all of the 1960's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1960's song.

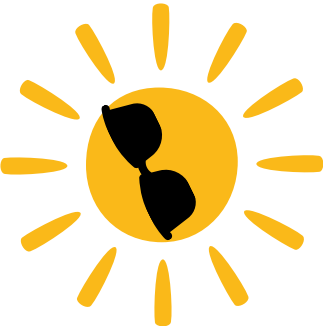
M S E D U J Y E H R R E X O B E H T Y  
S S W I L D T H I N G W I P E O U T K  
T I M Z B C E C Y L E G N A N E E T O  
H K Y Z R C R N E E Y A W A N U R O O  
E T G Y D V A Y O P S B U S S T O P P  
S S I W O A L R I T S T E L P A S O S  
E A R N W L O Y A N S E E O M Y G U Y  
E L L S N L V U V M G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

BABY LOVE  
BLUE MOON  
BLUE VELVET  
BUS STOP  
CARA MIA  
CHAIN GANG  
CHERISH  
CRAZY  
CRYING  
DIZZY  
DOWNTOWN  
EL PASO

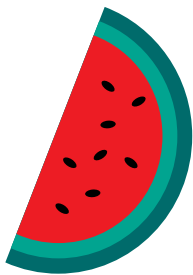
ELENORE  
FINGERTIPS  
FIRE  
GALVESTON  
GOOD LOVIN'  
GROOVIN'  
HAIR  
HEATWAVE  
HEY JUDE  
HOLIDAY  
ITCHYCOO PARK  
LAST KISS

MEMPHIS  
MY GIRL  
MY GUY  
PEOPLE  
PUPPY LOVE  
RESPECT  
RUNAWAY  
SHERRY  
SOUL MAN  
SPOOKY  
STAY  
SURF CITY

TEEN ANGEL  
THE BOXER  
THE TWIST  
THESE EYES  
VALLERI  
VOLARE  
WHITE RABBIT  
WILD THING  
WINDY  
WIPEOUT  
WORDS  
YESTERDAY



# AUGUST 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6 Together Tuesday @ 11:00 SB	7 Tech Talk @ 11:00 SB	1	2	3
11	12	13	14 Wisdom Wednesday @ 11:00 SB	8	9	10
18	19 Nature Hike @ 12:00	20 Together Tuesday @ 11:00 SB	21 Wisdom Wednesday @ 11:00 KC	15	16	17
25	26	27	28 Tech Talk @ 11:00 KC Peterson Park Walk @ 10:30	22	23	24
				29	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
<b>Adult Protective Services (Elder Abuse)</b>	24/7: 2.833.586.0107 Local: 920.746.7155	421 Nebraska Street Sturgeon Bay, WI 54235	<a href="https://www.co.door.wi.gov/349/Adult-Protective-Services-Program">https://www.co.door.wi.gov/349/Adult-Protective-Services-Program</a>
<b>Advocates in Home Care</b>	920.746.2000 877.746.2001	111 Michigan St Sturgeon Bay, WI 54235	<a href="https://advocatesforindependentliving.org/">https://advocatesforindependentliving.org/</a>
<b>Aging &amp; Disability Resource Center</b>	920.746.2372	916 N. 14th Ave. Sturgeon Bay, WI 54235	<a href="https://www.adrcdoorcounty.org/">https://www.adrcdoorcounty.org/</a>
<b>Alzheimer's Association</b>	24/7: 800.272.3900 GB Office: 920.469.2110	2700 Vernon Dr. Ste. 340 Green Bay, WI 54304	<a href="https://www.alz.org/wi/about-us">https://www.alz.org/wi/about-us</a>
<b>DCMC Senior Life Solutions</b>	920.746.3778	Door County Medical Center	<a href="https://www.dcmedical.org/medical-services/senior-life-solutions">https://www.dcmedical.org/medical-services/senior-life-solutions</a>
<b>Do Good Door County</b>	920.659.5159	185 E. Walnut St Sturgeon Bay, WI 54235	<a href="https://dogooddoorcounty.org/">https://dogooddoorcounty.org/</a>
<b>Door County Courier</b>	920.559.0339	359 Louisiana St #325 Sturgeon Bay, WI 54235	<a href="https://www.doorcountycourier.com/">https://www.doorcountycourier.com/</a>
<b>Door County Learning in Retirement NWTC</b>	920.746.4947	229 North 14th Avenue Sturgeon Bay, WI 54235	<a href="https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir">https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir</a>
<b>Mental Health Crisis Hotline</b>	988		
<b>Neighbor to Neighbor</b>	920.743.7800	62 S. 3rd Avenue P.O. Box 626 Sturgeon Bay, WI 54235	<a href="https://neighbor-to-neighbor.org/">https://neighbor-to-neighbor.org/</a>

## DOOR COUNTY FOOD PANTRIES

NAME	PHONE	ADDRESS	WEBSITE
<b>Door of Life</b>	920.421.1253	2731 Hwy 42 Sister Bay, WI 54234	<a href="https://www.co.door.wi.gov/349/Adult-Protective-Services-Program">https://www.co.door.wi.gov/349/Adult-Protective-Services-Program</a>
<b>Feed &amp; Clothe My People</b>	920.743.9053	204 North 14th Avenue Sturgeon Bay, WI 54235	<a href="http://feedmypeopledoorcounty.com">feedmypeopledoorcounty.com</a>
<b>Holy Name of Mary</b>	920.493.5055 920.493.6867	7491 County Road H Sturgeon Bay, WI 54235	<a href="http://www.holynameofmary.church">www.holynameofmary.church</a>
<b>Koinonia Kupboard at First Baptist Church</b>	920.854.2544	2622 S Bayshore Drive Sister Bay, WI 54234	<a href="http://www.firstbaptistsisterbay.com">www.firstbaptistsisterbay.com</a>
<b>Lakeshore CAP</b>	920.743.0192	131 S 3rd Avenue Sturgeon Bay, WI 54235	<a href="http://www.lakeshorecap.org">www.lakeshorecap.org</a>
<b>Shepherd of the Bay</b>	920.854.2988	11836 Hwy 42 Ellison Bay, WI 54202	<a href="http://www.shepherdofthebay.org">www.shepherdofthebay.org</a>
<b>Stella Maris</b>	920.868.3241	4019 State Highway 42 Fish Creek, WI 54212	<a href="http://www.stellamarisparish.com">www.stellamarisparish.com</a>
<b>Sturgeon Bay Community Church</b>	920.746.9587	620 N 12th Avenue Sturgeon Bay, WI 54235	<a href="http://www.sbcommunitychurch.com">www.sbcommunitychurch.com</a>