



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 a Nature Hike at Erskine Woods Nature Preserve!

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 beautiful hike on the new trail at Whitefish Dunes. Please meet at Cave Point County Park for the start of the hike.

Guides: John and Deanna Swanson

July 14 at 1:00pm

Register online or at the Welcome Center by 7/13!

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: 7/2 @ 11:00am
- Kane Center: 7/30 @ 11:00am (registration required)

Wisdom Wednesday

Sourdough 101

Discover the fascinating process behind making sourdough bread — from cultivating a live starter to mastering the art of fermentation and baking a perfect loaf.

- Sturgeon Bay: 7/9 @ 11:30am with Jeremy Morrison
- Kane Center: 7/9 @ 11:15am with Bailey Cox (registration required)

Page Turners Book Club

Sturgeon Bay Program Center

July 31 at 11:45am

Small Great Things by Jodi Picoult

Together Time

Sandwich Social

Join us for this month's Sandwich Social, where community and conversation come together over a delicious lunch! The YMCA will provide the bread and select fixings, and we invite you to bring your favorite sandwich fixings—meats, cheeses, spreads, veggies, or anything else you love. Mix, match, and mingle as you build your perfect sandwich and enjoy great conversation. Come hungry and ready to mingle!

- Kane Center: 7/18 @ 10:30am
- Sturgeon Bay: 7/22 @ 11:30am

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**



JULY 4TH WORD SEARCH

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

FIREWORKS

FLAG

RED

WHITE

BLUE

SUMMER

LIBERTY

INDEPENDENCE

FAMILY

STARS

STRIPE

FREEDOM

JULY

FUN

SPARKLER



JULY 2025



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--------------------------------------|---|-------------------------------|-----------------------------------|-----|
| 6 | | 1 | 2 Tech Talk @ 11:00 SB | 3 | 4 CLOSED FOR HOLIDAY | 5 |
| 13 | 7 | 8 | 9 Wisdom Wednesday @ 11:30 SB Wisdom Wednesday @ 11:15 KC | 10 | 11 | 12 |
| | 14 Nature Hike Whitefish Dunes @ 1:00pm | 15 | 16 Bus Trip to Pabst Mansion and Historic Third Ward | 17 | 18 Together Time @ 10:30 KC | 19 |
| 20 | 21 | 22 Together Tuesday @ 11:30 SB | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 Tech Talk @ 11:00 KC | 31 Book Club 11:45am SB | | |

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 |