



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 a fun tour of the Ingwersen Gallery last 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 – May 11 at 10:00am

Join us for a beautiful hike at Ellison Bluff State Natural Area. Meet at Ellison Bluff Road entrance.

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: 5/6 @ 11:00am
- Kane Center: 5/27 @ 11:00am (registration required)



Together Time

Sculpture Studio Tour

Kane Center: May 20 at 11:30am

Steve Woodward has been a career sculptor for over 20 years and is opening up his personal studio to ForeverWell participants. Join him as he showcases his life's works and discusses his thought process and techniques required to make larger than life sculptures. Participants will meet at Tower Storage, 11666 Old Stage Court, Unit 144, Ellison Bay (follow the arrows).

Birthday Brunch

Sturgeon Bay: May 21 from 9:00am-11:00am

Celebrate your birthday with your Y family. Not your birthday month? No problem, come celebrate with us. Bring some food to share and enjoy social time with fellow members. If your birthday is in May you'll be entered to win a prize.

Wisdom Wednesday

Senior Life Solutions

Sturgeon Bay: May 13 at 11:30am

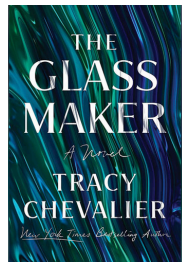
Caregivers face unique pressures that can lead to stress, burnout, and mental health challenges. This presentation covers the demands of caregivers, signs of burnout, and simple self-care practices that support long-term well-being. It also introduces Door County Medical Center's Senior Life Solutions, an intensive outpatient program designed for older adults facing mental health challenges related to aging.

Page Turners Book Club

Sturgeon Bay Program Center

May 28 at 11:45am

The Glassmaker
by Tracy Chevalier



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 Super Kids Fun Night – May 15
- Door County Triathlon – July

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



Registration Opens May 4th

MAY 27
STURGEON
BAY

WELLNESS. WISDOM. COMMUNITY. HEALTH & WELLNESS DAY

9:00AM-12:00PM

Sturgeon Bay Program Center

FREE
EVENT

*Registration Required.

MORNING CHECK-IN: 8:45AM

SESSIONS: 9:00AM-11:45AM • FREE LUNCH WILL FOLLOW

Join us for a full morning of fun and Health education

REGISTER FOR EACH SESSION BELOW WITH THE WELCOME CENTER.

SCREENINGS 7:30am-9:00am

SCREENINGS THAT REQUIRE A REGISTRATION

Screenings

- Skin Cancer Screening
- Memory Screening
- A1C Screening

NO REGISTRATION REQUIRED FOR THIS SCREENING:

- Blood Pressure Screening
- ADLS Driver Screening
- Gait and Balance

PRESENTATIONS

9:00 am Presentations / Exercise Class

- Yoga for Pain Relief
- Sleep Disorders
- Orthopedics

10:00 am Presentations / Exercise Class

- Silver Sneakers Classic
- Understanding & Supporting Brain Health
- M.IN.D Program

11:00 am Presentations / Exercise Class

- Zumba Gold
- Tick Borne Illness
- Fall Prevention



FREE
Lunch
included



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Door County
Medical Center



Registration Opens May 4th

MAY 28
KANE
CENTER

WELLNESS. WISDOM. COMMUNITY. HEALTH & WELLNESS DAY

9:00AM-12:00PM

Jackie & Steve Kane Program Center

FREE
EVENT

*Registration Required

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Screening

- Skin Cancer Screening
- A1C Screening
- Memory Screening

NO REGISTRATION REQUIRED FOR THIS SCREENING:

