



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 Fall Prevention Awareness Week and learn more about fall prevention and understand your risks.

Celebrate the start of the Packer season with a good old fashioned tailgate.

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 – Sept. 17th at 11:00am

Lautenbach Woods Nature Preserve

- Registration Required
- Enjoy a 1.25 mile loop that explores level to rocky terrain. There is an incline along the bluff.

Register online or at the Welcome Center.



Wisdom Wednesday

Fall Prevention

Sturgeon Bay: September 23rd @ 11:30am

Join Liz Collinson and learn more about fall statistics, common risk factors for falls, exercises to prevent falls, home modifications, and more!

Fall Prevention

Kane Center: Fish Creek– September 16th @ 11:15

Join Liz Collinson and learn more about fall statistics, common risk factors for falls, exercises to prevent falls, home modifications, and more!

Together Time

SAVE THE DATE: Tailgate Parties

Sturgeon Bay Center, September 24th at 10:00am

Kane Center: September 24th at 11:30am

Join us as we kickoff football season with a good old fashioned tailgate. The YMCA will be grilling up hotdogs and we invite you to bring your favorite tailgate food to share. Wear your best green and gold as we prepare for the Packers first Thursday night game.



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.

- September 2nd @ 11:00 Sturgeon Bay
- September 30th @ 11:00 Kane Center (registration required)

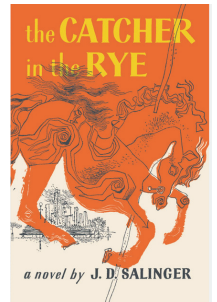


Page Turners Book Club

Sturgeon Bay Program Center

September 24th

The Catcher in the Rye
by JD Salinger



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–Thur 2:30pm–4:30pm
 - Sturgeon Bay Program Center

Waterslide Attendant Super Kids Fun Night

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

TEE UP FOR KIDS

Benefiting Door County YMCA Youth Programs

Tuesday, September 8, 2026

Maxwelton Braes Golf Course, Baileys Harbor

18 Holes | \$75 per person includes cart, Dinner Buffet after

\$25 per person Dinner Buffet ONLY

Shotgun start at 2:00pm

Register online at the link below or by calling 920.743.4949

REGISTRATION DEADLINE IS SEPTEMBER 1st



Games on the course

Forward (Gold) Tees

Foursomes —women, men, or mixed

Prizes for low score in all 3 divisions

Beverages and Food Provided

Silent Auction and Raffle Baskets

Additional Donations Accepted



Scan Here
to Register!



the



WHERE COMMUNITY COMES TOGETHER FOR GAME DAY.

TAILGATE PARTIES

Jackie and Steve Kane Program Center
Thursday, September 24
at 11:30am

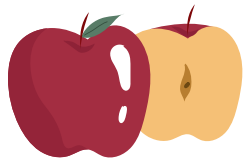


Sturgeon Bay Program Center
Thursday, September 24
at 10:00am



Register with the Welcome Center.

IF YOU'RE ABLE, BRING YOUR FAVORITE TAILGATE DISH OR SNACK TO SHARE! WHILE NOT REQUIRED, WE'D LOVE TO ENJOY YOUR FAVORITE GAME-DAY TREAT WITH EVERYONE.



SEPTEMBER 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Tech Talk 11:00am SB	3	4	5
6	7 Labor Day YMCA Closed	8	9	10	11	12
13	14	15	16 Fall Prevention with Liz Collinson 11:15am SB	17 Nature Walk at Lautenbach Woods Nature Preserve 11:00am	18	19
20	21 FALL RISK ASSESSMENTS 9:00-10:30am KC	22 FALL RISK ASSESSMENTS 11am-12:30pm SB	23 Fall Prevention with Liz Collinson 11:30am SB	24 Tailgate Party 10:00am SB Tailgate Party 11:30am KC Book Club 11:45am SB	25	26
27	28	29	30 Tech Talk 11:00am KC	Sturgeon Bay Events (SB) will be in orange Kane Center Events (KC) will be in green 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