



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!



In November we enjoyed a Friendsgiving event 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 January.

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: 12/3 @ 11:00am
- Kane Center: 12/31 @ 11:00am (registration required)

Together Time

December 8 - 9:00am-11:00am - Kane Center

Cookie Exchange/Cookie Sale

Celebrate the season with us by sharing your favorite cookies! Bring 3 dozen: 2 dozen for the exchange and 1 dozen for sale at the front desk. Proceeds will support future ForeverWell events! Sign up at the Welcome Center.

December 16 - 11:30am - Sturgeon Bay

Cookie Exchange

Bring your favorite cookies or cookie recipe to share with fellow Y members.



Page Turners Book Club

Sturgeon Bay Program Center

December 4 at 11:45am

Readers can pick any book about Charles Dickens or a book about "A Christmas Carol"

Wisdom Wednesday

Sturgeon Bay: December 10 @ 11:30am

Ornament Making

Join us and create your own Christmas ornament and get into the holiday spirit

- Registration Required

Kane Center: December 15 @ 11:15am

Holiday Brunch Potluck

Join us for a lively holiday brunch to celebrate the season. If you are able, please bring a dish to share.

- Sign up at the Welcome Center



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.

ANGELS
 CANDY CANES
 CHIMNEY
 COMET
 DONNER
 FROSTY
 IVY
 NOEL
 PRANCER
 SNOWFLAKE
 TINSEL
 YULETIDE
 BELLS
 CARDS
 CHRISTMAS
 DINNER
 COOKIES
 ELVES
 GARLAND
 JACK FROST
 MANGER
 NORTH POLE
 PRESENTS
 SCROOGE
 SNOWMAN
 TOYS
 BLITZEN
 CAROLS
 CHRISTMAS
 LIGHTS
 CUPID
 FAMILY
 MERRY
 NUTCRACKER
 REINDEER
 SEASON

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Christmas

SPIRIT
 VIXEN
 BOW
 CHEER
 CHRISTMAS
 TREE
 DANCER
 FESTIVE
 HOLIDAYS
 JINGLE BELLS

MISTLETOE
 ORNAMENTS
 RIBBON
 SLED
 STOCKINGS
 WINTER
 CANDLES
 CHESTNUTS
 DASHER
 FIREPLACE

HOLLY
 JOLLY
 NATIVITY
 PEACE
 RUDOLPH
 SLEIGH
 WREATH
 SANTA CLAUSE
 GINGERBREAD MAN



DECEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Tech Talk 11:00am SB	4 Book Club 11:45am SB	5	6
7	8 Together Time 9:00am-11:00am KC	9	10 Wisdom Wednesday 11:30am SB	11	12	13
14	15 Wisdom Monday 11:15 KC	16 Together Time 11:30 SB	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Tech Talk @11:00 KC	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.holynameofmary.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