



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 some great Packer Tailgate Parties!

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 the Door County Land Trust: White Cliff Nature Preserve.

October 13 at 1:00pm

Register online or at the Welcome Center!

Together Time

Sturgeon Bay: Pumpkin Painting

October 14 @ 11:30am

Enjoy Caramel Apples and Pumpkin Painting. Feel free to bring a treat or caramel apple fixing to share.

- \$10 Registration Fee

Kane Center: Caramel Apple Social

October 22 @ 11:15am

We have apples and caramel, come and enjoy a fall favorite! Feel free to bring your favorite caramel apple toppings or a treat to share.

Wisdom Wednesday

Kane Center: Fall Bouquet Making

October 15 @ 11:15am | \$35

Lucky Stars Flower Farm is bringing a beautiful variety of fall flora, and will teach you how to arrange a bouquet to accent color, shape, and height. You will be able to pick the flowers for your bouquet, arrange them to your liking and bring the bouquet home to add a little fall color to your life.

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: 10/1 @ 11:00am
- Kane Center: 10/29 @ 11:00am (registration required)



Friendsgiving

Thursday, November 20

Sturgeon Bay | 11:00am-1:00pm

Kane Center | 11:30am-1:30pm

Join us for a heartwarming Friendsgiving Celebration! Come together with friends, neighbors, and our Y community. Whether you're a longtime member or new to the Y, everyone is welcome at our table. Enjoy a potluck style meal and the chance to connect and share what we're thankful for. Bring your favorite dish to share! Sign Up at the Welcome Center!

Page Turners Book Club

Sturgeon Bay Program Center

October 30 at 11:45am

River Sing Me Home by Eleanor Shearer

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

Trunk or Treat

October 24 | 4:30pm-6:30pm | Both Centers

Join us for Trunk or Treat, a spooktacular evening where you can decorate your vehicle, dress up, and pass out treats as children trick-or-treat in a safe, friendly environment.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY HEALTHY LIVING FAIR

Tuesday, October 21
8:30am–12:00pm
STURGEON BAY PROGRAM CENTER

WELCOME TO ALL
FREE TO ATTEND THE FAIR.

***SKIN SCREENINGS**
***FLU SHOT CLINIC**

***PRE-REGISTRATION REQUIRED**

Registration will begin October 1st. Call the
Welcome Center at 920.743.4949.

LECTURES BY DCMC

9:00–9:45am: Dr. Brett Young – Orthopedic Surgeon
10:00–10:45am: Dr. Christopher Dietzman – Podiatrist
11:00–11:30am: Dr. Candace Cohen – Psychiatrist

**MENTAL
HEALTH
RESOURCES**



BLOOD PRESSURE SCREENS

**VISION AND HEARING
SCREENINGS**



A1C TESTING AND EDUCATION

The A1C test is a common blood test used to
diagnose type 1 and type 2 diabetes.

A1C

No appointment needed! No fasting!

**VIDEO OTOSCOPE
SCREENS**



**Bring your expired
prescription drugs
for disposal!**



**DOOR
PRIZES**

Sponsored by:



**Door County
Medical Center**

PLUS FREE REFRESHMENTS & MUCH, MUCH MORE!

Transportation a problem? Call Door County Transportation Department for a FREE ride at 920-746-5982



ForeverWell

BUS TRIPS

Door County YMCA

Fireside Dinner Theater: It's a Wonderful Life

Friday December 5th, 2025

COST: Y Member- \$160 • General Public- \$180

Includes: Babler transportation, premium meal, show tickets, and all gratuities

Depart: 7:00 AM • Return: 7:00 PM

Travel to Fort Atkinson and get into the holiday spirit as you enjoy a 3-course lunch and a show. The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. The Fireside is proud to bring you this stunning, live stage version of Frank Capra's beloved film. Written by Pulitzer Prize and Tony Award winning lyricist Sheldon Harnick, one of the creators of FIDDLER ON THE ROOF, and Grammy and Emmy Award winner Joe Raposo whose music from SESAME STREET inspired generations of young people, A WONDERFUL LIFE captures all the magic of the film as it shines with the spirit of Christmas.

****Meal Options: Chicken Monterey, Grilled Salmon, Sliced Roast Beef Tenderloin, Vegetarian Tofu Skewers**

**Fireside Dinner Theater:
It's a Wonderful Life**





Halloween WORD SEARCH

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

HALLOWEEN
 CANDY
 BROOM
 NIGHT
 PUMPKIN
 SKELETON
 SPIDER
 SPOOKY
 CAULDRON
 ORANGE
 GOBLIN
 BATS
 GHOST
 HAYRIDE
 CREEPY
 BLACK
 BONES
 TRICK
 MONSTER
 TREAT
 MUMMY
 OCTOBER
 HAUNTED
 SCARY
 ZOMBIE
 FRANKENSTEIN
 SCARECROW
 MASK
 DRACULA
 PRANK
 HORROR
 BLACK



OCTOBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Sturgeon Bay Events (SB) will be in orange Kane Center Events (KC) will be in blue		1 Tech Talk 11:00am SB	2	3	4
5	6	7	8	9	10	11
12	13 Nature Hike White Cliff Nature Preserve @ 1:00pm	14 Together Tuesday Pumpkin Painting & Caramel Apples 11:30am SB	15 Wisdom Wednesday Fall Bouquet Making 11:15am KC	16	17	18
19	20	21	22 Together Thursday Caramel Apple Social 11:15am KC	23	24	25
26	27	28	29 Tech Talk 11:00am KC	30 Book Club 11:45am SB	31	

Events 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