



# 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 Salad Social and Tea Cup Candle Making!**

**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

Join us for a beautiful hike at Bayshore Blufflands Nature Preserve. Meet at the entrance on Reynolds Road.

**September 22 at 11:00am**

Register online or at the Welcome Center!

### Together Time

### Tailgate Party

Kick off football season with us! Join us for a tailgate outside at each location. We'll bring the burgers and brats; you bring a side dish to pass (appreciated, but not required). Wear your green and gold in preparation for Thursday Night Football. Sign up with the Welcome Center!

- Kane Center: 9/11 @ 11:15am (outside by flag poles)
- Sturgeon Bay: 9/11 @ 11:30am (outside at the Kane Pavilion)

## Wisdom Wednesday

### Sturgeon Bay: Fall Prevention with Abby Baker

**September 10 @ 11:30am**

Fall Prevention Awareness Week is September 22–26. We will be exploring what contributes to falls, fall prevention basics, and classes at the YMCA to help with Fall Prevention.

### Kane Center: Door-Tran with Kim Wilson

**September 17 @ 11:15am**

Door-Tran is a creative community network dedicated to connecting people to transportation services that are affordable, available, and accessible. Learn more about the amazing services Door Tran provides.

## Page Turners Book Club

### Sturgeon Bay Program Center

**September 25 at 11:45am**

The Last Year of the War by Susan Meissner

## 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: 9/3 @ 11:00am
- Kane Center: 9/24 @ 11:00am (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 9:00am–10:30am
  - Sturgeon Bay Program Kitchen
- Plating Snacks: Mon–Thurs 3:00pm–4:30pm
  - Sturgeon Bay Program Center
  - Jackie and Steve Kane Program Center

## Super Kids Fun Night

Join us at the Sturgeon Bay Program Center for an action-packed evening designed for kids ages 7–12! The adventure begins at 5:00 p.m. and lasts until 7:00 p.m.

But every great mission needs a team of heroes—and that's where YOU come in! By volunteering, you'll help create unforgettable memories and give our super kids a night they'll never forget.

For more information about these opportunities please reach out to Annette at 920.743.4949 or by email at [avarnes@doorcountyyymca.org](mailto:avarnes@doorcountyyymca.org).



# ForeverWell

# BUS TRIPS

Door County YMCA

## Fall Color Tour

**September 26**

**COST: Y Member- \$56.00 • General Public- \$76.00**

Includes: Babler transportation, snack, and gratuities

**Depart: 8:00 AM**

**Return: 6:00 PM**

Join us for a scenic autumn adventure as we journey to the breathtaking Holy Hill Basilica, nestled amidst rolling hills and vibrant fall foliage. We'll stroll the picturesque grounds, soak in the panoramic views, and enjoy a relaxing lunch on-site.

Afterward, we'll make our way to the charming town of Cedarburg, where you'll have free time to explore unique shops, historic architecture, and local treats at your own pace. A perfect way to enjoy the beauty of the season before we return to Sturgeon Bay!

**Fall Color  
Tour**



# AUTUMN WORD SEARCH

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

APPLE  
CIDER  
CORN  
HALLOWEEN  
LEAF  
PUMPKIN  
SEPTEMBER



AUTUMN  
COLORFUL  
FALL  
HARVEST  
NOVEMBER  
RAKE  
THANKSGIVING



BRISK  
COOL  
FOOTBALL  
HAY  
OCTOBER  
SCARECROW  
TURKEY



# SEPTEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Tech Talk @11:00 SB	4	5	6
7	8	9	10 Wisdom Wednesday @10:00 SB	11 Together Time @11:15 KC Together Time @11:30 SB	12	13
14	15	16	17 Wisdom Wednesday @ 11:15 KC	18	19	20
21	22 Nature Hike @ 11 Bayshore Blufflands Nature Preserve	23	24 Tech Talk @11:00 KC	25 Book Club 11:45am SB	26	27
28	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
<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>