

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!



Join us for some fun activities 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 - July 10 at 11:00am

Join us for a beautiful hike at Lautenbach Woods Nature Preserve. Please meet at 6749 County G, Egg Harbor.

Register online or at the Welcome Center.



Wisdom Wednesday

A Century of Preserving Door County History: Looking Back and Looking Ahead

Sturgeon Bay: July 8 at 11:30am

Join us for an engaging look at the past, present, and future of the Door County Historical Society as we celebrate our centennial year. This presentation explores the Society's founding in 1926, highlights the people, projects, and accomplishments that have shaped the preservation of Door County history over the past 100 years, and shares our vision and plans for the next century.

CapTel Closed Captioning Phones

Kane Center: July 8 at 11:30am

Join us as we welcome Christy from CapTel as she shares information about the services and technology available through their closed captioning phone program. Learn how these phones can help individuals with hearing loss stay connected with family, friends, and important conversations by providing real-time captions during phone calls. Christy will also discuss eligibility, available equipment, and answer any questions you may have about these helpful communication tools.

Together Time

Check back in August!

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: 7/1 @ 11:00am
- Kane Center: 7/29 @ 11:00am (registration required)



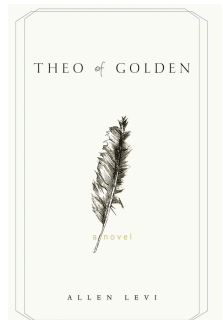
Page Turners Book Club

Sturgeon Bay Program Center

July 30 at 11:45am

Theo of Golden

by Allen Levi



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-Fri 7:00am-12:00pm
 - Sturgeon Bay Program Kitchen
- Plating Snacks: Mon-Fri 11:30am-12:00pm
 - Sturgeon Bay Program Center

Various Upcoming Events

- Door County Triathlon - July 11 & 12
- KC Campfire Across America - July 22
- SB Community Carnival Day - August 12

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

**5 Spots
Left!**



**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!**

4TH OF JULY

WORD SEARCH

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

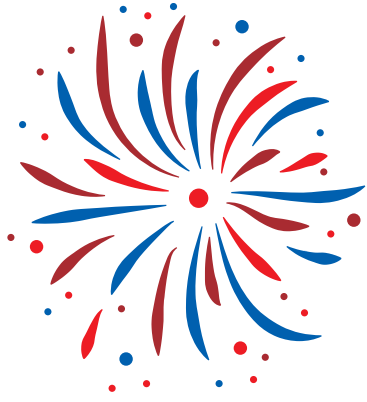
America
Blue
Britain
Celebrate
Declaration

Fireworks
Flag
Fourth
Freedom
Holiday

Independence
July
Liberty
Parade
Picnic

Red
Sparklers
Stars
Stripes
Summer

United
White



JULY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	1 Tech Talk 11:00am SB	2	3	4
12	13	14	8 Door County Historical Society 11:30am SB CapTel Presentation 11:30am KC	9	10 Nature Hike Lautenbach Woods @ 11:00am	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			29 Tech Talk 11:00am KC	30 Book Club 11:45am SB	31	

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
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	920-256-5055 920-256-5011	229 North 14th Avenue Sturgeon Bay, WI 54235	dclir.org
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