- Blood Pressure Screening
- ADLS Driver Screening
- Balance

PRESENTATIONS

9:00 am Presentations / Exercise Class

- Silver & Fit
- Staying Active on your feet

10:00 am Presentations / Exercise Class

- Chair Yoga
- Understanding & Supportiing Brain Health

11:00 am Presentations / Exercise Class

- Dance Fit
- Tick Borne Illness



FREE
Lunch
included

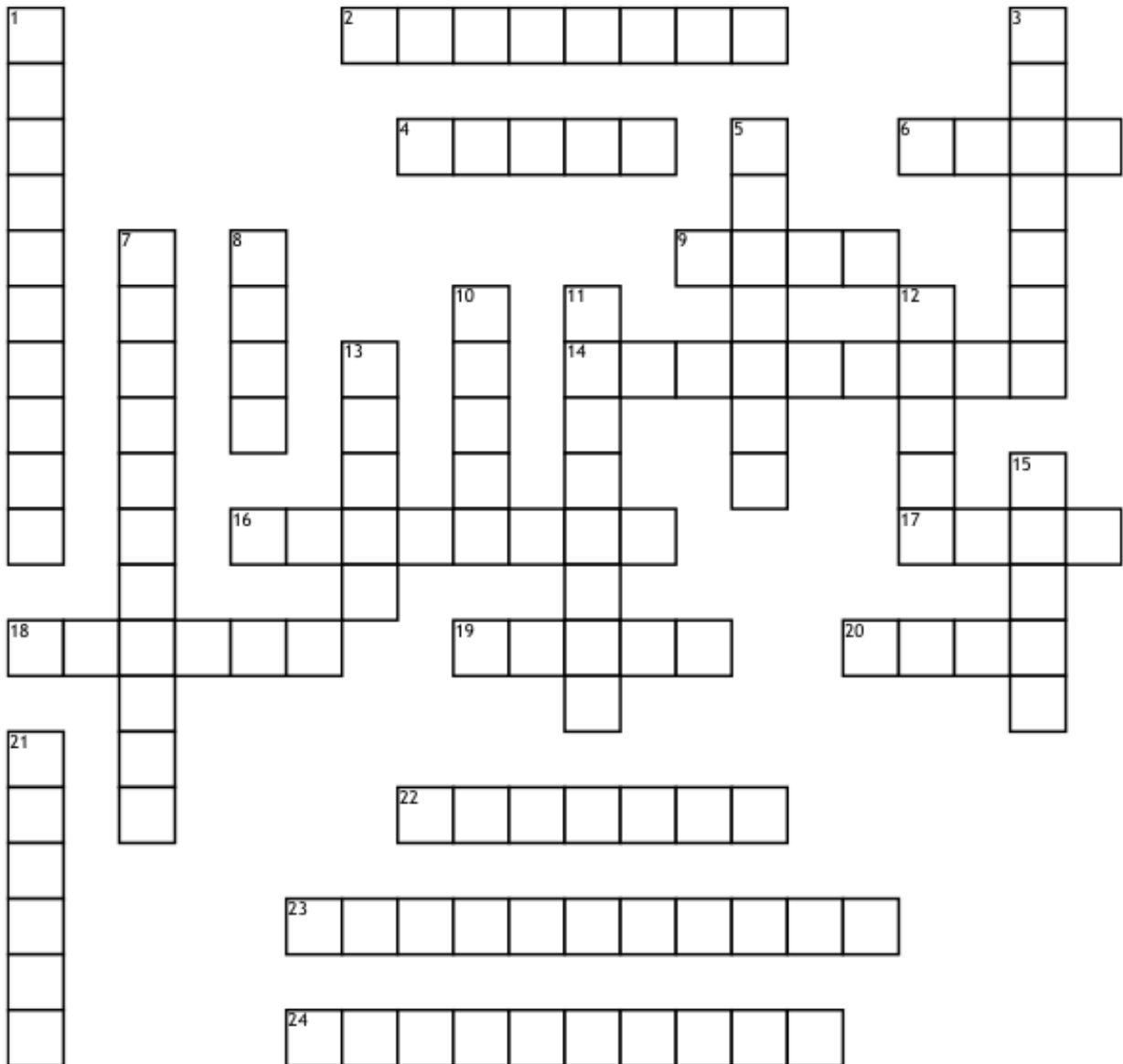


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Door County
Medical Center

SPRING



Across

2. What people do to their house: Spring _____
 4. Month Spring begins
 6. March comes in like a _____ and goes out like a lamb.
 9. When _____ springs eternal
 14. Something many people have this season
 16. Beach Boys song: Spring _____
 17. He has a spring in his _____
 18. A book by Rachel Carson: _____ Spring

19. The name of a town in Australia: _____ Springs
 20. A young man's fancy turns to _____
 22. Barbara Streisand song: You Must _____ In Spring
 23. _____ emerge from their cocoons in the Spring
 24. Song: When It's _____ in Alaska (It's Forty Below)

Down

1. Spring is a time for new _____
 3. Provides lots of color in the garden

5. April _____ bring May flowers
 7. _____ appear in the Spring
 8. What you begin cutting in the Spring
 10. Frank Sinatra song: It _____ As Well Be Spring
 11. Yellow flower
 12. These animals makemusic
 13. A young man's _____ turns to love
 15. Something that affects many people this time of year - Spring _____
 21. Spring has _____

MAY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Tech Talk @11:00 SB	7	8	9
10	11 Nature Hike Ellison Bluff State Natural Area @ 10:00am	12	13	14	15	16
17	18	19	20 Sculpture Tour @11:30 KC	21 Birthday Brunch 9:00am-11:00am SB	22	23
24	25	26	27 Tech Talk @11:00 KC SB Senior Health and Wellness Day	28 Book Club 11:45am SB KC Senior Health and Wellness Day	29	30
31						

Sturgeon Bay Events (SB) will be in orange
 Kane Center Events (KC) will be in blue
 Events or days 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 Sturgeon Bay, WI 54235	https://neighbor-to-neighbor.org/

DOOR COUNTY FOOD PANTRIES

NAME	PHONE	ADDRESS	WEBSITE
Bay View Church	920-743-4705	340 W Maple St Sturgeon Bay, WI 54235	https://bayviewlutheranchurch.com/
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.holynamenameofmary.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.sbcommunitychurch.com