



# 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 are looking forward to bringing back Nature Hikes this month!**  
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 – April 24 at 11:00am

Join us for a beautiful hike at Crossroads. Please meet by the Learning Center.

Register online or at the Welcome Center.

### 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: 4/1 @ 11:00am
- Kane Center: 4/29 @ 11:00am (registration required)



## Together Time

### Paint by Numbers

#### Sturgeon Bay: April 21 at 11:30am

Paint by Numbers: Join us for a laid back painting event. Guided by an easy-to-follow design and pre-matched colors, members of all skill levels can relax, socialize, and enjoy the process of making art without the stress of starting from scratch.

Registration Required by April 17

### Private Tour of Ingwersen Gallery

#### Kane Center: April 22 at 11:30am

Enjoy a private, early access tour of Ingwersen Gallery in Sister Bay, hosted by Peninsula School of Art. Explore over 800 unique pieces as the gallery reopens after years closed to the public. Meet at the gallery—participants must provide their own transportation.

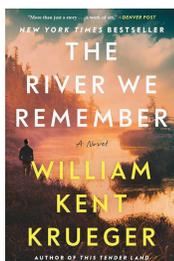
Registration required.

### Page Turners Book Club

#### Sturgeon Bay Program Center

April 30 at 11:45am

The River We Remember  
by William Kent Krueger



## Wisdom Wednesday

### Door County Knock

#### Sturgeon Bay: April 8 at 11:30am

Door County Knock founder Andrew Phillips will share insights on the organization's mission, local journalism approach, and the key issues it covers like housing, substance use disorder, and senior caregiving. He'll also invite participants to discuss community needs and what they want from a local news source.

### Care Patrol

#### Kane Center: April 27 at 11:15am

Many families avoid care conversations until a crisis. CarePatrol helps guide you through senior care options at no cost based on your needs. From assisted living to in-home care, you don't have to do it alone. Let's talk about care together.

## Volunteer Opportunities

### After-School Foods Program

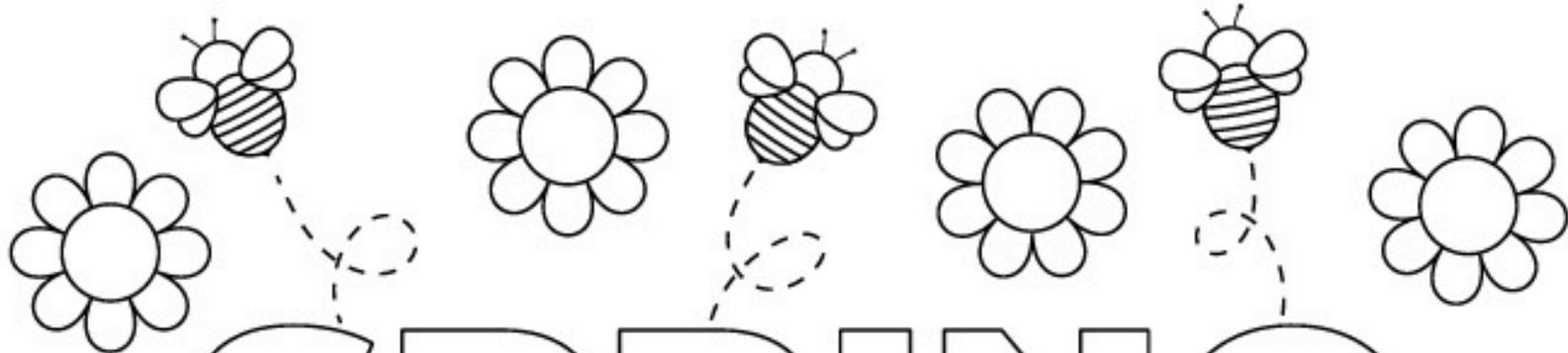
Volunteer with our After-School Foods Program at both program centers! This volunteer opportunity includes serving meals cafeteria-style by plating food for kids as they come through the line.

- 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

## Various Upcoming Events

- SB Father/Daughter Ball – April 11
- SB & KC Spring Dance Recital – April 14
- SB Healthy Kids Day – April 25
- Door County Half Marathon – May 2

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).



# SPRING

## WORD SEARCH

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

- |         |             |       |          |
|---------|-------------|-------|----------|
| APRIL   | BUD         | GRASS | PUDDLE   |
| BEE     | BUTTERFLY   | MARCH | RAIN     |
| BIRD    | CATERPILLAR | MAY   | SPROUT   |
| BLOOM   | FLOWER      | NEST  | SUNSHINE |
| BLOSSOM | GARDEN      | PLANT | UMBRELLA |

# APRIL 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5			1 Tech Talk 11:00am SB	2	3	4
12	6	7	8 Door County Knock 11:30am SB	9	10	11
19	13	14	15	16	17	18
26	20	21 Paint by Numbers 11:30am SB	22 Private Tour of Ingwersen Gallery 11:30am KC	23	24 Nature Hike Crossroads @ 11:00am	25
	27 Care Patrol 11:15am KC	28	29 Tech Talk 11:00am KC	30 Book Club 11:45am SB		

Sturgeon Bay Events (SB) will be in orange

Kane Center Events (KC) will be in blue

Events happening 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 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.holynamemary.church">www.holynamemary.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>