



# 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 December we enjoyed a Holiday Potluck event at the Kane 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

Nature Hikes will return in February.

## 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: 1/7 @ 11:00am
- Kane Center: 1/28 @ 11:00am (registration required)



## Wisdom Wednesday

**Sturgeon Bay: January 14 @ 11:30am**

### Door County Knock

Come learn more about Door County Knock's background and the reason nonprofit news matters. Share your input on what you're looking for from a local news source.

**Kane Center: January 21 @ 11:15am**

### Nutrition in the New Year with Tess Johnson

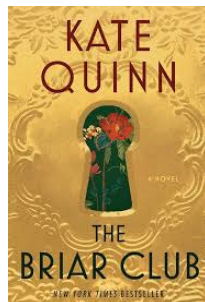
Come learn all about how you can maintain healthy habits in the new year with tips and tricks about diet and nutrition.

## Page Turners Book Club

### Sturgeon Bay Program Center

**January 29 at 11:45am**

The Briar Club by Kate Quinn



## Together Time

### Chili Cookoff - Sturgeon Bay

**January 20 at 11:30am**

Join us for a Chili Cook Off! Register to showcase your best chili recipe, or stop by to sample a variety of delicious chilis and help us choose the winner.

### Parfait Bar and Music Bingo

**January 26 at 11:30am**

Come enjoy a parfait bar with all your favorite toppings, and while we indulge play a game of Music Bingo. Feel free to bring your favorite yogurt topping or side.



## 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](mailto:avarnes@doorcountyyymca.org).

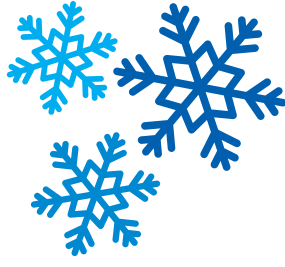
# Winter Wordsearch

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

hotchocolate	gingerbread	snowstorm	snowflake	evergreen	toboggan
reindeer	pinecone	flurries	firewood	february	earmuffs
blizzard	blanket	sweater	snowman	mittens	january
flannel	winter	shovel	sneeze	shiver	jacket
icicle	gloves	eggnog	socks	slush	sleet
skate	scarf	quilt	frost	boots	wind
sled	ski				



# JANUARY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5	6	7 Tech Talk 11:00am SB	1	2	3
	12	13	14 Wisdom Wednesday Door County Knock 11:30am SB	8	9	10
	19 KC Soup Day Sales starting at 7:00am	20 Together Time Chili Cookoff 11:30am SB	21 Wisdom Wednesday Nutrition Talk 11:30am KC	15	16	17
	26 Together Time Parfait Bar and Music Bingo 11:30am KC	27	28 Tech Talk 11:00am KC	22	23	24
				29 Book Club 11:45am SB	30	31

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
<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>