



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 enjoyed
**Bouquet Making at the
Kane Center with Lucky
Stars Flowerfarm!**

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.

ForeverWell Programming
is Proudly Sponsored by:



**Door County
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

WHAT'S HAPPENING AT THE Y

Outdoor Engagement Opportunities

Nature Hike

Join us for a hike through the beautiful Door County Land Trust Property: Erskine Woods. This hike is located on County A just outside of Jacksonport. We will take a $\frac{3}{4}$ mile hike along Hibbard's Creek to enjoy the wildflowers.

Guides: John and Deanna Swanson

June 9 at 1:00pm

Register online or at the Welcome Center!

Tech Talks with Quantum Technologies

Join us for Tech Talks with Quantum Technologies and learn more about technology and ask any tech questions you may have! Each month, Quantum will be discussing different tech tips and they will be available to help you with any tech questions or problems.



- Sturgeon Bay: 6/4 @ 11:00am
- Kane Center: 6/25 @ 11:00am (registration required)

Wisdom Wednesday

Gardening Tips: Jacob Vandenplas

Sturgeon Bay: 6/11 @ 11:30am

- Cultivation and weed management are common struggles for gardeners. Let's tackle them together just in time for summer!

Travel Tips: Ann Vander Wyst

Kane Center: 6/18 @ 11:30am

- Learn the top travel tips from a travel agent for domestic and international travel!

Page Turners Book Club

Sturgeon Bay Program Center

June 26 at 11:45am

Camino Ghosts by John Grisham

Together Time

Salad Social

Celebrate the summer season with a hands-on, healthy, and social experience! Bring your favorite salad toppings—veggies, fruits, nuts, cheese, etc., and build your perfect summer salad using fresh lettuce harvested straight from our on-site hydroponic gardens. Mingle with fellow members and share your favorite ingredients, enjoy conversations, and meet new friends. You'll also have the opportunity to learn more about our gardens and food program here at the Y!

- Sturgeon Bay: 6/24 @ 11:30am
- Kane Center: 6/26 @ 11:15am (registration required)

Volunteer Opportunities

Summer Foods Program

The YMCA is seeking volunteers to help prepare and distribute free meals to children across Door County and Algoma, Monday through Friday this summer. Volunteers will assist with meal preparation and assembly at the Door County YMCA - Sturgeon Bay Program Center. Flexible shifts are available, and we can work with your schedule.

- Shifts are available for any duration of time
Monday-Friday: 6:30am-2:30pm

Door County Triathlon

The Door County YMCA is a partner for the event, and helps with recruiting the course volunteers. To support the YMCA and Triathlon, please help us fill the Course Volunteer positions.

- Saturday, July 12 (Various times available)
- Sunday, July 13 (Various times available)

For more information about these opportunities please reach out to Annette at 920.743.4949 or by email at avarnes@doorcountyyymca.org.



ForeverWell

BUS TRIPS

Door County YMCA

Pabst Mansion and Historic Third Ward

Wednesday July 16th, 2025

COST: Y Member- \$78 • General Public- \$98

Includes: Babler transportation, admission, and tour ticket, snack, and all gratuities

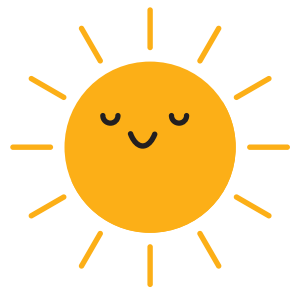
Depart: 8:00 AM • Return: 5:00 PM

We will start our day at the Pabst Mansion. Here we will take an hour-long guided tour of the mansion, learning about the Pabst family and the details of the architecture and furnishing of the home. After taking in the history of the Pabst Mansion, we will head to the historic Third Ward where you can eat and shop at the public market and surrounding stores. As we head home you'll have time to reflect on the rich history in Milwaukee.

**Pabst Mansion &
Historical Third Ward**



SUMMER



R K B X G I O F U J R Q J G W Z R W U S L D W U
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K R E T A W S M S X E D H G B E A C H O F S A V
G Z U N H B I J B C W Y U E E U E R P L E F W X
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X K U S Q W T J G M I F X F P S Q V B L C L E S
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V A C A T I O N H A M B U R G E R S D N A S N H
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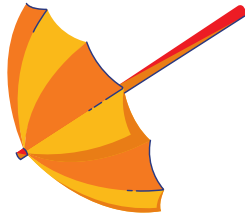
bathing suit
beachball
noschool
vacation
relax
pool

sunglasses
sunflower
tanktops
hotdogs
water
sun

hamburgers
flipflops
sunshine
august
beach
bbq

watermelon
popsickle
icecream
splash
july
hat

sun screen
sleeping
swimming
shorts
june
hot



JUNE 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Tech Talk 11:00am SB	5	6	7
8	9 Nature Hike Erskine Woods @ 1:00pm	10	11 Wisdom Wednesday Gardening Tips 11:30am SB	12	13	14
15	16	17	18 Wisdom Wednesday Travel Tips 11:30am KC	19 WomenHeart 9:00am- 10:30am SB	20	21
22	23	24 Together Time Salad Social 11:30am SB	25 Tech Talk 11:00am KC	26 Together Time Salad Social 11:30am KC Book Club 11:45am SB	27	28
29	30	<div>Sturgeon Bay Events (SB) will be in orange</div> <div>Kane Center Events (KC) will be in blue</div> <div>Events happening at both locations or offsite will be in black</div>				

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