

the **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 a Sculpture Studio 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

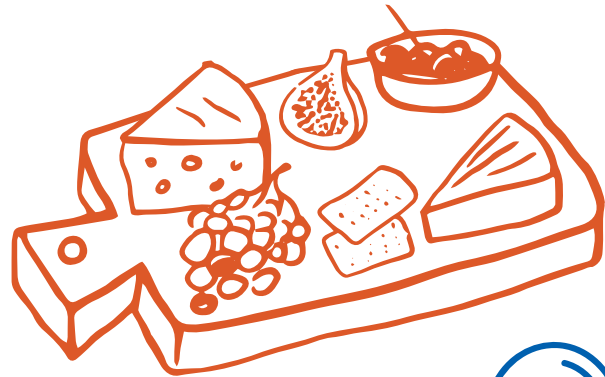
WHAT'S HAPPENING AT THE Y

Outdoor Engagement Opportunities

Nature Hike - June 26 at 11:00am

Join us for a beautiful hike at Bayshore Blufflands Nature Preserve. Please meet at the Reynolds Road Entrance.

Register online or at the Welcome Center.



Together Time Birthday Brunch

Sturgeon Bay: June 18 from 9:00am-10:30am

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 June you'll be entered to win a prize.

Charcuterie Board Social & Aging in Place Seminar Kane Center: June 24 at 10:30am

Join us at the Jackie and Steve Kane Center in collaboration with Jay's Legacy for a seminar focused on aging in place. Enjoy a variety of snacks, bring your favorite finger foods to share, and take part in meaningful discussion about maintaining independence and quality of life at home as we age. Participants are encouraged to bring questions, share experiences, and connect with others in the community while learning about helpful resources and ideas.

Wisdom Wednesday

Check back in July!

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.



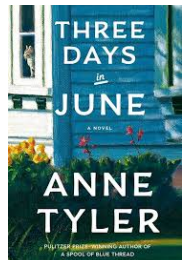
- Sturgeon Bay: 6/3 @ 11:00am
- Kane Center: 6/24 @ 11:00am (registration required)

Page Turners Book Club Sturgeon Bay Program Center

June 25 at 11:45am

Three Days in June

by Anne Tyler



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

- Family Camp - Camp Wabansi - June 20
- Door County Triathlon - July 11 & 12

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



FOREVERWELL®
Ages 55+



MILWAUKEE BREWERS GAME BUS TRIP

Join us for a fun day trip to cheer on the Milwaukee Brewers on Thursday, August 20! We'll depart from the Sturgeon Bay Program Center at 8:30am aboard a Babler motorcoach and head to American Family Field for an exciting afternoon at the ballpark. We expect to return around 7:00pm.

Your trip includes round-trip transportation, admission to the game, snacks, and a bagged dinner for the ride home. Lunch will be on your own at the stadium.

After the game, participants will have the opportunity to walk around the field for a memorable behind-the-scenes experience!

Please be prepared for some walking, including from the bus parking area to the stadium and climbing stairs to reach our seats. Be sure to wear comfortable shoes and get ready for a great day at the ballpark!



AUGUST 20

MEMBERS - \$97

COMMUNITY - \$117

REGISTER ONLINE OR AT THE
WELCOME CENTER!



SUMMER

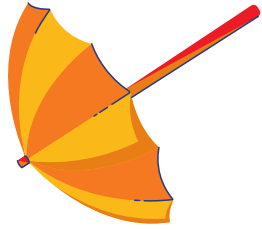


— WORD SEARCH —

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— WORD LIST —

- | | | | | | |
|-------------|--------------|-------------|------------|-------------|----------|
| ADVENTURE | BIKINI | HEAT | LEMONADE | SEASHORE | TENNIS |
| BACKPACKING | BONFIRE | JOURNEY | PINEAPPLE | SIGHTSEEING | TRAVEL |
| BALLOON | BOOGIE BOARD | JULY FOURTH | ROAD TRIP | SUNBURN | TROPICAL |
| BARBECUE | FIREWORKS | KITE | SAILING | SUNGLASSES | UMBRELLA |
| BEACH | GOGGLES | LAKE | SANDCASTLE | SWIMMING | ZOO |



JUNE 2026



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|---|--|--|-----|
| | 1 | 2 | 3 Tech Talk @ 11:00 SB | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Birthday Brunch 9:00am-10:30am SB | 19 | 20 |
| 21 | 22 | 23 | 24 Charcuterie Board Social @ 11:30 KC Tech Talk @ 11:00 KC | 25 Book Club 11:45am SB | 26 Nature Hike @ 11 Bayshore Blufflands Nature Preserve | 27 |
| 28 | 29 | 30 | | | | |

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 |