



# 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!



**Spring has sprung, and there's no shortage of activities at the Y to keep you busy!**

- Learn more about technology from Quantum
- Create a Mother's Day bouquet
- Enjoy some time outside

## 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 – Logan Creek Nature Hike

- May 19th @ 1:00 PM
- Meet at the parking lot off Loritz Rd
- Please wear appropriate footwear, there may be wet spots along the trail!
- Guide: John Swanson

Register by May 18th

### Wisdom Wednesday Kim Gilson, Door Tran

Learn about all Door Tran's services and how you can get involved.

- Sturgeon Bay– Wednesday, May 14th @ 11:30 am
- Kane Center – Wednesday, May 21st @ 11:15 am

### Together Time

- **Puzzles and Games**

Enjoy some snacks and drinks, and play board games or work on a puzzle with fellow YMCA members.

- Sturgeon Bay
  - Tuesday, May 13th at 11:30 am
  - Social Lounge

- **Bouquet Making with Jane! \$35 per person**

- **Kane Center**
  - Thursday, May 8th @ 11:30am
  - Registration Required by May 12th

### Senior Health and Wellness Days

May 28<sup>th</sup> Sturgeon Bay Center

May 29<sup>th</sup> Jackie & Steve Kane Center

Join DCMC and the YMCA for a fun and informative day focused on your health and well-being! Sign up for free health screenings, including hearing, memory, blood pressure, and skin cancer checks. Explore a variety of health topics through engaging sessions, and get moving with exercise classes designed for all fitness levels. After attending three sessions of your choice, enjoy a complimentary lunch as we wrap up a day dedicated to feeling your best!



Door County  
Medical Center  
IN PARTNERSHIP WITH HOSPITAL SISTER'S HEALTH SYSTEM

**Registration will open May 5th!**

## Y Bus Trips –Register with the Welcome Desk

Green Bay Botanical Gardens • May 14th Y  
Member– \$68 • General Public– \$88

Pabst Mansion and Historic Third Ward • July 16th  
Y Member– \$78 • General Public– \$98

Fall Color Tour • Date will be solidified in August,  
we will go the last week in September  
Y Member– TBD • General Public– TBD

Fireside Dinner Theater: It's a Wonderful Life. •  
December 5th

Y Member– \$160 • General Public– \$180

### Page Turners Book Club

#### Sturgeon Bay Program Center

May 29 at 11:45 am

Remarkably Bright Creatures by Shely Van Pelt

### Tech Talks with Quantum Technologies



- May 7th @ 11:00 Sturgeon Bay
- May 28th @ 11:00 Kane Center (registration required)

### Volunteer Opportunities

#### After-School Foods Program

Volunteer with our After-School Foods Program at both program centers! This volunteer opportunity includes serving meals cafeteria-style by plating food for kids as they come through the line.

- Meal Prep: Mon–Thurs, 11:00 am–12:00 pm
  - Sturgeon Bay Program Kitchen
- Plating Snacks: Mon–Thurs, 3:00 pm–5:30 pm
  - Sturgeon Bay Program Center
  - Kane Program Center

#### Waterslide Attendant

As a water slide volunteer, you'll be responsible for guiding guests as they take the plunge! You'll work closely with a lifeguard at the bottom of the slide to ensure safety and smooth operation. Volunteers must be at least 16 years old.

Important Details:

- Arrive 10 minutes early to receive instructions and get prepared for your shift.
- Dress comfortably in a t-shirt or tank top and shorts, and be ready to go barefoot or wear sandals.
- Stay hydrated! Bring a water bottle to keep your energy up throughout your shift.



**MAY 28**  
**STURGEON**  
**BAY**

# WELLNESS. WISDOM. COMMUNITY.

## SENIOR HEALTH & WELLNESS DAY

**8:15AM-12:00PM**

Sturgeon Bay Program Center

**FREE**  
**EVENT**

\*Registration Required.

**MORNING CHECK-IN: 8:00AM-8:45AM**

**SESSIONS: 9:00AM-11:45AM • FREE LUNCH WILL FOLLOW**

**REGISTER FOR EACH SESSION BELOW WITH THE WELCOME CENTER.**

### SCREENINGS

#### SCREENINGS THAT REQUIRE A REGISTRATION

Screenings	Timeframe	Person/Dept
• Hearing Screening	10:00 am-12:00 pm	Kate Hopkins
• Skin Screening	8:15 am-11:00 am	Dr. Gallagher
• Memory Screening	8:15 am-10:00 am	Christy Wisniewski

#### NO REGISTRATION REQUIRED FOR THIS SCREENING:

B/P Screening	8:15 am-12:00 pm	Care Mgmt
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### PRESENTATIONS

#### 9:00 am Presentations / Exercise Class

- Tick Bites
- Senior Life Solutions
- Silver Sneakers Classic

Lindsey Donohue  
Jennalee Lundquist  
YMCA Instructor

#### 10:00 am Presentations / Exercise Class

- Memory and Brain Health
- Go With Your Gut:  
The Benefits of Pre and Probiotic Foods
- Chair Yoga

Christy Wisniewski

Cathy Keller  
YMCA Instructor

#### 11:00 am Presentations / Exercise Class

- Joint Health
- Y's Weight Loss
- Line Dancing

Dr. Dan Tomaszewski  
Tess Johnson  
YMCA Instructor



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**MAY 29**  
KANE  
CENTER

# WELLNESS. WISDOM. COMMUNITY. SENIOR HEALTH & WELLNESS DAY

8:15AM-12:00PM

Jackie & Steve Kane Program Center

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**SESSIONS: 9:00AM-11:45AM • FREE LUNCH WILL FOLLOW**

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- Tick Bites
- Sleep Health
- Silver Sneakers Stability

Lindsey Donohue  
Beth Brunette  
YMCA Instructor

### 10:00 am Presentations / Exercise Class

- Memory
- Chair Yoga

Christy Wisniewski  
YMCA Instructor

### 11:00 am Presentations / Exercise Class

- Go With Your Gut:  
The Benefits of Pre and Probiotic Foods
- Silver Dance Fit

Cathy Keller  
YMCA Instructor



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Door County  
Medical Center





S C F T P R E B K A L G E R K R U R  
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 MAY  
 MEMORIAL DAY  
 MOTHERS DAY  
 RAIN  
 RAINBOWS  
 SHOWERS  
 SPRING  
 STAR WARS DAY  
 SUNSHINE  
 TACOS



# MAY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7 Tech Talk 11:00 am SB	1 1	2	3
11	12	13 Together Time 11:30 am SB Puzzles & Games	14 Wisdom Wednesday DoorTran 11:30am SB	8 Together Time Bouquet Making 11:30 am KC	9	10 Blossom Run at Dock Park, Egg Harbor
18	19 Nature Hike @ Logan Creek 1:00 pm	20	21 Wisdom Wednesday DoorTran 11:15 am KC	15 22 Women's HEART 9:45am SB Page Turner Book Club 11:45am SB	16	17
25	26 Y CLOSED in observance of Memorial Day	27	28 Senior Health & Wellness Day @ SB Tech Talk 11:00am KC	29 Senior Health & Wellness Day @ KC Page Turner Book Club 11:45am SB	23	24
					30	31

**Sturgeon Bay Events (SB) will be in orange**

**Kane Center Events (KC) will be in green**

**Events 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.holynamenameofmary.church">www.holynamenameofmary.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>