



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!



Join us for Friendsgiving at both program centers! Sign up at the Welcome Center!

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 Crossroads at Big Creek. Meet at the Learning Center.

November 11 at 1:00pm

Register online or at the Welcome Center!

Wisdom Wednesday

Sturgeon Bay: November 12 @ 11:30am

Understanding Dementia's Impact on Mental Health

Join Jennalee from Senior Life Solutions for an insightful discussion on dementia and its effects on mental health. We'll explore what dementia is, how widespread it is, and the profound ways it affects individuals and their loved ones. We'll also dive into the connection between dementia and mental health. Whether you're a caregiver, family member, or simply interested in learning more, this talk offers valuable information, practical insights, and guidance on how we can all play a role in providing compassionate care and understanding.

Kane Center: November 19 @ 11:15am

Grief and Loneliness During the Holidays

The holiday season, often filled with joy and togetherness, can feel especially heavy for those navigating grief. Join Jennalee from Senior Life Solutions for an insightful discussion on Grief. This compassionate and educational talk explores the unique challenges that arise when grieving during the holidays. Whether you're grieving yourself or supporting someone who is, this session provides a safe space to reflect, learn, and find connection.

Page Turners Book Club

Sturgeon Bay Program Center

Next Meeting Date TBD

The next book will be picked in early November. Check with the Welcome Center or social media for August's book.

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!

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: 11/5 @ 11:00am
- Kane Center: 11/26 @ 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

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

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**



**DEADLINE TO
REGISTER:
NOV. 5**

THANKSGIVING WORD SEARCH

B J O G R A V Y E D E G Z K E D Y N N W
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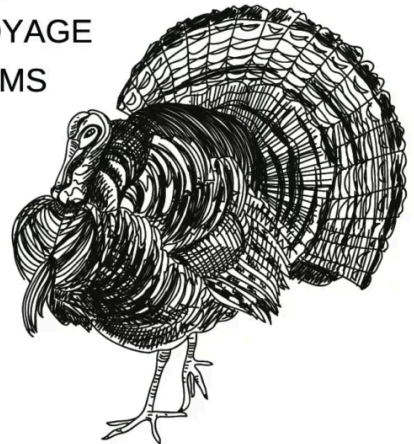
WORD LIST:

APPLE
AUTUMN
BEANS
BLESSING
CARVING
CORNBREAD
CORNUCOPIA
CRANBERRY

DINNER
DINNER
FAMILY
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GRATEFUL
GRAVY

HARVEST
LEAVES
MAYFLOWER
NATIVE
PILGRIM
POTATOES
PUMPKIN
SHARING

STUFFING
THANKS
TRADITION
TURKEY
VOYAGE
YAMS





NOVEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5 Tech Talk 11:00am SB	6	7	8
9	10	11 Nature Hike Crossroads at Big Creek @ 1:00pm	12 Understanding Dementia's Impact on Mental Health 11:30am SB	13	14	15
16	17	18	19 Grief and Loneliness During the Holidays 11:15am KC	20 Friendsgiving 11:00am-1:00pm SB 11:30am-1:30pm KC	21	22
23	24	25	26 Tech Talk 11:00am KC	27	28	29
30						

Sturgeon Bay Events (SB) will be in orange

Kane Center Events (KC) will be in blue

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