



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 a Chili Cook Off at the Kane Center on February 26!

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 Spring.

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: 2/4 @ 11:00am
- Kane Center: 2/25 @ 11:00am (registration required)



Wisdom Wednesday

League of Women Voter

Sturgeon Bay: February 11 @ 11:30am

Kane Center: February 16 @ 11:30am (Monday)

Join us for a Wisdom Wednesday focused on empowering voters and defending democracy. The League of Women Voters is a trusted, nonpartisan organization dedicated to encouraging informed and active participation in civic life. This session will explore the values of civic responsibility, the importance of staying informed, and how individuals can engage thoughtfully and respectfully in their communities while supporting a strong and healthy democracy.

Page Turners Book Club

Sturgeon Bay Program Center

February 26 at 11:45am

Firekeeper's Daughter
by Angeline Boulley



Together Time

Valentine's Day Cookie Decorating Class

Kane Center: Feb. 12 from 11:15am-12:45pm

Learn how to decorate your own cookies like a pro in this hands-on class. You'll create a batch of decorated cookies to take home, just in time for Valentine's Day. Free registration is available online.

Celebrate Heart Month with Women Heart

Sturgeon Bay: Feb. 19 @ 9:00am

Enjoy tasty treats while learning more about heart health in recognition of National Heart Month. This session will share helpful information and simple tips to support a healthy heart in everyday life.

Chili Cook Off

Kane Center: Feb. 26 @ 11:30am

Celebrate National Chili Day the right way with a chili cookoff. Sign up to bring a crockpot of chili for tasting, or visit the Kane Center and taste test all the delicious chili.

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

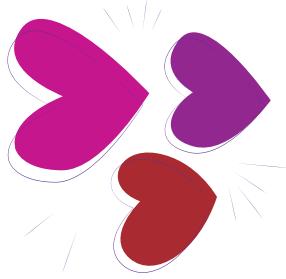
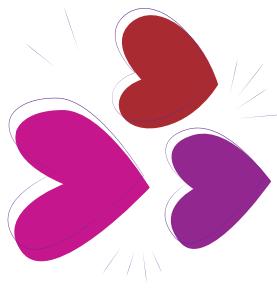
For more information about these opportunities please reach out to Annette at 920.743.4949 or by email at avarne@doorcountyyymca.org.

Valentine's Day Word Search

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

Saint Valentine	secret admirer	tenderness	sweetheart	moonstruck
girlfriend	friendship	true love	lovebirds	chocolate
boyfriend	affection	adoration	February	enamored
devotion	romance	passion	holiday	flowers
bouquet	beloved	Admirer	heart	flirt
Cupid	candy	rose	love	kiss
gift	Eros	dear	card	beau
hug				

FEBRUARY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	Tech Talk 11:00am SB	5	6
8	9	10	11	League of Women Voters 11:30am SB	12	13
15	16	17	18	Cookie Decorating 11:15am KC	19	20
22	23	24	25	Celebrate Heart Month 9:00am SB	26	27
				Tech Talk 11:00am KC	28	
				Chili Cook Off 11:30am KC Book Club 11:45am SB		

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.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.sbccommunitychurch.com