



# 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!



**We enjoyed celebrating Heart Month with activities in both 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 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: 3/4 @ 11:00am
- Kane Center: 3/25 @ 11:00am (registration required)



## Together Time

### Green, Green, Green Social

Kane Center: March 16 at 11:30am

Come enjoy an assortment of delicious green treats while engaging in lively conversation. Feel free to bring your favorite green treat to share.

## Saint Patrick's Day Fun

Sturgeon Bay: March 17 at 11:30am

Join us for some games and shamrock shakes while engaging in conversation with fellow members. Feel free to bring a treat to share.

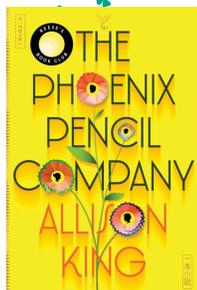


## Page Turners Book Club

Sturgeon Bay Program Center

March 26 at 11:45am

The Phoenix Pencil Company  
by Allison King



## Wisdom Wednesday

### Unity Hospice: Care for the Caregiver

Kane Center: March 4 at 11:15am

Are you caring for a loved one? Learn how to care for yourself as well. Learn from professional caregivers how to prioritize you while also prioritizing your loved ones.

## Care Patrol

Sturgeon Bay: March 11 at 11:30am

For many families, conversations about care are the ones we avoid until a fall, hospital stay, or sudden stress. Care Patrol provides senior care options based on care needs. Our services are available at no cost to you. We are your trusted guide in assisted living, memory care, independent living, nursing homes, in-home care, and respite care. You don't have to do it alone, let's talk about care together!

## 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).

# MARCH WORD SEARCH

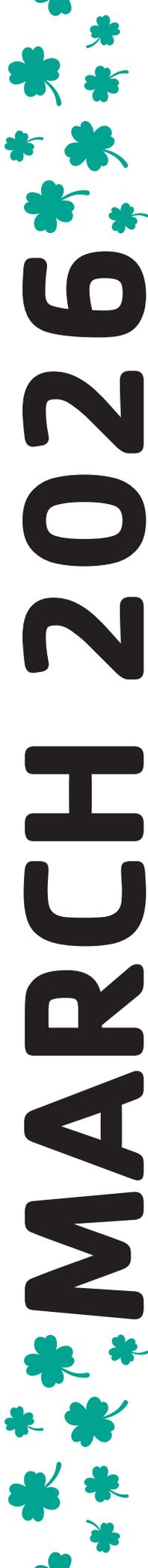
T G H Q M M Z I T D B R P O S U T L Y J G K U C  
I R F E A I K U K F H S H C G O I F K S G U B O  
H T N O M G N I D A E R C N S I V F L O W E R W  
R A T L I C C F X V N E A F A W V B R W B L P C  
G L O D B D I N F Q U J H N W N G S J I U H Y Y  
L Q V M A V N K Y O X D R R R Q T E C M V J Y U  
I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

READING MONTH  
BASKETBALL  
SOCCER  
FLOWER  
BUGS

MARCH MADNESS  
BOOK FAIR  
PICNIC  
SPRING  
TREE

WARM WEATHER  
VACATION  
SPORTS  
BEES  
SUN

# MARCH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Tech Talk 11:00am SB Unity Hospice 11:15am KC	5	6	7
8	9	10	11 Care Patrol 11:30am SB	12	13	14
15	16 Green, Green, Green Social 11:30am KC	17 St. Patrick's Day Fun 11:30am SB	18	19	20	21
22	23	24	25 Tech Talk 11:00am KC	26 Book Club 11:45am SB	27	28
29	30	31	<p><b>Sturgeon Bay Events (SB) will be in orange</b>  <b>Kane Center Events (KC) will be in blue</b></p> <p>Events happening at both locations or offsite will be in black</p>			

## 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 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>Bay View Church</b>	920-743-4705	340 W Maple St Sturgeon Bay, WI 54235	<a href="https://bayviewlutheranchurch.com/">https://bayviewlutheranchurch.com/</a>
<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>