



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 month we enjoyed a fun Thanksgiving Potluck at the Kane Center!

Sturgeon Bay will be hosting their Holiday Potluck on December 18!

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

Nature Hike

Join us for a winter hike or snowshoe (weather permitting) through the beautiful Whitefish Dunes State Park. State Park sticker required.

December 16 at 12:00pm

Register online or at the Welcome Center!

Nature Hike

Join us as we conclude our year through Peterson Park. Observe the prairie garden in it's final season of the year.

December 11 at 10:30am

Register online or at the Welcome Center!

Tech Talks with Quantum Technologies

Learn how we use Artificial Intelligence in our daily lives. Get a hands-on demonstration of popular AI tools/apps. Enjoy an educational talk from Quantum and ask all your questions about your devices or online accounts.

- Sturgeon Bay: 12/4 @ 11:00am
- Kane Center: 12/18 @ 11:00am (registration required)



Member Holiday Potluck

Come join the fun, we will be hosting our Holiday Potluck event on Wednesday, December 18 with a social beginning at 11:15am, festive presentation at 11:40am, with lunch to follow. All are invited to come and share some camaraderie and Holiday Spirit! We ask that you bring a dish to pass. The YMCA will provide ham sandwiches and beverages. **If you are interested in coming please register at the front desk by Friday, December 13 so we are able to plan accordingly.**

Page Turners Book Club

Sturgeon Bay Program Center

December 5 at 11:45am

The Ride of Her Life by Elizabeth Letts

Holiday Activities

December 4 - 11:30am - Kane Center

Wreath Making Workshop

Join us to create your very own festive wreath! Supplies and refreshments are provided, and you're welcome to bring any snacks or drinks to share. Registration required.

December 10 - 11:00am - Sturgeon Bay

Cookie Decorating/Cookie Exchange

Bring your favorite cookies or cookie recipe to share with fellow Y members. We will also have cookies for decorating available.

December 12 - 9:00am-11:00am - Kane Center

Cookie Exchange/Cookie Sale

Celebrate the season with us by sharing your favorite cookies! Bring 3 dozen: 2 dozen for the exchange and 1 dozen for sale at the front desk. Proceeds will support future ForeverWell events! Refreshments will be provided.

Winter Bus Trip

January 15 - Lambeau Field Tour

Join us as we travel to the frozen tundra on January 15th! Tour Lambeau Stadium and get an interactive tour of the Hall of Fame. We will also get a presentation on the history of the Draft as Green Bay gets excited to host the 2025 NFL Draft. After our exciting morning at Lambeau, we will head over to the famous Kroll's and enjoy some lunch before heading back to Sturgeon Bay.

Registration is now open!

Members: \$77 Community Members: \$97

Stay tuned for the 2025 bus program guide to come out. Get excited for future bus trips next year!

Lambeau Field Bus Trip

January 15

Join us for a fun-filled day at Lambeau Field, featuring a behind-the-scenes tour of the iconic stadium and Hall of Fame, complete with a private, hands-on presentation. Explore the rich history and tradition of one of football's most legendary teams, then enjoy lunch at the famous Kroll's West (lunch is on your own). Your bus ticket, tour, and tips are all included, making this an easy and enjoyable outing!

The bus departs from the Sturgeon Bay Program Center at 8:00 AM and returns by 4:00 PM.

Don't wait—registration closes January 8, and refunds won't be available after that date.



Price: Members – \$77.00 | Community Members – \$97.00



CANDY CANE

CAROLS

CHRISTMAS

DECEMBER

ELVES

GINGERBREAD

JINGLE

HOLLY

LIGHTS

MERRY

NORTH POLE

ORNAMENTS

PRESENTS

REINDEER

SANTA

SLEIGH

STOCKING

TREE

WINTER

WREATH



DECEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Tech Talk 11:00am SB Wreath Making 11:30am KC	5 Book Club 11:45am SB	6	7 Ugly Sweater Run and Santa Visit 10:00am KC
8	9 Soup Day Sales starting at 5:45am SB	10 Cookie Decorating/ Cookie Exchange 11:00am SB	11 Peterson Park Walk 10:30am SB	12 Cookie Exchange and Sale 9:00am-11:00am KC	13	14
15	16 Nature Hike Whitefish Dunes State Park @ 12:00	17	18 Tech Talk 11:00am KC Holiday Potluck 11:15am SB	19	20	21
22	23	24	25	26	27	28
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
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	920.746.4947	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