



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

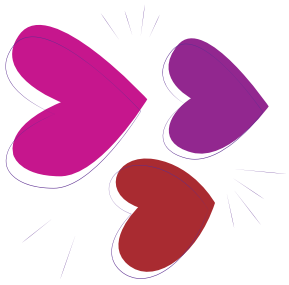
Saint Valentine  
girlfriend  
boyfirend  
devotion  
bouquet  
Cupid  
gift  
hug

secret admirer  
friendship  
affection  
romance  
beloved  
candy  
Eros

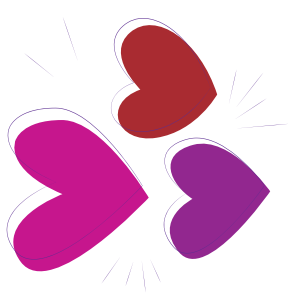
tenderness  
true love  
adoration  
passion  
Admirer  
rose  
dear

sweetheart  
lovebirds  
February  
holiday  
heart  
love  
card

moonstruck  
chocolate  
enamored  
flowers  
flirt  
kiss  
beau



# FEBRUARY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Tech Talk 11:00am SB	5	6	7
8	9	10	11 League of Women Voters 11:30am SB	12 Cookie Decorating 11:15am KC	13	14
15	16 League of Women Voters 11:30am KC	17	18	19 Celebrate Heart Month 9:00am SB	20	21
22	23	24	25 Tech Talk 11:00am KC	26 Chili Cook Off 11:30am KC Book Club 11:45am SB	27	28

**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>