



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 Sourdough Making classes at both program centers!

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

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

Nature Hikes will return in September.

Together Time

Kane Center: Salad Social

August 13 at 11:15am

We bring the lettuce, you bring the toppings. Join us for a community salad bar full of the fresh flavors of summer and great conversation. Sign up near the Kane Center Entrance.

Sturgeon Bay: Tea Cup Candle Making

August 26 at 11:30am-1:00pm

Let your crafty side shine and decorate a teacup candle. Supplies are provided! Bring a snack to share! Registration is required as spots are limited! Deadline to register is August 25.

Wisdom Wednesday

Kane Center: Chinese Paper Lanterns

August 20 @ 11:15am

Join us for Wisdom Wednesday as we explore the art of Chinese Paper Lanterns with Bill Weghaupt. Discover the history, symbolism, and intricate craftsmanship behind these beautiful creations in a fun and engaging session that blends culture and creativity.

Sturgeon Bay: will return in September

Page Turners Book Club

Sturgeon Bay Program Center

August 28 at 11:45am

Book to be picked at the next meeting on July 31. Check with the Welcome Center or social media for August's book.

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: 8/6 @ 11:00am
- Kane Center: 8/27 @ 11:00am (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

Summer Camp Field Day

Ready to relive your favorite summer camp memories? Join us at Peterson Park for a fun-filled Field Day with classic games, laughs, and a picnic lunch with our campers! We're looking for enthusiastic volunteers to help lead the fun—come get a little silly and make some unforgettable memories!

- Sturgeon Bay: August 13 - 10:00am-1:00pm

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



SUMMER

— WORD SEARCH —



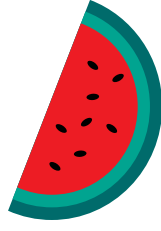
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— WORD LIST —

ADVENTURE	BIKINI	HEAT	LEMONADE	SEASHORE	TENNIS
BACKPACKING	BONFIRE	JOURNEY	PINEAPPLE	SIGHTSEEING	TRAVEL
BALLOON	BOOGIE BOARD	JULY FOURTH	ROAD TRIP	SUNBURN	TROPICAL
BARBECUE	FIREWORKS	KITE	SAILING	SUNGLASSES	UMBRELLA
BEACH	GOGGLES	LAKE	SANDCASTLE	SWIMMING	ZOO



AUGUST 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6 Tech Talk @ 11:00 SB	7	1	2
10	11	12	13 Together Time @ 10:30 KC	14	15	16
17	18	19	20 Wisdom Wednesday @ 11:15 KC	21	22	23
24 24	25	26 Together Time @ 11:30-1:00 SB	27 Tech Talk @ 11:00 KC	28 Book Club 11:45am SB	29	30

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